

AUTISM BC <https://www.autismbc.ca/>

Please consider the free workshop "Waiting for Assessment" offered every second month.

<https://www.autismbc.ca/programs/learning/waiting-for-assessment/>

Autism Information Service BC (AIS BC), autisminfo.gov.bc.ca

This is a provincial information center for autism and related disorders with a focus on providing information and support to families. AIS BC staff can assist families in navigating the Autism Funding Program and help them make informed decisions regarding treatment options for their children.

or contact toll free at 1-844-878-4700.

Okanagan Family Autism Connection - local resources

<https://autismconnection.ca/help/resources/>

AUTISM COMMUNITY TRAINING

free workshops, and pre-recorded videos

<https://www.actcommunity.ca/education/videos>

Variety – the Children’s Charity

-steps in where health care ends, providing direct help to children with special needs in BC. They ensure that children have the support to reach their potential and thrive.

-there is a grant to apply for funding for a private autism assessment. Only for low income families family household of less than \$85,000/year

variety.bc.ca/

Sensory Processing Difficulties

<http://sinetwork.org/>

<https://www.spdstar.org/>

<http://www.ementalhealth.ca/index.php?m=survey&ID=29>

<https://www.sensory-processing-disorder.com/sensory-processing-disorder-checklist.html>

Community Services

1. Confident Parents: Thriving Kids (age 3-12) is a program offered through the Canadian Mental Health Association in BC that offers 6-14 weekly 50 minute phone based sessions with a trained coach to support parents of children with mild to moderate behaviour challenges (www.confidentparents.ca). A referral from your medical doctor is required.
2. Social skills programming and counselling with the use of social stories can be important components of treatment. Agencies in your community who may be providing special needs services include Sky High Professionals Group (skyhighprofessionalgroup.ca) and North Okanagan Youth & Family Services Society (www.noyfss.org).
3. North Okanagan Youth & Family Services Society (www.noyfss.org) offers a monthly support group for parents of children with special needs.
4. Additional support for children to participate in sports may be available through the Canadian Tire Jumpstart Program (<https://jumpstart.canadiantire.ca/>).

Social/Recreational:

1. Two camps in BC offer opportunities for children with ASD to attend camp, to make social connections and have fun. Zajac Ranch (www.zajacranch.com; 604-739-0444) offers specific camps for children with ASD. Camp Winfield offers camps for children with mental/physical disabilities (www.eastersealscamps.ca; 1-800-818-4483 or camp@eastersealsbcy.ca). These camps may be covered by autism funding.
2. The Access 2 Entertainment Program allows the support person to an individual with a disability to receive free or discounted admission to certain movie theatres and attractions, see www.access2card.ca.
3. Okanagan Child and Youth Services offers a number of programs to support social and life skills while providing family support for families throughout the Okanagan (250-899-1520).

4. Extracurricular activities such as Special Olympics may be a positive outlet for children and afford social skills opportunities (www.specialolympics.bc.ca).

5. The Canucks Autism Network offers a number of sports programs for youth and young adults with ASD for a low membership rate (www.canucksautism.ca).

Charitable Services:

1. Variety The Children's Charity (www.variety.bc.ca/) has a program that by application provides grants to children with special needs who require additional supports, equipment, or opportunities. This is a yearly application that may help you cover the costs of certain therapy programs, camps, or supplies.

2. President's Choice Children's Charity has a funding assistance program available for children 18 and under who have been diagnosed with a physical or developmental disability (with a household annual income of \$70,000 or less). See http://www.presidentschoice.ca/en_CA/community/pccc.html.

Online Resources:

1. The Kelty Mental Health website (<http://keltymentalhealth.ca/healthy-living/bedtime-routine>) features a program for creating a visual schedule of child's bedtime routine, which can then be printed.

2. One helpful resource focused on toilet training for individuals with developmental disabilities is presented by Dr. Pat Miranda is available online for free: video <http://www.actcommunity.ca/education/videos/toilet-training-for-everyone/>

3. Autism resources that may be of interest include:

A. Autism Community Training – www.actcommunity.ca

B Autism Canada Foundation – www.autismcanada.org

C. Canucks Autism Network – www.canucksautism.ca

D. Family Support Institute

-provincial not for profit society committed to supporting families who have a family member with a disability.

<https://familysupportbc.com/>

<https://familysupportbc.com/family-support/#process>

