

We have an
ASD diagnosis:

NOW WHAT?





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If you are reading this document, it's likely that someone that you care for has received a diagnosis of Autism Spectrum Disorder (ASD). This diagnosis is the beginning of an important journey.

Many people compare an autism diagnosis to the process of peeling an onion, one layer at a time. First, there's the skin: understanding what autism is and how it affects your loved one. Then there's the next layer: considering the biggest, most pressing challenges and questions first. After a while, once a new normal is reached, there are other layers to explore; some are challenges, and some are unexpected talents and abilities.

Others liken the process to the stages of grieving, with varying degrees of shock, denial, anger, sadness, re-entry, and acceptance, not necessarily in any particular order. It can look different for everyone.

One parent has described it as planning for a holiday to Italy. Many dreams and preparations have gone into the vacation. It has been paid for, and you are looking forward to Venice, art galleries, wine tastings, Italian food, and operas. However, at the airport, somehow, the airline makes a change, and, to your surprise, you have landed in Holland instead. At first, you are shocked and upset, even angry. You've always dreamed of your holiday in Italy and what it would be like. A smiling travel agent informs you that the itinerary can't be changed, and, here you are.

After a while, you start to look around in Holland. You walk in tulip fields and see windmills. You notice how fresh the air feels. You like the modern furniture and the bright colours. You appreciate how everything is on time and in good working order. You buy some cozy wooden clogs. You marvel at the architectural ingenuity. Everyone is friendly and accepting. You even find an Italian restaurant in Amsterdam, and there are canals in Amsterdam as well!

You come to realize that Holland is not necessarily what you dreamed of. You might still always dream of Italy, and that's okay. But you really, really like Holland too. You certainly have learned a lot and made some great relationships.

However you and your loved ones experience this journey, there are two important things to remember:

- 1. There is no “perfect” approach. Do your best; love your child, and everything will eventually fall into place. Remember, a child with autism is still a child first, and as with all children, unconditional love and a secure environment work best!*
- 2. No two children with autism are the same. The spectrum is large, and the idea of “high” and “low” on the spectrum is a bit misleading. The spectrum is not necessarily linear. There are many different symptoms that some have, and some don’t have. Some respond well to some therapies, and some respond better to others. In some ways it’s a “trial and error” approach that works best. Be kind to yourself and to your loved one, and take one day at a time. Every day is a new day.*

Services for Children and Families with Children with ASD

The purpose of this document is to highlight the important services that are available to your child within the Yukon. Please keep in mind, however, that parents are always their children's best experts. It is essential for family to be involved in directing interventions for a child with ASD. This is because over the years, many different people may provide for your child, but family remains consistent. As a parent or caregiver you provide consistency to your child.

It is also important to note that because of the Yukon's size and location there may not be the same variety of therapies that are available in a larger population. After speaking to the local service providers, you will find out which services available are most suitable for your child.

Sometimes, a decision needs to be made, and families don't have the time or energy to read an entire booklet before making a choice. Occasionally, a problem is unique to a family. In situations such as this, you can receive good information that is quick and accurate by calling Autism Yukon (867-667-6406). Autism Yukon provides family navigation services and access to a lending library free of charge.

We also recommend you visit www.aidecanada.ca. AIDE Canada aims to connect Canadians nationwide to credible, reliable, and evidence-informed resources that are geared specifically towards the autism and/or intellectual disability community. Resources available through AIDE include free webinars, toolkits, a chatline, a lending library, and more. Autism Yukon is designated as the Northern Hub for AIDE.

Overview

Birth to 5 Years Old (Pre-School Age)

It is possible for your child to receive an ASD diagnosis as early as the age of 2. Early diagnosis and intervention are important for better outcomes later in life.

There are three places that you will want to visit to find help for your preschool child with ASD.

1. **The Child Development Centre (CDC)** (see page 8) provides therapeutic services for children up to 5 years old. This may include speech/language therapy, occupational therapy, physical therapy, play therapy, psychological services and help with behaviour and other developmental milestones. Even if the CDC was not involved in your child's assessment they will be able to advise you on therapy services that they can provide for your child.
2. **Disability Services** (see page 9) has an intake process which will identify supports available to your family. These may include inclusion support, respite support, applied behaviour analysis (ABA or behavioural therapy), family counselling and, after the preschool years, other therapies.
3. **The Early Learning and Child Care Unit, Yukon Education** (see page 15) licenses and supports early learning and childcare programs in the Yukon. Financial assistance is provided for all children attending licensed childcare through Yukon's universal childcare program. For families who qualify, additional financial support is also available through the Yukon Subsidy program. For families with children with an autism diagnosis and who are attending licensed Early learning and Child Care Programs, inclusive supports are available through the Supported Childcare Program.

Services of Children and Youth (5-19 Years Old, School-Aged)

Once a child reaches school age the services available to them change. They can still receive funding support through Disability Services (see page 9). Once they are six years old, they may also receive therapy support such as speech and language therapy and occupational therapy through Disability Services. Children with ASD may also receive behavioural therapy (ABA) from Board Certified Behaviour Analysts (BCBAs) through Disability Services.

School aged children now receive support from the Department of Education (see page 9). They also may be eligible to receive funding through the Supported Child Care Program for after-school care (page 15).

If your child has received a diagnosis before the age of 5, the CDC and the Department of Education will work closely together to help a smooth transition for your child into a school setting. This transition process is available for families and can include things such as sharing reports or meeting with the school team. However, not all families choose to participate in the transition process. More information about the transition process can be found in the Department of Education's Student Support Services Manual. This document also explains the transition process for students who transfer schools.

While your child is in school they can be supported in the classroom even without a disclosure of a diagnosis. This means that if your child has not received a diagnosis yet or you do not wish to tell the Department of Education about your child's diagnosis they can still be supported. However, it is recommended that you share information regarding diagnosis with the Department of Education and your child's teacher as it may provide specific recommendations that may be important to your child's success at school. Your main contact with the school will be your child's teacher. If you have not met with the teacher through the transitional meeting at the school, it is recommended that you meet with the teacher before the start of the school year to plan and implement an educational program for your child. The teacher may use the expertise of the principal or the school-based team to plan a suitable program for your child. Your child will receive an Individual Education Plan (IEP) to identify accommodations and special education services needed to assist them achieve their learning expectations. It is possible that an Education Assistant (EA) will be assigned to work with the teacher to deliver your child's educational program. Receiving extra support in the classroom is not an automatic process. Parents should discuss the possibility of accommodation and support for their child in the classroom with their child's teacher.

If your child requires extra support beyond the classroom it is possible for them to receive appointments with professionals within the Department of Education. This includes speech language pathologists, occupational therapists and psychologists. These appointments may help provide program recommendations for teachers and information about ASD to parents.

It is important to remember that the professionals named above do not provide direct therapy to children in the school system. They give recommendations to teachers and education assistants (EAs).

While there are no formal supports or services to assist individuals with ASD transition from the school system to adulthood, parents, teachers and school counsellors should meet to discuss leaving school as a part of the IEP. Parents, students and school staff (in particular the Learning Assistance and Special Education Teacher or school counsellor) should explore options for after graduation. Some topics to discuss include: possibility of post secondary education, employment, finances, future living arrangements and community and social involvement. The Sinneave Foundation based in Calgary, Alberta, specializes in transitioning adolescents with ASD into Adulthood. They have trained Autism Yukon to offer Launch into Life training modules for free to help individuals and families to get started on creating a plan for the transition into adulthood. You may find out more at www.autismyukon.org and also at www.sinneavefoundation.org

Sometimes families are unsure of what is being done for their child at school. You can find an outline of the process for supporting children in the Department of Education here:
www.education.gov.yk.ca/support.html

It is always good to maintain a positive relationship with your child's teacher so that your child's educators don't feel defensive or negative toward your child. The attitude: "How can we work together?" or "How can I support you while do your best for my child?" goes a long way toward getting your child what they need.

If you feel that you need more for your child, it is recommended that you slowly move up the ladder suggested in the above website link, rather than going "straight to the top." Professionals seem to be more willing to help families who become familiar with their process and hierarchy.

Service Providers

Some services for children with ASD in the Yukon are free of charge, and some are not. The following paragraphs provide some information about the various government departments, non-profit organizations and private practitioners who provide services for children with Autism in Yukon.

General Support

Autism Yukon

Autism Yukon plays a large role in the Autism community in Yukon with the overall mission to improve the quality of life of anyone affected by autism in Yukon. Autism Yukon has a three-fold mandate:

1. They provide support to families and individuals affected by ASD. This includes referrals, trouble-shooting, use of their lending library, and “family navigation.” Family navigation is simply a term that describes coming alongside a family with a sympathetic ear and helping families and individuals to figure out who to call about what. Autism Yukon also helps families with new diagnoses to learn about autism and how it affects their child.
2. They provide education to individuals, families, teachers, EAs, supported childcare workers and employers. They schedule workshops, presentations, one-on-one coaching, etc. Families can sign up as members in order to receive regular email communications about events and workshops.

Autism Yukon has also developed a six-module program for parents, supported childcare workers, behaviour workers, inclusion workers and respite workers who are new to the field and would like to learn more about how to support a child with autism. This program is offered on a revolving basis in conjunction with Partners for Children.

3. Autism Yukon provides awareness to identified groups and the general public. They work to identify gaps in service and knowledge in the Yukon and then collaborate to find solutions. This booklet is an example of an initiative started by Autism Yukon. Autism Yukon provides other group and program supports as well. You can find out if there is a program for you or your child here:
<https://www.autismyukon.org/programs>

When looking for places to access support either for yourself or someone else affected by ASD, Autism Yukon is a great place to start.

Website and Contact Information:

Website: www.autismyukon.org/

Contact Information:

108 Copper Rd, Whitehorse YT

Phone: (867) 667-6406

Therapy and Intervention Services

For ASD there are many different types of interventions including Applied Behavioural Analysis (ABA), speech and language therapy, occupational therapy, social and play related activities and interventions, functional and life-skills building programs, and counselling and other psychological therapies. The needs of each individual with ASD are unique and will change throughout their lifespan. Therefore, it is important to evaluate each approach's benefits and drawbacks to determine which is the best match for you or your child. Please note that not all intervention techniques are equal. Some are backed by evidence while others may be more trendy and lack scientific basis. It is important to consult with a professional if you are not sure which pathway to take. When your child receives a diagnosis there should be recommendations for therapies included in the diagnosis document.

Child Development Centre

The Child Development Centre is a non-profit organization that provides a variety of services free of charge. These services are available for children before they reach school age and may include speech and language therapy, play therapy support with social and emotional development, cognition and fine and gross motor skills. Although they're based in Whitehorse, these services are available free of charge across the territory. They are also able to help with your child's transition into school. Some of the therapists are trained in the Play Project Autism Intervention Program as well as Hanen's More Than Words program. In collaboration with the family, a program can be set up that may include individual therapy, group opportunities, a home program and/or support to child care centres. Parents can self-refer to all of the Child Development Centre's services.

Website and Contact Information:

Website: www.cdcyukon.ca/

Contact Information:

1000 Lewes Boulevard, Whitehorse YT

Phone: (867) 456-8182

Toll Free (In Yukon): 1 (866) 835-8386

Email: info@cdcukon.ca

Disability Services

Disability services provides support to families as well as supports for children and adults with disabilities. Parents and individuals with ASD can access these services without a referral. It is possible to receive some support while the assessment process is underway by providing a report from a doctor, mental health assessment, or Child Development Centre report. Disability services provides funding as needed to families for respite, family counselling, sibling care and inclusion supports.

- * Disability Services recently aligned two programs areas: Family Supports for Children with Disabilities (FSCD) and Services to Persons with Disabilities (SPD) to provide services to families and individuals across the life span. Online you may find information about FSCD and SPD; these are the same services.

Website and Contact Information:

Website: www.yukon.ca/en/health-and-wellness/babies-and-childrens-health/find-supports-your-child-disability

Contact Information:

Phone: (867) 393-7464

Toll Free (In Yukon, NWT and Nunavut): 1 (800) 661-0408 ext. 7464

Department of Education

Your child may be independent in a classroom setting or may require extra support. While it is possible for your child to receive support at school without an Individual Education Plan (IEP), you may want to talk to your child's teacher or Student Support Services at the Department of Education for your child to receive more specialized support including: educational programming, social skills, technology or health care. To find out how your child can be more supported in the classroom and services available use the contact information on the following page.

Website and Contact Information:

Website: <https://yukon.ca/en/departement-education>

Contact Information:

1000 Lewes Boulevard, Whitehorse YT

Phone: (867) 667-8000

Toll Free (in Yukon): 1 (800) 661-0408 ext. 8000

Email: studentsupportservices@gov.yk.ca

LDAY Centre for Learning

The Learning Disability Association of Yukon (LDAY) is a non-profit organization that provides support to children, youth and adults who have learning difficulties or differences. No referral or diagnosis is needed to access programming. There is an intake meeting with LDAY staff so that services can be tailored specifically to each individual learner. For children and youth, tutoring support is available as well as access to psycho-educational and neuro-psychological assessments. For adults with ASD, LDAY may help with trades and academic tutoring, as well as support with assistive technology. LDAY can help adults move toward employment with resume and cover letter building, job searches and interview practice, as well as support in the workplace.

There is a resource binder at the LDAY Centre for Learning with the names and contact info for inclusion and respite workers.

Support and advocacy services are free of charge. There are fees for tutoring and assessments, but support may be available.

Website and Contact Information:

Website: ldayukon.com/

Contact Information:

128A Copper Rd, Whitehorse YT

Phone: (867) 668-5167

Email: office@ldayukon.com

Mental Wellness and Substance Use Services

Mental Wellness and Substance Use Services provides a wide range of services in all Yukon communities including individual counselling, outreach services and community support. Their counsellors may be able to provide assistance for children who are struggling with different aspects of their diagnosis. For instance, some individuals with ASD develop an anxiety disorder and counsellors at Mental Wellness and Substance Use Services may assist them with strategies to deal with their anxiety.

Website and Contact Information:

Website: <https://yukon.ca/en/health-and-wellness/mental-wellness/access-adult-counselling-services>

Contact Information:

609 Steele Street, Whitehorse YT

Phone: (867) 456-3838

Mobile Therapeutic Unit

The Mobile Therapeutic Unit is a holistic allied health service for Indigenous youth aged 0 to 18 in both the rural and urban areas of the Yukon. Funded by Jordan's Principle (see page 23), the MTU is committed to working with families and communities to ensure Indigenous children receive culturally appropriate care that reflects the values and knowledge of Yukon First Nations. The MTU is a program delivered by the Yukon First Nation Education Directorate (YFNED).

Our growing team will include:

- A culturally-based mental wellness team
- Occupational Therapy
- Speech Language Pathology
- Education Psychology
- Audiology
- Optometry

The MTU has an open referral policy to ensure all families and communities can access our services. (See next page for contact information).

Website and Contact Information:

Website: <https://www.yfned.ca/mtu>

Contact Information:

#300 204 Black Street, Whitehorse YT

Phone: 1 (833) YFN-KIDS

Email: MTU@yfned.ca

Partners for Children

Partners for Children offers one-stop access to information, referrals, and support services for families with children from birth to age six in Whitehorse. Provides a range of support services related to child development, early learning programs, and child care, including drop-in playgroups, parent education workshops, and health promotion and clinics. Works with early childhood service providers to plan and deliver a more accessible, responsive, and coordinated range of services for families with young children.

Parent groups currently include Parent-Child Mother Goose, Mothering Your Baby...the First Year, Nobody's Perfect Parenting Program, and Handle with Care.

Website and Contact Information:

Website: www.partnersforchildren.info/

Contact Information:

108C Copper Road, Whitehorse YT

Phone: (867) 322-5990

Email: ContactUs@partnersforchildren.info

Recreation and Camp Programming

Camp Raven

Camp Raven is a day camp run for children with learning difficulties. It runs during the summer months and over March Break. This camp is available for children aged 7-14 years old. The cost is \$200 per week (financial assistance may be available).

LDAY also runs a two-week Literacy Camp each summer in Dawson City for 6-9 year olds.

Website and Contact Information:

Website: www.ldayukon.com/camps/

Contact Information:

128A Copper Rd, Whitehorse YT

Phone: (867) 668-5167

Email: office@ldayukon.com

Easter Seals Camp

Easter Seals Overnight Camp, British Columbia/Yukon is available for Yukon residents with disabilities. The camp itself is located at Camp Winfield, in the BC Okanagan. Your child may be eligible to attend the camp. Camp costs are \$550 for a regular session for children aged 6-8 and \$750 for a participant aged 19-29 (travel costs & arrangements are not included). On their website there is a list of subsidies that may help reduce the cost of camp for your child.

Website and Contact Information:

Website: www.eastersealsbcy.ca/camp

Contact Information:

Phone: (604) 873-1865

Toll-Free Phone: 1 (800) 818-4483

Email: camp@eastersealsbcy.ca

Freedom Trails Therapeutic Riding Association

Freedom trails provides therapeutic and recreational horseback riding and horse interaction for people with a disability.

Website and Contact Information:

Website: freedomtrails.weebly.com/

Contact Information:

Phone: (867) 633-5911

Email: ftrails95@gmail.com

Recreation and Community Programs in Whitehorse

The City of Whitehorse offers many recreation programs for children and youth. They welcome children of all abilities to participate in their programming. If your child requires extra support when attending a camp or program at the City of Whitehorse they require an inclusion worker at the program. Inclusion workers are not provided by the City of Whitehorse; however, you may be able to acquire funding for an inclusion worker through Disability Services (see page 9). When you have found an inclusion worker to attend programming with your child, ensure that they have signed and submitted the Personal Support Worker Release Form and meet the requirements on the form for the City of Whitehorse.

Website and Contact Information:

Website: www.whitehorse.ca/departments/recreation-and-facility-services

Contact Information:

200 Hamilton Blvd, Whitehorse YT

Phone: (867) 667-4386

Email: cgccsrgroup@whitehorse.ca

Special Olympics Yukon

Special Olympics Yukon aims to enrich the lives of Yukoners with intellectual disability through sport. They encourage athletes of all abilities over the age of 4 to participate.

Website and Contact Information:

Website: www.specialolympicsyukon.ca/

Contact Information:

102-106 Strickland Street, Whitehorse YT

Phone: (867) 668-6511

Email: info@specialolympicsyukon.ca

Supported Child Care Program

The Supported Child Care Program provides additional support for children with special needs in licensed early learning and child care programs. The program provides individualized and inclusive supports for children in the early years. Educators working with children in the Supported Childcare Program also receive programming support from the Child Development Centre. For more information on the Supported Child Care Program please contact the Early Learning and Child Care Unit, Yukon Education.

Contact Information:

1000 Lewes Blvd., Whitehorse YT

Phone: (867) 667-3492

Services for Adults with ASD

There are no specialized services for adults with ASD in the Yukon at this time. The services available are provided to people with a wide variety of disabilities. Some services mentioned in the previous section are also available to adults with ASD including: Disability Services, LDAY Centre for Learning, Special Olympics Yukon. The services listed below are specific to adults.

Challenge

Challenge Disability Resource Group is a non-profit organization that works with individuals with disabilities to learn real job skills and enter the job market. The Workforce Information and Networking Hub (The Hub) is also connected with Challenge to help bridge services between disability support agencies and mainstream employment services. Challenge also helps to link adults with disabilities to residential services.

Website and Contact Information:

Website: www.challengedrg.org/

Contact Information:

1148 Front Street, Whitehorse YT

Phone: (867) 668-4421

Email: admin@ccva.ca

Diagnostic Services

It is possible to reach adulthood without receiving an ASD diagnosis. If you are not sure if you should seek diagnostic services, see your doctor or community nurse. Currently there are no publically funded adult ASD assessments in the Yukon. It is recommended that you speak with your family doctor or community nurse about your options.

Autism Speaks has an Adult ASD Screening Tool that you can use as well to determine if you want to seek further assessment.

Working UP

There are several programs that are provided through the Labour Market Programs and Services that assist people with disabilities to be successful at work. Support can be provided to both individuals and employers.

Website and Contact Information:

Website: www.yukon.ca/sites/yukon.ca/files/edu/edu-working-up-labour-market.pdf

Contact Information:

Phone: (867) 667-5906

Toll Free (In Yukon): 1 (800) 661-0408 ext. 5906

Email: edu-pslm@gov.yk.ca

Diverse and Inclusive Workplace

This office offers a variety of programs and supports for Government of Yukon employees with disabilities, as well as their supervisors and co-workers. This includes the accommodation solutions and support, training and work experience program, sign language services and corporate document destruction centre.

Website and Contact Information:

Website: www.yukon.ca/en/employment/what-we-offer-our-employees/diverse-and-inclusive-workplace

Contact Information:

Yukon Government Main Administration Building

2nd Avenue Whitehorse YT

Phone: (867) 667-9030

Email: Diversity.Services@gov.yk.ca

Youth Support Services

This support service provides assistance for youth aged 12 to 24 in accessing available health and social services supports. Integrated Supports for Yukon Youth provides: help with job searches, workshops, access to computers, accessing housing, obtaining social assistance, budgeting money, accessing education, training and bursaries, accessing health services and more.

Website and Contact Information:

Website: <https://skookumjim.com/programs/youth-support-services/>

Contact Information:

Skookum Jim Friendship Centre
3159 3rd Ave., Whitehorse YT
Phone: (867) 633-7688

Opportunities Fund for Persons with Disabilities

This program provides funding for organizations to help people with disabilities to prepare for, obtain and maintain employment or self-employment to increase economic participation and independence. The Opportunities Fund offers a range of activities that can be tailored to meet the individual needs of the persons with disabilities.

Website and Contact Information:

Website: <https://www.canada.ca/en/employment-social-development/services/funding/disability-opportunity-national.html>

Inclusion Yukon

This association promotes inclusion for individuals and families by finding ways to educate the public, inform professionals, and develop services and strategies. Through partnerships they provide opportunities for everyone to reach their potential and feel like they belong.

Website and Contact Information:

Website: www.inclusionyukon.org/

Contact Information:

4230 4th Ave., Suite 7, Whitehorse, YT
Phone: (867) 667-4606
Email: inclusionyukon@gmail.com

Yukon Child and Youth Advocate Office

The Yukon Child and Youth Advocate Office helps those who feel that a child or youth isn't receiving the services and supports that are their right or needed. They will support in any way that they can. Families may call and ask to speak to a child advocate about government services, education and more.

Website and Contact Information:

Website: www.ycao.ca/

Contact information:

2070 2nd Avenue, Unit 19, Whitehorse, YT

Phone: (867) 456-5575

Toll free number: 1 (800) 661-0408

Yukon University Learning Assistance Centre

If you are planning on attending or are currently attending Yukon University and would like assistance, the Learning Assistance Centre can help with learning strategies, planning and academic accommodations. If you are planning on attending a different post secondary institution check to see if there are similar accommodation centres at that location.

Website and Contact Information:

Website: <https://www.yukonu.ca/student-life/learning-matters/learning-assistance-centre>

Contact Information:

Ayamdigut Campus Room A2319, Upper Academic Wing, Whitehorse YT

Phone: (867) 668-8780

Email: wkitchen@yukonu.ca

National Resources

Below there are a list of national resources for ASD.

Autism and/or Intellectual Disability Knowledge Exchange Network (AIDE) Canada

- AIDE Canada offers information, tools, and resources about autism and intellectual disabilities across the lifespan.

Website: www.aidecanada.ca/

Autism Community Training

- Autism Community Training provides information and training to enable parents, professionals and para-professionals to support children and adults with ASD.

Website: www.actcommunity.ca/about-us

Autism Junction

- An online tool to search for services for people with ASD.

Website: www.autismjunction.ca/

Autism Speaks Canada

- A site that provides information on ASD science, services and resources in Canada.

Website: www.autismspeaks.ca/

Canadian-American Research Consortium

- ASD-CARC is a group of researchers from institutions and laboratories across Canada and the United States, working with other researchers globally on topics surrounding ASD.

Website: www.autismresearch.ca/

Canadian Autism Spectrum Disorders Alliance (CASDA)

- Implementing a comprehensive National ASD Strategy that addresses critical gaps in funding and policies

Website: www.casda.ca/

Geneva Centre for Autism

- This centre is based in Toronto. On their website there are online training modules and certificate training for people working with individuals with ASD as well as a funding information, current research, and much more.

Website: <https://www.autism.net/>

National Autism Center

- An American center that provides resources for families, educators and practitioners.

Website: www.nationalautismcenter.org/

National Autism Surveillance System

- The National Autism Surveillance System (NASS) reports on the prevalence of ASD in Canada. Their first report was released in April 2018

Website: www.canada.ca/en/public-health/services/diseases/autism-spectrum-disorder-asd/surveillance-autism-spectrum-disorder-asd.html

Funding Assistance

Federal Government Funding and Financial Aid

This is not an exhaustive list. It is possible to receive benefits through other avenues as well. Check the Government of Canada's Benefit finder to see if you or your family qualify for any other benefits or services.

Website: www.canadabenefits.gc.ca/f.1.2c.6.3z.1rdq.5.2st.3.4ns@.jsp?lang=en

Child Disability Benefit

This benefit is a tax-free benefit up to \$2730 per year for families who care for a child who is under 18 with a severe and prolonged impairment. The Canada Revenue Agency will determine if your child is eligible for the Child Disability Benefit from Form T2201, Disability Credit Certificate. This is the same form that is used to determine eligibility for the Disability Tax Credit. For more information, check the Government of Canada's website.

Website: www.canada.ca/en/revenue-agency/services/child-family-benefits/child-disability-benefit.html

Deductions or Credits on Income Tax

There are various tax deductions that can be claimed for people with disabilities or people caring for those with disabilities. They are outlined and explained in detail on the Government of Canada's website. For Line 215 of your tax return use form T929 to calculate the amount for deduction.

Website: www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/what-persons-disabilities-claim-a-deduction-credit.html

Disability Tax Credit

This tax credit is intended to help people with disabilities or caregivers of those with disabilities to reduce the amount of income tax that they may have to pay. To benefit from this tax credit you must have Form T2201, Disability Credit Certificate filled out and approved by the Canada Revenue Agency. Part B of this form must be completed by a medical practitioner.

To find out the maximum disability credit, check the Government of Canada's website as this number changes annually.

Website: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

Jordan's Principle

Jordan's Principle aims to ensure all First Nations children are able to access health, social and educational services. Under Jordan's Principle private diagnosis and treatment may be covered for First Nations children. Services covered under Jordan's Principle include but are not limited to respite care, speech therapy, schooling supports, medical equipment and mental health services.

Contact Within Canada

For more information, including how to access Jordan's Principle or submit a request visit www.canada.ca/en/indigenous-services-canada/services/jordans-principle.html

Phone: 1 (855) 572-4453 (available 24 hours a day 7 days a week)

Contact Within Yukon:

Council of Yukon First Nations

Phone: 1 (867) 393-9200

Website: www.cyfn.ca/services/jordansprinciple/

Child Development Centre - Jordan's Principle Coordinator

See contact information on page 9

Non-Insured Health Benefits (NIHB) Program

This program provides coverage to registered First Nations and Inuit for medically necessary items and services that are not covered by other plans and programs including: dental care, eye and vision care, medical supplies and equipment, drugs and pharmacy products, mental health counselling and medical transportation. To find out more about how to receive coverage use the contact information below.

Website and Contact Information:

Website: www.canada.ca/en/indigenous-services-canada/services/non-insured-health-benefits-first-nations-inuit.html

Contact Information:

300 Main Street Suite 100, Whitehorse, YT

Phone: (867) 393-3800

Toll Free Phone: 1 (866) 362-6717

Post-Secondary Student Financial Assistance - Federal

The Canada Student Grant for Students with Permanent Disabilities provides up to \$2000 per each school year for students that qualify for financial assistance and can provide proof of a disability.

Website and Contact Information:

Website: www.canada.ca/en/employment-social-development/services/education/grants/disabilities.htm

For more information, you can also contact **Student Financial Services:**

1000 Lewes Blvd, Whitehorse, YT

Phone: (867) 667-5929

Toll Free Phone: 1 (800) 661-0408 ext. 5929

Email: sfa@gov.yk.ca

Yukon Government Funding and Financial Aid

Chronic Disease and Disability Benefits Program

The Chronic Disease and Disability Benefits Program provides benefits for Yukon residents who have a chronic disease disability. Benefits that may be provided include, prescription drugs, medical surgical supplies, medical equipment, food supplements, or prosthesis that are medically required for the management of a condition, and are recommended by a medical practitioner. While ASD is not one of the chronic conditions covered, some conditions that may co-occur with ASD are, such as epilepsy. For coverage and restriction details contact the program or check their website.

Website and Contact Information:

Website: <https://yukon.ca/en/get-help-costs-if-you-have-chronic-disease-or-disability>

Contact Information:

204 Lambert St., Whitehorse YT

Phone: (867) 667-5209

Toll Free (In Yukon, NWT and Nunavut): 1 (800) 661-0408 ext. 5209

Email: Yukon.Healthcare@yukon.ca

Disability Services

Disability services provides funding for families with children who have disabilities. Funding is for supports including: respite, family counselling, sibling care, inclusion supports and specialized services for children with complex needs. The amount covered is dependent on what is recommended by the medical professional. To be eligible for services a child does not need to have a confirmed diagnosis and can be in the process of assessment. However, they do need an assessment report from a medical professional or a mental health assessment from the Child Development Centre or Department of Education to access services.

Website and Contact Information:

Website: <https://yukon.ca/en/health-and-wellness/babies-and-childrens-health/find-supports-your-child-disability>

Phone: (867) 393-7464

Toll Free Phone: 1 (800) 661-0408 ext. 7464

Post-Secondary Student Financial Assistance – Territorial

There are a variety of programs and scholarships that help individuals pay for post-secondary education. It is important that if you are considering applying for financial assistance you look into these programs early as some have deadlines. The Government of Yukon has some listed on their website as well as information about how to complete them.

Website and Contact Information:

Website:

<https://yukon.ca/en/education-and-schools-student-financial-support>

Contact Information:

1000 Lewes Blvd, Whitehorse, YT

Phone: (867) 667-5929

Toll Free Phone: 1 (800) 661-0408 ext. 5929

Email: sfa@gov.yk.ca

Private Insurance

While the Yukon Health Care Insurance Plan does cover many medical expenses, some people will choose to get private insurance to cover expenses that are not covered by our territorial insurance. This is not always necessary and many people may choose not to pay for private insurance or already have coverage through their employer.

You can receive quotes for different health insurance here

www.healthquotes.ca/Yukon-Health-Care-Plan.aspx

There are three different private insurance options below. These are not the only options and you may want to look into more private insurance options yourself. For information on whether an insurance company will cover private ASD diagnostic or treatment services for a child with ASD you will need to contact the company directly as coverage for services may vary according to different circumstances.

Great-West Life

If you already have benefits through your employer,

Phone: 1 (800) 957-9777

If you are interested in private insurance visit their website

www.greatwestlife.com/you-and-your-family.html

Manulife

Phone: 1 (888) 790-4387

www.manulife.ca/for-you/insurance/explore/health-insurance.html

Sun Life

Phone: 1 (877) 786-5433

www.sunlife.ca/en/explore-products/insurance/health-insurance/

Yukon Health Care Insurance Plan

If you are a Yukon resident, you may already have a health care card. However, if you are new to the territory you may have to apply for a health care card.

You are eligible for Yukon Health Care Insurance Plan if you:

- Are a Canadian citizen or have immigration status
- Made your permanent home in Yukon and
- Are physically present in Yukon and not absent for more than six months, without a waiver from Insured Health Services.

To apply for Yukon's Health Care Insurance Plan visit

<https://yukon.ca/en/health-care-card#eligibility> for more information.

If you already have a Yukon Health Care Card and want to know more about what is covered and what is not please visit:

Health Insurance Coverage and Benefits: <https://yukon.ca/en/health-and-wellness/care-services/find-out-about-your-health-care-coverage#what-is-not-covered-when-youre-travelling-or-moving-outside-yukon>

Contact:

Phone: (867) 667-5209

Toll-Free Phone: 1 (800) 661-0408 ext. 5209

Yukon Medical Treatment Travel

In order to receive a diagnosis or therapy for ASD or related conditions, you may have to travel to Edmonton, Calgary or Vancouver for services that are not available within Yukon. The Application for Medical Travel must be completed by a practitioner who is licensed within Yukon and approved by the Medical Travel Program (practitioners include doctors, and community nurses where there is no doctor available). Services covered are outlined on the website and include travel expenses and a \$75 per day reimbursement after the second day of receiving out-patient services outside of Yukon to a maximum of 90 days. In order to access out-of-territory medical travel by air policy or vehicle policies, subsidy guides or more about the application process please visit their website.

Website and Contact Information:

Website: <https://yukon.ca/en/medical-treatment-travel>

Phone: (867) 667-5203

Toll Free: 1 (800) 661-0408 ext. 5203

Appendix A:

Yukon First Nations Contact Information

If you or the person you are caring for with ASD is a citizen of a Yukon First Nation, there may be other supports or services available. Contact your First Nation for more information.

Council of Yukon First Nations

2166-2nd Avenue, Whitehorse

Phone: (867) 393-9200

Website: www.cyfn.ca/

Carcross Tagish First Nation

Carcross

Phone: (867) 821-4251

Website: www.ctfn.ca/

Champagne and Aishihik First Nation

Haines Junction and Whitehorse

Phone: (867) 634-4200 or (867) 456-6888

Website: www.cafn.ca/

Kluane First Nation

Burwash Landing

Phone: (867) 841-4274

Website: www.kfn.ca/

Kwanlin Dun First Nation

Whitehorse

Phone: (867) 633-7800

Website: www.kwanlindun.com/

Liard First Nation

Watson Lake

Phone: (867) 536-5200

Website: www.liardfirstnation.ca/

Little Salmon Carmacks First Nation

Carmacks

Phone: (867) 863-5576

Website: www.lscfn.ca/

Na-Cho Nyak Dun First Nation

Mayo

Phone: (867) 996-2265

Website: www.nndfn.com/

Ross River Dena Council

Ross River

Phone: (867) 969-2277

Website: www.rossriverdenacouncil.com/

Selkirk First Nation

Pelly Crossing

Phone: (867) 537-3331

Website: www.selkirkfn.com/

Ta'an Kwach'an Council

Whitehorse

Phone: (867) 668-3613

Website: www.taana.ca/

Teslin Tlingit Council

Teslin

Phone: (867) 390-2532

Website: www.ttc-teslin.com/

Tr'ondek Hwech'in First Nation

Dawson City

Phone: (867) 993-7100

Website: www.trondek.ca/

Vuntut Gwitchin First Nation

Old Crow

Phone: (867) 966-3261

Website: www.oldcrow.ca/

White River First Nation

Beaver Creek

Phone: (867) 862-7802

Website: www.whiteriverfirstnation.com/

Appendix B:

Community Nursing Services Contact Information

For free, confidential 24-hour health information by registered nurses you can call the **Yukon HealthLine 811**.

Beaver Creek Health Centre

Mile 1202 Alaska Highway

Phone: (867) 862-4444

Carcross Health Centre

1952 Tagish Avenue

Phone: (867) 821-4444

Carmacks Health Centre

106 River Drive

Phone: (867) 863-4444

Dawson City Health Centre

501- 6th Avenue (2nd Floor)

Phone: (867) 993-4300

Destruction Bay Health Centre

Mile 1083 Alaska Highway

Phone: (867) 841-4444

Faro Health Centre

111 Bell Avenue

Phone: (867) 994-4444

Haines Junction Health Centre

131 Bates Street

Phone: (867) 634-4444

Mayo Health Centre

21 Centre Street

Phone: (867) 996-4444

Old Crow Health Centre

Building 200

Phone: (867) 966-4444

Pelly Crossing Health Centre

Kilometre 464 Klondike Highway

Phone: (867) 537-4444

Ross River Health Centre

14 Kulan Street

Phone: (867) 969-4444

Teslin Health Centre

27 Dawson Avenue

Phone: (867) 390-2217

Watson Lake Health Centre

817 Raven Hill Drive

Phone: (867) 536-5255

Whitehorse Health Centre

9010 Quartz Road

Phone: (867) 667-8864

Dawson Medical Clinic

501-6th Avenue

(1st floor Dawson Hospital)

Phone: (867) 993-5744

Appendix C:

Private Practitioners (fee for service) in the Yukon

There are also some experienced professionals who consult privately. Some families go this route in order to obtain more therapy and/or in order to avoid waiting lists. Some of these practitioners also qualify to be paid by employer benefit programs. This is by no means an exhaustive list. Many families also chose to see naturopaths, counselors, yoga therapists, etc., who are familiar with autism. The therapy “cocktail” for each family is unique because each person with ASD is unique!

Whitehorse Professionals who have experience with ASD*

Psychologists

Trailhead Integrated Health

Charlene Bradford

202 104 Elliott Street, Whitehorse, YT

Phone: (867) 668-2612

info@trailheadhealth.ca

<https://www.trailheadhealth.ca/>

Cloudberry Wellness

Stace Burnard

Phone: (867) 335-1717

cloudberrystace@gmail.com

www.cloudberrywellness.com

Leona Corniere

Registered Psychologist

Registered Play Therapist

lcorniere@northwestel.net

Phone: (867) 334-1785

Debra Kapaniuk

Registered Psychologist

Registered Play Therapist

dkapaniuk@northwestel.net

Phone: (867) 332-1785

Speech-Language Pathologists

Boreal Clinic

Speech & Language Therapy

Social Communication

www.borealclinic.com

admin@borealclinic.com

Phone: (867) 332-6405

Karen Rach

Speech & Language Therapy

Social Communication

karenrachslp@gmail.com

Phone: (867) 334-6321

Occupational Therapists

Joy Val

Occupational Therapy Consulting

otnorth@outlook.com

Phone: (867) 332-1817

** This information booklet will be updated yearly. If you are a service provider and would like to be included in this list, please send your information to info@autismyukon.org*

Appendix D:

Professionals on the Therapy and Diagnostic Team

Different professionals play different roles in both the diagnosis and therapy process for people with ASD. The following section outlines who the professionals are, what they do and what you should ask them.

Behaviour Worker or Behaviour Interventionist: A behaviour worker or behaviour interventionist is an individual hired by a family to carry out the instructions and therapy recommendations of a Board Certified Behaviour Analyst (BCBA). Funding for this is often received through Disability Services.

Board-Certified Behaviour Analyst (BCBA): A behaviour analyst observes and assesses behaviour and identifies its causes. A treatment plan is written, and evidence-based therapy is provided. Behaviour is often tracked with graphs and charts, and parents are given suggestions about how to modify the child's environment in order to promote positive behaviour change.

For more information about behaviour analysts, visit: www.bacb.com/

Clinical Counsellors: Clinical counselors are concerned with diagnosis, assessment, therapy and prevention of mental health disorders. They can provide counselling for patients and offer different solutions to solving problems.

Community Nurse: If you live in a smaller community within Yukon you may not have frequent access to a general practitioner. In this case you may visit the closest nursing station. They will be able to direct you to the services you should access. You should bring all your concerns to them, and it is recommended that you even write them down so you remember.

Depending on your child's age and the community, you or your child may be able to access services within your community, or you may have to travel to Whitehorse or even outside of Yukon.

Developmental Therapist: looks at children's play, behaviour, social and emotional development. They provide support to families regarding parenting issues and child development.

Diagnostic Coordinator: In a diagnostic process within or outside of Yukon you or your child may be assigned a diagnostic coordinator. While this person may not actually perform diagnostic assessments they are a point of a contact for families and an organizational coordinator of the different components of the assessment. They will be able to answer any questions you may have about the diagnostic process and potentially be able to link your child to services as a part of their therapy.

General Practitioner: A general practitioner is also commonly called a family doctor. General practitioners are usually the first point of contact for patients when there is a concern. If you are not sure where to go with your health concerns they are a good place to start. Even while they may not be able to provide you with a diagnosis or support needed, they are able to provide you with a referral or support in accessing services that will. It is important to bring all of your concerns to them, and it is recommended that you even write them down so you do not forget.

If you do not have a family doctor, you can call (867) 393-6980 to see if any physicians in Whitehorse are accepting new patients or visit a walk-in clinic for a referral to a pediatrician.

Inclusion Worker: An individual that families hire to help to integrate a child with ASD into regular community activities such as swimming lessons or summer camp. Funding for this may be obtained through Disability Services.

Occupational Therapist (also commonly called an OT): provides care and therapy to help to solve problems that interfere with everyday life. They help to promote skills for independent living. They also provide supports surrounding sensory integration (anything to do with the senses and balance perception). Occupational Therapists also help children with fine motor skills delays. Any concerns about behaviours that affect everyday life of you or your child should be brought to your OT (ex. teaching a child to tolerate teeth brushing or to brush their teeth independently). For more information on what to expect visit: www.autismontario.com/node/484

Pediatrician: A pediatrician is a doctor that specializes in childhood health and wellness. For your child to see a pediatrician in Yukon you will need a referral from a general practitioner. It is recommended that you bring all concerns to the pediatrician. They may be able to help you directly or refer you to another specialist or a team that will be able to address the concerns with your child.

Psychiatrist: A psychiatrist is a medical doctor that specializes in psychological diagnoses. They are able to provide assessments and therapy but also prescribe medications. It is important to bring any concerning behaviours, mental development or emotion to your psychiatrist.

Psychologist: A psychologist studies the human mind, emotions and behaviour. If you or your child is seeing a psychologist for either an assessment or therapy it is important to inform them of any behaviours that you are concerned about. In terms of a diagnosis they will perform cognitive assessments and play based assessments.

Physiotherapist: A physiotherapist (also called a PT) specializes in physical movements. They can help to address a person's behaviours or illnesses that may affect their ability to perform functional activities in their daily lives. They may be a part of a diagnosis team or you or your child's therapy. Be sure to tell them if you have any concerns with your child's movement.

Respite Worker: An individual that may be hired by families to care for a child with ASD while the parents get a break to perform self care activities such as doctor's appointments, rest or physical exercise. Funding for this may be obtained through Disability Services.

Social Worker: A social worker may be helpful throughout the lifespan of an individual with ASD. They can help by providing a variety of services not limited to: information regarding diagnosis and treatment, explaining the diagnosis and treatment processes to family members and working with a person with ASD on relationships, social skills and transitions.

For more information on what to expect visit:

www.autismontario.com/node/497

Speech Language Pathologist: A speech language pathologist (SLP) specializes in evaluation, diagnosis and treatment of communication disorders. ASD can affect speech, language development, and social communication. They also can help with eating and swallowing issues. An SLP may be a crucial player in diagnosis and therapy. In a diagnosis the SLP may evaluate language delay and social language use. Any language-related or communication related concerns should be brought to your SLP.

For more information on what to expect visit:

www.autismontario.com/node/496

Supported Child Care Worker (SCCW): An individual hired by a child care centre or preschool to help integrate a child with ASD into this setting and to work on the child's therapeutic goals with the child in. The SSCW works closely with the therapists at the Child Development Centre. Funding for this worker is provided through Child Care Services.

This document is updated yearly.

If you have any suggestions for edits or would like to suggest new information, please email info@autismyukon.org.

This material is designed for information purposes only.

It should not be used in place of medical advice, instruction and/or therapy.

If you have specific questions, please contact your doctor or appropriate health care professional.

This document was produced through the collaboration between Autism Yukon, the office of the Chief Medical Officer of the Yukon, and Disability Services.

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Author: Jacqueline Mills | Contributor: Leslie Peters | Designer: Lois Bochart



