



## What are the services provided by ARC?

Individuals with ASD respond to respectful treatment in a structured, meaningful program with trained staff and a sufficient client-to-staff ratio. Our clients have the right to effective services and treatment based on the best clinical practices.

Depending on the needs of the individual, ARC provides:

- ◆ functional assessments and consultations for children, youth, and adults with ASD;
- ◆ individual programs to help develop skills in all areas;
- ◆ family training;
- ◆ a Family Support Worker to work with persons with ASD on an individual program in the community and/or at home;
- ◆ social skills groups;
- ◆ transition planning;
- ◆ a Summer, Winter and Spring programs during school breaks and day program breaks where individuals can maintain their skills and routine;
- ◆ consultations to schools, day cares, group homes, day programs, and other agencies involved with individuals with ASD;
- ◆ workshops and training for interested professionals and the public; and for a fee, ARC will conduct training seminars for other agencies and corporations.

ARC's Resource Library provides information regarding ASD, treatment approaches, and current research. Our library is open to the public during business hours; however, interested individuals must phone the ARC office to book an appointment to use the library.

### How can you help?

ARC is a non-profit organization funded primarily by the Regina Qu'Appelle Health Region. Our Seasonal Programs are mainly funded by fundraised dollars. ARC is a registered charity that welcomes donations. Tax-deductible receipts are provided for donations over \$10.00. If you wish to make a donation, by cash, cheque or credit card, please contact ARC using the information on the front of this brochure.



The Autism Resource Centre (ARC) is a community-based organization incorporated to serve persons with Autism Spectrum Disorder (ASD) and to support their families. Since 1977, the members of ARC have sought to achieve a meaningful and independent life for individuals with ASD through education, awareness, and programming.

### Autism Resource Centre

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## Vision and Mission Statement

We believe that each person with ASD have the capacity for growth and development. The Autism Resource Centre envisions that all individuals with ASD achieve a meaningful, independent, and safe life through access to public and community services, individualized supports, and learning opportunities throughout life.

ARC helps individuals achieve this through:

- ◆ functions assessments and individualized programs;
- ◆ encouraging strong family/caregiver involvement;
- ◆ advocating with families for services from other organizations;
- ◆ coordinating services with organizations through partnership and consultation;
- ◆ educational presentations to promote community awareness and acceptance of persons with ASD; and
- ◆ reviewing research for programming and training techniques.

**All individuals have a right to services that will enhance their well being, quality of life, and opportunities to learn. ARC strives to:**

1. ensure required services are accessible and delivered in a coordinated manner throughout the individual's life.
2. be a leader in providing information on current research, treatment, education, and therapeutic techniques;
3. increase awareness and establish partnerships in child care, educational, medical, and professional communities;
4. develop partnerships with agencies involved in providing services; and
5. be a voice with families and individuals with ASD in all areas of public policy.

### How does a person receive a diagnosis?

A diagnosis is provided by the medical community and is based on observations of the individual's behaviour. There are no medical tests for ASD. Diagnosis is best done by a team of professionals, ideally including a psychiatrist, pediatrician, psychologist, occupational/physical therapist, speech/language pathologist, and a social worker.

A family physician can provide a referral to organizations such as the Wascana Rehabilitation Centre or Saskatchewan Child and Youth Services for a diagnosis.



## Autism Spectrum Disorder (Pervasive Development Disorders)

Autism is commonly referred to as a spectrum disorder, which means the symptoms can be present in a variety of combinations and can vary from mild to severe. Multiple abilities can be affected, while others are not. (Bristol et al1996; Sheaney & Bauman 1997).

ASD includes diagnoses of Autism Disorder, Rett's Disorder, Childhood Disintegrative Disorder, Asperger's Disorder and Pervasive Development Disorder-Not Otherwise Specified (PDD-NOS).

ASD is a developmental disability caused by neurological dysfunction; often, the symptoms appear before age 3. ASD is characterised by atypical behaviours in the areas of:

### social interaction

- ◆ peer relationships
- ◆ spontaneous social interaction
- ◆ eye-to-eye gaze

### behaviour pattern

- ◆ inflexibility
- ◆ atypical behaviour
- ◆ narrow interests in activities

### communication skills

- ◆ spoken language
- ◆ sustainable conversation
- ◆ spontaneous make-believe play

### sensory processing

- ◆ can affect one or any number of the five senses

Other symptoms may include: hand flapping, rocking, not using gestures or language, unusual responses to people or attachments to objects, and resistance to change in routine. In some cases, aggressive and/or self-injurious behaviour may be present.

While there are no known cures, research continues into the causes and treatments of ASD. Individuals can benefit by prompt recognition of the disorder and by attending and participating in special programs suited to their needs.

### Who is Affected?

As many as one in every 165 Canadian children has a form of autism. School boards across the country show an average increase in autism cases of as much as 63 percent in the last two years. One in 10 Canadians will be touched by autism in their lifetime. (Geneva Centre for Autism, 2007)