



Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions



## Autism Spectrum Disorder (ASD) Support Program Aetna Resources For Living<sup>SM</sup>

Autism Spectrum Disorder (ASD) is the new name for what used to be three separate disorders — autism, Asperger syndrome and pervasive developmental disorder.

ASD can occur in families from all walks of life. In fact, about one in 68 children in the United States has ASD.<sup>1</sup>

Those who have ASD tend to relate, communicate, behave and learn in different ways. And since ASD is a spectrum disorder, symptoms can vary. Some may show mild signs while others have severe symptoms that require extra support.

### Impact on families

ASD is usually found in children but it can impact the whole family. On top of typical life stressors, ASD can require visits to specialists, daily home treatments and more. These demands can put a strain on family relationships and finances.

### We can help

We're committed to working with those affected by ASD. ASD is often complex. And early intervention can be critical. So it helps to find support from experts who can:

- Understand ASD issues and its impact on families
- Identify resources and help you get started
- Educate and support families

<sup>1</sup>Autism Spectrum Disorder - Data and Statistics. Centers for Disease Control and Prevention. [www.cdc.gov/ncbddd/autism/data.html](http://www.cdc.gov/ncbddd/autism/data.html). Accessed October 2016.

## ASD Support Program

Our ASD support specialists can help families connect with:

- **Support groups.** We'll talk with parents about ASD support groups. These groups can provide emotional support and resources. Parents can network and learn about doctors, therapists, childcare providers, schools and more.
- **Advocacy.** We'll help families find out about services for children with ASD, disability rights, public policy and awareness events.
- **Childcare services.** We'll research and find local providers. Our specialists can find centers with experience caring for children with special needs. They'll obtain the names, addresses, hours, fees and other facts about providers.
- **Early Childhood Intervention (ECI) programs.** We'll help connect parents to ECI programs. These may offer developmental and medical services, therapies, counseling, family education and service coordination to eligible children.
- **Schools, camps and more.** We can provide referrals to programs that meet a family's unique needs. These may include tutors, before or after school services, camps, recreation and respite programs.
- **Health professionals.** We can help families find doctors and mental health professionals who have experience treating ASD.
- **Local, state and federal agencies.** We'll direct families to community and government resources. Family members can learn about programs and how to apply.
- **Information.** We can refer families to helpful articles, books and trustworthy websites.

Our ASD Support Program brings value to families by helping with legwork, resources and more. Let our ASD Support Program help your family. Call for more information today.



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