

Classes at Seattle Children's Autism Center

This handout gives a summary of classes offered by the Autism Center and how to sign up for them.

Who should attend a class?

Classes are for **parents or caregivers** of children and teens who have a diagnosis of autism spectrum disorder. Your child does not need to be a current patient at Seattle Children's Autism Center.

Please attend each class you sign up for and stay on the video call for the entire class. Your child does not need to be on the video call during the class unless they want to attend.

What classes are available at the Autism Center?

Please review the information below on the types of classes we offer. They are taught by members of our Autism Center team.

There may be time for questions during class. Please note that we cannot give advice about what should be done for a specific child or family.

Accessing Treatment, Learning and Support (ATLAS)

This 90-minute class is the place to start. It provides an overview and discussion of ways to find support and services in the community and at Seattle Children's Autism Center.

- ☐ ATLAS
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Autism Resource Classes

These 60-minute classes give information about support services in the community and how to find and apply for them. These are 1-time classes.

- ☐ Applying for DDA
 - ☐ Finding ABA
 - ☐ Mental Health Services for Autism
 - ☐ Navigating School Supports
 - ☐ Washington State Autism Resources
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Autism Education Classes

These classes provide education on health and behavioral issues that are common in children and teens with autism.

One-time classes (90 minutes each)

- ☐ First Steps: New Diagnosis of Autism
 - ☐ ADHD/ADD and Autism
 - ☐ Behavior and Autism
 - ☐ Constipation and Autism
 - ☐ Sleep Problems and Autism
 - ☐ Toileting and Autism
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To Learn More

- Autism Center
206-987-8080
- Ask your child's healthcare provider
- seattlechildrens.org/patient-education

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Series classes (number of classes and class length varies)

- ☐ Anxiety and Autism (3 classes, 90 minutes each = 4.5 hours total)
- ☐ Early Communication and Autism (3 classes, 90 minutes each = 4.5 hours total)
- ☐ Feeding Foundations (4 classes, 80 minutes each = 5 hours and 20 minutes total)

Transition to Adulthood

These classes provide education on health and behavioral issues that are common in children and teens with autism. Please **choose 1** of the classes below based on your teen's needs. The classes are for families of teens ages 16 and older.

- ☐ **Next Steps: Steps to Independence:** For those who are on track to live independently and have plans to go to college, vocational training or enter the workforce. (3 classes, 90 minutes each = 4.5 hours total)
- ☐ **Next Steps: Lifelong Learning:** For teens who will need ongoing support, guardianship, disability and other support services. (3 classes, 90 minutes each = 4.5 hours total)

How can I attend a class?

You must complete the ATLAS class **before** attending any other classes. Scan the QR code to learn more about ATLAS and how to register.



How can I find out more about the classes?

Visit seattlechildrens.org/clinics/autism-center/services to find more information about the treatments, services and classes offered at Seattle Children's Autism Center.

Where do the classes take place?

All classes are held by telehealth (video) using Zoom. Visit seattlechildrens.org/clinics/telemedicine to sign up for MyChart and download the Zoom app. Once you sign up, you will find your Zoom link in MyChart.

How much does each class cost?

Each class session costs \$25. It is not billed through insurance. Seattle Children's will bill families. You do not have to pay for the classes if your child has Washington Medicaid (Apple Health) or you qualify for Seattle Children's Financial Assistance Program.

The Financial Assistance Program is based on family size and income. Learn more at seattlechildrens.org/finasst or by calling 206-987-3333.

What do I need to do if I have trouble logging into the class or need to miss class?

You can send a message through MyChart or call us at 206-987-8080 if you have trouble logging into the class or if you are unable to attend.

Language matters

At Seattle Children's Autism Center, we care for children and teens across the entire autism spectrum. Because of this, we use both person-first (child with autism) and identify-first (autistic child) language in our patient education materials.

When you meet with a provider, please let them know which language you prefer.
