



**Paragon Autism**  
**S E R V I C E S**  
Making a Difference Together

## The Road to Support

1. Contact your Pediatrician as soon as you develop concerns about your child's development or if you feel your child is not meeting developmental milestones. You know your child best.
  - a. While all children develop at differing rates, the CDC has a checklist of milestones to include birth to age 5. For the checklist, go to:  
[https://www.cdc.gov/ncbddd/actearly/pdf/checklists/all\\_checklists.pdf](https://www.cdc.gov/ncbddd/actearly/pdf/checklists/all_checklists.pdf)
  - b. Your Pediatrician will not be able to diagnose your child with Autism, but may diagnose them with Developmental Delay or Developmental Disability. Depending on your child's insurance he/she may be able to begin services with a Developmental Delay or Developmental Disability diagnosis. **Early Intervention is proven to be effective, therefore, the earlier you can get services for your child the better.** The Autism Society recommends early intensive intervention for individuals with autism on their website:  
<http://www.autism-society.org/living-with-autism/autism-through-the-lifespan/infants-and-toddlers/early-intervention/>
2. Contact a Developmental Pediatrician who can perform a comprehension evaluation on your child:
  - a. Children's Hospital of Richmond - (804) 828-2467,  
<https://www.chrichmond.org/Services/Developmental-Pediatrics.htm>
  - b. Children's National - D.C. - (301) 765-5432,  
<https://childrensnational.org/departments/center-for-neuroscience-and-behavioral-medicine/programs-and-services/center-for-autism-spectrum-disorders>
  - c. Kennedy Krieger Institute - (888) 554-2030, <https://www.kennedykrieger.org/>
  - d. University of Virginia Children's Hospital, formerly Kluge Children's Rehabilitation Center - (434) 243-5500, (434) 924-5161,  
<https://childrens.uvahealth.com/services/developmental-disabilities-and-delays>
3. Connect with the special needs community as soon as you develop concerns:
  - a. Fredericksburg Area Online Support Group -  
<https://www.facebook.com/groups/fredericksburgautismsupportgroup/>
  - b. Free ongoing recreation events hosted by Paragon Autism Services:
    - i. Lego Club - 1st Saturday of each month  
<https://www.eventbrite.com/e/paragon-autism-services-special-needs-lego-and-train-club-tickets-41394928345>
    - ii. KD'z KiDz World - 3rd Wednesday of each month  
<https://www.eventbrite.com/e/paragon-autism-services-special-needs-fun-night-at-kdz-kidz-world-tickets-41395963441?aff=eac2>

- c. For additional information and referrals contact the Autism Society of Northern Virginia - (703) 495-8444, [ASNV.org](http://ASNV.org)
  - d. Rappahannock Area Autism Council (RAAC) - Lunch and Learn on the 4th Thursday of each month - [RAACinfo@gmail.com](mailto:RAACinfo@gmail.com)
  - e. Central Rappahannock Regional Library Sensory Time - 1st Thursday of each month - (540) 372-1144, <http://www.librarypoint.org/sensory-time>
  - f. Rappahannock Area YMCA - (540) 371-9622, <http://family-ymca.org/wp-content/uploads/2018/02/SN-Schedule-1.pdf>
4. As soon as your child is diagnosed with Autism, Developmental Delay, or a Developmental Disability, obtain intensive therapy services for your child:
- a. Applied Behavior Analysis (ABA):  
The CDC, American Pediatric Association, Surgeon General, and Autism Speaks all endorse ABA therapy.  
See the link below for the Surgeon General's Report where he endorses ABA on pages 163 and 164.  
<https://profiles.nlm.nih.gov/ps/access/NNBBJC.pdf>
    - i. For information about ABA - [https://www.autismspeaks.org/docs/sciencedocs/atn/atn\\_air-p\\_applied\\_behavior\\_analysis.pdf](https://www.autismspeaks.org/docs/sciencedocs/atn/atn_air-p_applied_behavior_analysis.pdf)
    - ii. Contact Paragon Autism Services at 540-479-3889 to complete a phone screening and determine eligibility for ABA Services. If Paragon is not able to provide services for your child, we will help you locate additional ABA resources and providers.
  - b. Occupational Therapy (OT):
    - i. For information about OT - <https://www.aota.org/~media/Corporate/Files/AboutOT/Professionals/WhatIsOT/CY/Fact-Sheets/Autism%20fact%20sheet.pdf>
    - ii. If you need assistance locating an OT in your area, please feel free to contact Paragon for assistance at 540-479-3889.
  - c. Speech Therapy:
    - i. For information about Speech Therapy - <https://www.asha.org/public/speech/disorders/Autism/>
    - ii. If you need assistance locating a Speech Therapist in your area, please feel free to contact Paragon for assistance at 540-479-3889.
5. Once your child is diagnosed with Autism, Developmental Disability, or Developmental Delay, seek out education services:
- a. **In Fredericksburg, Stafford, Spotsylvania, Caroline and King George:**
    - i. For children under the age of 3 contact the RACSB for the PEIDS program - (540) 372-3561, <https://rappahannockareacsb.org/portfolio/early-intervention/>
    - ii. For children over the age of 3, contact your local school district:
      - 1. Caroline County Public Schools - (804) 633-5088, <http://sped.blogs.ccps.us/>
      - 2. Fredericksburg City Public Schools - (540) 372-1127 x 2718, <http://www.cityschools.com/student-services/special-education-services/early-childhood-special-education-ecse/>

3. King George County Public Schools - (540) 775-5833,  
<http://www.kgcs.k12.va.us/Instruction/special-education/special-education-program-and-services>
4. Spotsylvania County Public Schools -(540) 834-2500,  
<https://www.spotsylvania.k12.va.us/domain/282>
5. Stafford County Public Schools - (540) 658-6500,  
<https://www.staffordschools.net/Page/13904>

b. **In Prince William County:**

- i. For children birth to 2, contact Prince William County Early Intervention Program - (703) 792-7879,  
<http://www.pwcgov.org/government/dept/cs/Pages/Infant-Toddler-Services.aspx>
  - ii. For children between the ages of 2 and 5, contact Prince William County Schools - (703) 791-7200,  
<https://www.pwcs.edu/cms/one.aspx?portalId=340225&pageId=754193>
  - iii. For children ages 5 and above, contact Prince William County Public Schools - 703-791-7200, <https://www.pwcs.edu/cms/one.aspx?pageId=748995>
6. Apply for Medicaid Waivers and Programs. Financial requirements to receive Medicaid are “waived “ when individuals meet various other requirements and qualify for waivers. Children who are covered under Medicaid may receive services such as: ABA, personal care, blood tests, check ups, assistive technology, etc. For Information about Medicaid Waivers and programs - <https://thearcofva.org/resources-services/medicaid-waivers/>
- a. CCC+ Waiver - contact your local Department of Social Services:
    - i. Caroline County - (804) 633-5071
    - ii. Fredericksburg City - (540) 372-1032
    - iii. King George County - (540) 775-3544
    - iv. Spotsylvania County - (540) 507-7847
    - v. Stafford County - (540) 658-8720
    - vi. Prince William County - (703) 792-7500
  - b. DD Waivers - contact your local Community Services Board:
    - i. Caroline County, Fredericksburg, King George County, Spotsylvania County, and Stafford County - (540) 373-3373
    - ii. Prince William County - (703) 792-7895