



Autism Resources in Southern Indiana

First Things First: *

- The only way to know if a loved one has an Autism Spectrum Disorder is to get them tested. The assessment just seems like a series of games and activities to a child.
- Go to your pediatrician with your concerns. They can help determine what resources you might need, and they can eliminate possible factors such as hearing issues or lead poisoning. A psychologist must make an Autism diagnosis. *We offer psychological assessments, including the assessment for Autism.*

After an Autism Spectrum Diagnosis:

- Apply for SSI and the Indiana Medicaid Waiver. There is a waitlist for the waiver, but it has been faster lately. Children with ASD in Indiana qualify for Medicaid, as well as a number of other services including respite hours and PAC (Participant Assistance & Care) hours, and a case manager to help manage care.
- If your child is approaching three or older, contact your school district. They will perform their own testing. Your child may qualify for preschool, Occupational Therapy and Speech through the school.
- A child under three may qualify for First Steps, which will identify what therapies your child may benefit from and will come to your home for these therapies. Other therapy locations will also see children this age.

Therapy Options:

ABA

Applied Behavior Analysis (ABA) is perhaps the most effective intervention a child with Autism can receive. ABA uses behaviorism principles to replace undesired behaviors with desired behaviors.

Individual Therapy *(This is what we do here!)*

A child meets with a therapist to work one-on-one. This can employ a variety of strategies and goals to help a child understand and interact with the world.

Group Therapy *(This is us too!)*

Children of similar age and challenges meet together. This provides opportunities to learn from each other and have a safe place to interact with peers. *We do social groups here, which focus on learning and applying social skills.*

Speech Therapy

Speech therapists can help children with ASD communicate through helping them learn to express their thoughts and ideas, understand what is communicated to them, to speak/communicate so they are understood. Speech therapists also help with eating and swallowing issues.

Occupational Therapy (OT)

Occupational Therapists help children with ASD learn whatever it is they need to accomplish daily tasks. This can include anything they need to learn from brushing teeth to tying shoes to throwing a ball.

Developmental Therapy (DT)

Developmental Therapist help children with ASD progress in their development. They focus on teaching skills that come next for a child's development.

Physical Therapy (PT)

Individuals with challenges related to the strength and coordination of their bodies can benefit and grow with Physical Therapy.

Recreational Therapy

Recreational therapy can teach a child how to participate in activities and play with others.

Music Therapy

Music Therapy focuses on goal that can be achieved as children respond to and move to music.

Psychiatric Services **

If medicine is needed to help with certain behaviors, such as impulse control or OCD, your pediatrician will refer you to a psychiatrist.

Local Providers who work with individuals with Autism: *

Katelyn's Place Psychology and Autism Services (This is us!) • Individual and Group Therapy, Assessment
2676 Charlestown Rd Ste 3, New Albany, Indiana • 502-303-4063

Dr. Tony Shepard, GroupWorks • Group therapy, individual therapy, cash only
4010 Dupont Circle, Suite 409, Louisville, KY 40207 • 502-409-4204

Meaningful Day Services • ABA, Speech, OT, Music Therapy, Counseling
700 Missouri Avenue, Jeffersonville, IN 47130 • 812-288-468

Auxilium Psychological Services • Therapy
3103 Blackiston Mill Rd, New Albany, IN • (812) 590-7160

Adapt for Life ABA • ABA therapy
3216 Ballard Lane New Albany, IN 47150 • 812-590-2157 (there is also a Jeffersonville location)

HopeBridgE Autism Therapy Center • ABA Therapy
355 Quartermaster Ct, Jeffersonville, IN 47130 • 812-258-9802

i-ABA • ABA Therapy
3211 Grant Line Road Suite 15, New Albany, IN 47150 • 502-417-9830

Little Star ABA Therapy • ABA Therapy
632 Eastern Blvd, Clarksville, IN 47129 • 812-725-9025

Southern Indiana Rehab Hospital • Diagnosing, Speech, OT, PT, Music Therapy
3104 Blackiston Blvd, New Albany, IN 47150 • 812-941-8300

The Growth Center • Psychiatric Services (They don't take Medicaid, but cash is an option)
4925 Charlestown Rd, New Albany, IN 47150 • 812-941-9200

This entire document is intended as a reference, not a comprehensive guide. We are happy to learn about and share additional resources. We always recommend consulting with your doctor and caseworker about local resources. If you learn of a resource we should know about, please let us know and we will be happy to add it!

** As of the creation of this document, we are not aware of a psychiatrist in Southern Indiana that accepts Indiana Medicaid. Individuals on the waiver must either pay cash, travel (Bloomington, Indianapolis, etc) or seek video conference doctor options. **