



Getting an Autism Diagnosis: What Comes Next?

Receiving a diagnosis of autism can be overwhelming and spark a lot of emotions. It is not uncommon to feel lost and unsure of what to do first. Here are some ways that you can support your loved one:

Care for Yourself: Make sure you take time to process the diagnosis. All feelings are valid. To best support your loved one with the diagnosis, it is incredibly important that you as the caregiver feel supported, too. It is hard to care for another person when your own battery is low. Support groups can be helpful for families dealing with a new diagnosis. If you need additional support for yourself, Lucet can help locate resources for you.

Remember This Does Not Define You: A diagnosis does not change anything about who your child or loved one is as a person. They are still the same person they were prior to finding out that they had autism. A diagnosis is just a tool to help you better support their needs and can make it easier to access services and provide different ideas about how to help your loved one thrive.

Review the Diagnostic Report: Your doctor should have provided you with a diagnostic report that recommends what to do next. The report should include recommendations for services and supports based on your child's individual strengths and needs. Some frequent recommendations are ABA therapy, social skills training and support groups. Lucet can help you find these resources.

Share Report with Your Network: Sharing a copy of the diagnostic report with your primary care provider, school and other care providers ensures that the people in your loved one's support network know what your loved one needs and how they can help. It is important for all of your loved one's providers to work together collaboratively.

Call Lucet's Autism Resource Program (ARP): Navigating an autism diagnosis can feel overwhelming, but you do not have to do it alone. Our ARP can help answer any questions you have along your journey, locate treatment providers and help identify other community resources. Our team is here to guide you through the journey and support the continued success of your family.

Reviewed by Senior Director – Clinical Strategy, Research & Autism, LCSW, BCBA, CCM



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◆ Let's connect you to mental health care, today.

Lucet's team of behavioral health professionals are here to help you navigate your mental health journey with confidence. Whether you are looking for immediate care or do not know where to start, we will guide you through every step.

For more resources:

[lucethealth.com/autismchampions](https://www.lucethealth.com/autismchampions) | [lucethealth.com/autism-resource-center](https://www.lucethealth.com/autism-resource-center)