

How do I help myself or my child with autism spectrum disorder (ASD) develop the skills needed for everyday life?

Throughout the lifespan, individuals with ASD can experience a number of challenges that involve their sensory systems, motor skills, behavioral and emotional regulation, learning, and social interaction skills. Professionals such as occupational therapists (OTs), speech and language pathologists (SLPs), and physical therapists (PTs), and psychologists, are clinicians who are trained to help you or your child overcome these challenges by teaching the skills needed to be successful.

- If you or your child has challenges that could be assisted by an SLP, OT, PT, or psychologist, speak to your doctor or teacher about a referral.
- Ask a Resource Centre Ambassador at The Ability Hub about funding opportunities for therapeutic services (see Tip Sheet titled, "Funding"). As well, ask an Ambassador for a list of publically funded and private clinicians. Services can also be obtained by paying privately or by using extended health care benefits (e.g., Blue Cross).
- Many of these programs and services can be accessed through Alberta Health Services, non-profit agencies, or through the school system.
- When you interview any professional, ensure that they have experience and specialized training in ASD. For example, if you want a psychologist to help with behavioural or emotional regulation, ensure they are a member of their Provincial College of Psychologists, and are appropriately trained.

RESOURCES

The Resource Centre (a Sinneave Family Foundation initiative) does not endorse or guarantee the exhaustive, complete, accurate or up-to-date nature of information provided and does not assume any risk for the outcome of information or referrals provided.

Alberta Human Services – Family Support for Children with Disabilities (FSCD)

Provides specialized services funding for children and adolescents with disabilities.
Calgary Disabilities Main Office

Phone: 403.297.7971

Address: Heritage Square Suite 300S- 8500 McLeod Trail, Calgary AB T28 TN1

Website: humanservices.alberta.ca/disability-services/14855.html

Alberta Occupational Therapy (OT) Pediatric Interest Group

This is a blog for pediatric OTs in Calgary. They have a list of OTs for parents and professionals who are looking for a therapist to provide services privately or through an FSCD contract.

Website: ab-ot-pedintgroup.blogspot.com/p/private-practioner-information.html

Alberta Speech-Language Association of Private Practitioners (ASAPP)

ASAPP is an association of private speech-language pathologists (SLP). They provide contact information and services description on their website on the ASAPP Private Practice Roster.

Phone: 780.988.2217

Email: info@asapp.ca

Website: asapp.ca/slp-listings

Autism Calgary

Provides support, programs, services, education and advocacy for individuals and families with ASD. Their website has a listing of ASD professionals.

Phone: 403.250.5033
Address: 3639 - 26th Street NE, Calgary, AB T1Y 5E1
Email: info@autismcalgary.com
Website: autismcalgary.com

Calgary Youth Physio(therapy)

Provides individualized assessment and treatment of gross motor coordination problems associated with ASD.

North Location

Phone: 403.289.9883
Address: 101, 4616 Valiant Drive NW, Calgary, AB T3A 0X9
Email: north@calgaryyouthphysio.com
Website: calgaryyouthphysio.com

South Location

Phone: 403.259.8534
Address: 203, 7720 Elbow Drive SW, Calgary, AB T2V 1K2
Email: info@calgaryyouthphysio.com
Website: calgaryyouthphysio.com

The Children's Link Society

A family-centred, community-based, central access point of information for families of children with special needs in Calgary and Area. Follow the link to either children or adult services.

Contact: Lorna Selig
Phone: 403.230.9158
Address: #211, 8855 MacLeod Trail SW, Calgary, AB T2H 0M2
Email: lorna.selig@childrenslink.ca
Website: childrenslink.ca

Empower Abilities Program - Vecova Recreation Centre

Program for children (3 to 21 years of age) with mild to moderate motor delays and disabilities. Assists with developing capacity, skill and confidence for community sport, fitness, and recreational activities. Participants are assessed by a physical therapist prior to starting the program.

Phone: 403.284.2231
Address: Vecova Centre for Disability Services and Research, 3304 - 33rd street NW, Calgary, AB T2L 2A6
Email: empowerAbilities@vecova.ca
Website: vecova.ca/social-enterprise/recreation-centre/programs/childrens-programs/#empowerabilities

Psychologists' Association of Alberta (PAA)

The PAA offers a tool for searching for psychologists specializing in ASD. Using the "referral search", individuals can search for psychologists' specialization, area of the city, problem of concern, language, and gender.

Phone: Toll Free: 1.888.424.0297
Address: Unit 103, 1207 - 91 Street SW Edmonton, AB T6X 1E9
Website: psychologistsassociation.ab.ca/site/doctor_search_form

Society of Alberta Occupational Therapists (SAOT)

SAOT provides membership services and promotes occupational therapy to Albertans. Visit the website, "Find an OT," to find organizations that fund OTs and a list of private OTs.

Phone: 780.803.0350
Address: 14035 - 105 Avenue NW, PO Box 53079, Edmonton, AB T5N 0Z1
Email: info@saot.ca
Website: saot.ca/search-for-an-ot

Society for the Treatment of Autism (STA)

STA provides comprehensive treatment, educational and consulting services for children, adolescents, and adults with ASD.

Phone: 403.253.2291
Toll Free: 1.888.301.2872
Address: 404 - 94th Avenue SE, Calgary, AB T2J 0E8
Email: intake@sta-ab.com; consultation@sta-ab.com
Website: sta-ab.com/community-education-consultation

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