

## Welcome to the Autism Spectrum Center at Boston Children's Hospital

Thank you for your interest in the Autism Spectrum Center (ASC). We provide:

- Comprehensive, family-centered diagnostic and care services for children with autism spectrum disorder
- Initial appointment may be with one of the following providers:
  - Developmental Pediatrician
  - Neurologist
  - Nurse Practitioner
  - Psychologist
- Resource Specialists: dedicated staff who provide outreach and education

The below steps will need to be completed prior to adding your child to the waitlist:

1. Complete and return all attached forms to our office by mail, email or fax. Please do not send your original forms. We encourage you to make copies of all information for your records.

Mail: Boston Children's Hospital
Autism Spectrum Center BCH3433
Attn.: Intake Coordinators

Attn.: Intake Coordinator 300 Longwood Avenue Boston, MA 02115

Email: AutismCenter@childrens.harvard.edu

Fax: 617-730-4823

- 2. Please include copies of any recent documents from early intervention, school or outside providers such as:
  - > IFSP (Individualized Family Service Plan-report from early intervention services)
  - > IEP (Individualized Education Program)/504 Accommodation Plan
  - School district based CORE/TEAM evaluations (educational testing, psychological testing, OT, PT, and/or speech and language evaluations).
  - Any **private or clinic-based testing** (psychological testing, neuropsychological evaluation, OT, PT and/or speech and language evaluations).
- 3. Once all of this information has been received, we will call to confirm and provide an estimate of your current wait time for your initial visit.

The Autism Spectrum Center does not provide evaluations for child abuse and neglect, custody determination, immediate suicidality, IQ testing for gifted placement, or assessment for acute psychiatric conditions. If you need any of the above services, please let us know and we can direct you to an appropriate provider.

If you need further information or have any additional questions, please feel free to contact the Center by phone at 617-355-7493 or by email at AutismCenter@childrens.harvard.edu. You can also visit our website: www.bostonchildrens.org/autismspectrumcenter

## Family Education Sheet

# Preparing for a Medical Appointment or Autism Spectrum Disorder (ASD) Evaluation



childrenshospital.org/ autismspectrumcenter

Whether you are coming to Boston Children's Hospital for an outpatient appointment, evaluation, a surgical procedure or an emergency visit, there are steps you can take to create a more positive experience for your child.

## What should I bring?

## Communication systems and devices

- Bring your child's communication system or device (for example: Dynavox, picture communication board, or iPad/tablet) to the appointment.
  - Even if your child can speak, the stress of a hospital visit can make it hard to communicate.
     Having these systems with you helps to make sure that your child can communicate with their medical team.

#### Distraction tools

Distraction items can help your child cope with a medical appointment.

- Bring a favorite toy, sensory item, book or electronic device (iPad or tablet)
- Bring a set of headphones. Headphones may be good for your child to wear if you are going to talk about sensitive issues with the health care provider.

#### Rewards or reinforcers

 Bring items that you often use as rewards for your child in your home. For example, if your child struggles with blood draws, it can be helpful to say "First blood draw, then a sticker."

#### Comfort items

If your child has favorite stuffed animal, blanket, or object, you can bring it. It may help to make the visit or stay more comfortable.

## How can I prepare my child?

#### My Hospital Stories

- These are visual tools that give your child a sense of what may happen, what the Boston Children's Hospital area may look like and what to expect.
- You can find and personalize a My Hospital Story by visiting www.myhospitalstory.org

#### Medication

Please give your child their medication as you normally would unless you are told otherwise by your provider's team.

## Behavior support plan

- If your child often has a hard time with medical visits, you can work with our team to develop a behavior support plan. Talk with your child's doctor or call the Autism Spectrum Center at 617-355-7493 for help creating this plan.
- This plan will alert staff to your child's unique needs and preferences, including help with getting to a clinic, limiting the number of people in the room or providing distraction tools.

#### Child Life Specialists

- Child Life Specialists use developmentally appropriate strategies and play to help support your child through medical procedures. The Autism Spectrum Center's Child Life Specialists can work with you to plan ahead for your visits, prepare for appointments and provide support on the day of the appointment.
- For more information on how a Child Life Specialist can help your child, contact the Autism Spectrum Center:

Autism Spectrum Center 617-355-7493 AutismCenter@childrens.harvard.edu

## How can I prepare?

- Write down your questions and concerns before the visit to share with your child's provider.
- Give yourself more time than you think you need to get to the appointment.
- Ask for help if your child is having a difficult time many departments or areas are able to offer accommodations.
- If possible, bring someone with you for support

This Family Education Sheet is available in **Spanish**.

#### **Insurance Information**

Please fill out the below form with accurate information regarding your child's insurance plan(s). This information can be found on the insurance card, or by contacting your insurance company's member service number.

Most insurance companies require prior authorization for neuropsychological or psychological testing and/or mental health visits. Prior authorization is not a guarantee of payment coverage. Many insurers contract with a specific "carve-out" company to administer behavioral/mental health benefits and claims. If your insurer has such a "carve-out," the process for coverage determination and prior approval may be different from those processes used for your medical insurance benefits.

Please call your insurance company to inquire about coverage/benefits under your plan and your required out-of-pocket payments. Coverage policies for individual carriers differ greatly and change frequently.

Parent Name:		
Primary Insurance Carrier:		
Group name & number (if applicable):		
Patient name:		
Date of birth:		
Child's identification number:		
Effective from		
Subscriber's name & date of birth:		
Subscriber's address (if different than child's address):		
*Important* Member service phone number for mental		
health benefits (usually located on back of insurance card):		
Secondary Insurance Carrier (if applicable):		
Croup name & number (if applicable):		<del>-</del>
Patient name:		
Date of birth:		
Child's identification number:		
Effective from		
Subscriber's name & date of birth:		
Subscriber's address (if different than child's address):		
*Important* Member service phone number for mental		
health benefits (usually located on back of insurance card):		
Your signature below indicates that you have been advise associated with the visit.	ed that you may be I	responsible for paying all charges
I acknowledge that is any of the above referenced items of insurance company or is a non-covered service, I am final denied. If I am denied insurance coverage for any service,	ncially responsible t	or the full amount should the claim be
Guarantor Name:		
Parent/Guarantor Signature:		Date:



## A. GENERAL INFORMATION

Child's Name: <u>*Last</u>	*First
*Date of Birth:	*Gender:   M   F   Other
Current Grade & School Name (if applications)	able):
*Person completing questionnaire:	
URGENT CONCERNS	
Please CHECK any applicable boxes if your MEDICAL:  Seizures  Loss of skills/developmental regression  Loss of hearing  Loss of vision  Difficulty swallowing or choking  Severe weakness or lack of coordinate Inability to tolerate exercise  Severe headache  Other (please describe):	Please explain:
urgent attention, if your child has any of the waiting for your appointment.	ectrum Center has a waiting list. Because some problems need more ne above problems, please also contact your pediatrician while you are answered by this evaluation (*at least one REQUIRED)
2.	
3.	
4	
Who referred your child to the Autism Spectrum Center? (If a provider, please list name and specialty)	
Patient's Primary Care Provider (i.e. pediatrician, nurse practitioner):	
Date of last physical exam:	
Has your child been seen in the	☐ Y ☐ N If yes, when?
Autism Spectrum Center before?	Was this for: ☐ a team visit ☐ an appointment with a single provider
*What languages are spoken in the home?	
*Where does the child live?	at home away from home at residential facility or school
*Does your child require an interpreter to do the testing?	□Y□N
*Does the parent/guardian require an interpreter for the visit?	□Y□N

preferred number):

Are you the legal guardian of the child?

Email Address:

Occupation:

			0	a o riamo.	
*Do any of the follow	ing apply to this cl	hild?			
DCF (formerly DSS) in			□Y□N		
DDS (formerly DMR) in	nvolvement		□Y□N		
Lives in residential fac	ility		□Y□N		
B. CONTACT	Γ / DEMOGRAPH	IC INFORMA	TION		
*Parent/Caregiver 1 i	nformation				
Full Name:	Last		ſ	First	
Relationship to child:					
Home Street Address:					
	City:	;	State:	Zip:	
Telephone (check preferred number):	home		work	mobile	
Email Address:					
Occupation:					
Are you the legal guar	dian of the child?	$\square$ Y $\square$ N	Do you have phy	sical custody of child?	$\square$ Y $\square$ N
Parent/Caregiver 2 in Full Name:	<b>Iformation</b> Last		ŀ	First	
Relationship to child:					
Home Street Address:					
	City:		State:	Zip:	
Telephone (check preferred number):	home		work	mobile	
Email Address:					
Occupation:					
Are you the legal guar	dian of the child?	$\square$ Y $\square$ N	Do you have phy	sical custody of child?	$\square$ Y $\square$ N
<b>Legal Guardian infor</b> Full Name:	mation (if different Last	from above)	ı	First	
Relationship to child:					
Home Street Address:					
. ISING CHOCK Address.	City:		State:	Zip:	
Telephone (check	home		work	mobile	

Do you have physical custody of child?

 $\square$  Y  $\square$  N

 $\ \, \square \ \, Y \ \, \square \ \, N$ 

## C. SERVICES

## CHECK if any of the following have previously or currently applies to your child

$\hfill \Box$ Check here if your child is not yet in	child care or school, and	skip this table				
Early Intervention		☐ Y, in the past	Y, current	□N		
Individualized Family Service Plan (IFS	P)	Y, in the past	Y, current	□N		
School (TEAM, CORE) evaluation  If yes, when?		Y, in the past	Y, current	□N		
Has/does your child have an Individualia	zed Education Plan (IEP)?	☐ Y, in the past	Y, current	□N		
504 Plan  If yes, date?		Y, in the past	Y, current	□N		
Attends a special needs daycare/presch	nool	☐ Y, in the past	Y, current	□N		
Receiving Speech Coccupational	physical therapy	Y, in the past	Y, current	□N		
Participates in Summer School or Exter services	nded School Year (ESY)	Y, in the past	Y, current	□N		
Psychological testing?  If yes, date?		Y, in the past	Y, current	□N		
Mental health counseling or behavioral If yes, date?	therapy?	Y, in the past	Y, current	□N		
School disciplinary actions, including de expulsion?  If yes, specify & date?	etention, suspension or	Y, in the past	Y, current	□N		
Stay in psychiatric hospital		Y, in the past	Y, current	□N		
**Please submit copies of the most recent Individualized Education Plan (IEP) or Individualized Family Service Plan (IFSP), and results of any previous academic, psychological, or school testing from the past 3 years.  This information may be necessary for the Autism Spectrum Center to get authorization from your insurance company.  D. CONCERNS YOU HAVE ABOUT YOUR CHILD'S DEVELOPMENT OR BEHAVIORS						
*Please check any concerns you ha  Autism Spectrum Disorder	ve about your child:  Intellectual disability (f		cs/Tourette's			

## E. CHILD'S MEDICAL HISTORY

Check if child's entire medical history is unknown –	and answer as you are able.
Please check any conditions your child has been diag	nosed with:
Developmental Problems:  Speech delay Developmental Delay Behavior problems Autism Attention problems (ADD/ADHD) Learning problems	Mental Health Problems:  ☐ Anxiety ☐ Obsessive Compulsive Disorder ☐ Mood Disorder (Depression, Bipolar, Suicide thoughts or attempts) ☐ Psychosis or Schizophrenia ☐ Child has had a stay in a psychiatric hospital *If yes, when/where?
Neurological Problems:	Genetic Disorders:
☐ Cerebral Palsy ☐ Tics or Tourette ☐ Moto	d injury or delays daches  Down Syndrome/trisomy 21 Other chromosomal abnormalities Metabolic disorder
General Medical Problems:  Heart disease Heart murmur Congenital heart problem Overweight/Obesity Growth problems Underweight/Failure to thrive Allergies  Diabetes Thyroid Kidney/urinary p Cancer Gastrointestinal (vomiting, feedir	problems ng
Allergies problems, abdorn pain, reflux, con diarrhea)	
Has the child ever had any of the following screen	
diagnostic tests or procedures?	(Please send in copies of results if available)
• — — — —	n't know
	n't know
	n't know
	n't know
·	n't know
Vision test	n't know
*Review of Systems	
General/constitutional: Significant behavioral changes Significant weight loss or gain Weakness or fatigue Fever or chills	Allergy:  Itchy or watery eyes  Itchy or runny nose, sneezing  Hives  Needed to use Epi-Pen
Gastrointestinal:  Changes in appetite Abdominal pain or discomfort Constipation Diarrhea Bloating, indigestion Nausea, vomiting Change in bowel habits (number/consistency) Blood in stool Jaundice (yellow skin or eyes), itching	Neurological:  Headaches Dizziness, vertigo Fainting, blackouts Weakness Numbness, tingling Seizures, convulsions Head injuries, concussions Trouble walking Tremor, unusual motor movement (tics) Problems with coordination Problems with concentration, memory

Review of Systems	(continued)
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The state of the s			
<u>Heart:</u>		<u>Lungs:</u>	
Chest pain or pressure		Cough	
Heart racing, skipped beats		Shortness of breath,	wheezing
<ul><li>☐ Ankle swelling, cold/blue hands, feet</li><li>☐ Fainting, fatigue with exercise</li></ul>		Recent chest X-ray	
Eyes, Ears, Nose, Throat:		Bones, joints, and m	medee.
Sore throats		Joint pain, stiffness,	
Ear infections		Fingers painful/blue	•
Sinus infections		Dry mouth, red eyes	
Loud snoring, irregular breathing dur	ring sleep	Back, neck pain	
Problems with eyes/vision		☐ Muscle problems	
Problems with ears/hearing		Fractures, broken bo	ones
		Sprains	
Endocrine:		Genitourinary:	
Sweating		Nighttime bedwetting	
Fatigue Hand trembling		Daytime urine accide Pain with urination	ents
Neck swelling		Frequent urination	
Skin, hair, voice changes		Blood in urine	
Thirst		Genital rashes or lun	nps
Growth difficulties		Heavy or painful me	•
Skin:		Hematologic:	, , , , , , , , , , , , , , , , , , ,
Rashes		Bruise easily, difficul	ty stopping bleeding
Changes in mole or spot		Lumps under arms of	or on neck
☐ Needed stitches			
F. CHILD'S BIRTH HISTOMARY  Check if birth history is unknown  Age of mother at delivery:  Age of father at delivery:  Number of previous pregnancies (in		or terminations):	
Number of previous pregnancies (in	cluding miscarriages		
During pregnancy, did the mother:			
Take prenatal vitamins Y	N		
Use tobacco	N If yes: how muc	h?	
Drink alcohol	,		
	•		nd during which trimester(s):
Take drugs or medications	li yes. What did	g(s) of medication(s), a	nd dding which thinester(s).
Birth Measurements:	Weight:	Height:	Head Circumference:
APGAR score (if known):	1 minute:	5 m	inute:
Was the baby born at term?	☐ Y ☐ N or numb	pers of weeks gestation	at birth:
What was the delivery method?	☐ vaginal ☐ cesa	arean (C-section)	
If cesarean, please describe why:	_		
Were there any prenatal or			
neonatal complications?	□Y □N		
If yes, please describe:			
Was a NICU or extended hospital stay required?	□ Y □ N		
If ves. please describe:			

#### G. CHILD'S DEVELOPMENTAL HISTORY

As best as you can remember, list the age or check off the approximate time at which your child reached the following developmental milestones.

			Only if exact age cannot be recalled			
Developmental Skill	Age (if known)	Not yet	Early	At Normal Time	Late	
Sat without support						
Crawled						
Stood without support						
Walked without assistance						
Spoke first words						
Said phrases						
Said sentences						
Bowel trained						
Bladder trained, day						
Bladder trained, night						

<sup>\*\*</sup>Please submit copies of the most recent Individualized Education Plan (IEP) or Individualized Family Service Plan (IFSP), and results of any previous academic, psychological, or school testing from the past 3 years. This information may be necessary for the Autism Spectrum Center to get authorization from your insurance company.

PLEASE FEEL FREE TO ATTACH ANY ADDITIONAL INFORMATION THAT YOU THINK MIGHT HELP US BETTER UNDERSTAND YOUR CHILD.

*Parent/Guardian Signature	*Print Name	*Date	
*Relationship to patient	_		



## **EARLY CHILDHOOD SCREENING ASSESSMENT:**

Check the column that best describes this child compared to other children the same age. For each item, please check if you are concerned.

	,	Rarely/ Not True	Sometimes/ Sort of	Almost always/ Very True	Concerned?
1.	Seems sad, cries a lot				
2.	Is difficult to comfort when hurt or distressed				
3.	Loses temper too much				
4.	Avoids situations that remind him/her of scary events				
5.	Is easily distracted				
6.	Hurts others on purpose (e.g., biting, hitting, kicking)				
7.	Doesn't seem to listen to adults talking to him/her				
8.	Battles over food and eating				
9.	Is irritable, easily annoyed				
10.	Argues with adults				
11.	Breaks things during tantrums				
12.	Is easily startled or scared				
13.	Tries to annoy people				
14.	Has trouble interacting with other children				
15.	Fidgets, can't sit quietly				
16.	Is clingy, doesn't want to separate from parent				
17.	Is very scared of certain things (e.g., needles, insects)				
18.	Seems nervous or worries a lot				
19.	Blames other people for mistakes				
20.	Sometimes freezes or looks very still when scared				
21.	Avoids foods that specific feelings or tastes				
22.	Is too interested in sexual play or body parts				
23.	Runs around in settings when should sit still				
24.	Has a hard time paying attention to tasks or activities				
25.	Interrupts frequently				
26.	Is always "on the go"				
27.	Reacts too emotionally to small things				
28.	Is very disobedient				
29.	Has more picky eating than usual				
30.	Has unusual repetitive behaviors (e.g., rocking, flapping)				
31.	Might wander off if not supervised				
32.	Has a hard time falling asleep or staying asleep				
33.	Doesn't seem to have much fun				
34.	Is too friendly with strangers				
35.	Has more trouble talking or learning to talk than others				
36.	Is learning or developing more slowly than other children				
	you concerned about this child's emotional or navioral development (please only circle one)?	☐ Yes	☐ Sor	newhat	□No

Please tell us how much of a problem each one has b	een for you. For each i	item, please check if you are
concerned.		

	Rarely/ Not True	Sometimes/ Sort of	Almost always/ Very True	Concerned?
I feel too stressed to enjoy my child				
I get more frustrated than I want to with my child's behavior				
I feel down, depressed, or hopeless				
I feel little interest or pleasure in doing things				

**Please summarize this child's OVERALL FUNCTIONING** (i.e., emotionally, behaviorally, socially, academically, etc.) by choosing ONE option below. Compare this child's functioning in child care/school and with peers to "average children" his/her age that you are familiar with from your experience. **Please circle only one number.** 

Excellent functioning/No impairment in settings
Good functioning /Rarely shows impairment in settings
Mild difficulty in functioning/Sometimes shows impairment in settings
Moderate difficulty in functioning/Usually shows impairment in settings
Severe difficulties in functioning/Most of the time shows impairment in settings
Needs considerable supervision in all settings to prevent from hurting self or others
Needs 24-hour <u>professional</u> care and supervision due to severe behavior or gross impairment(s)

Have there been any other recent changes in your child's physical, emotional, psychological, or behavioral health that you are concerned about? Please describe:

*Parent/Guardian Signature	*Print Name	*Date
*Relationship to patient		



## **Early Childhood Educational Questionnaire**

Child's Name: *Last	*First
*Date of Birth:	*Gender: <b>☐M ☐F ☐Other</b>
Child' classroom/age level:	
Mail: Boston Children's Hospital, Autism Spectrum	re and/or school personnel fill out and return. Center BCH3433, 300 Longwood Ave., Boston, MA 02115 ns.harvard.edu Fax: 617-730-4823
El Program/Child Care/School:	
El/Child Care/School address:	
Form completed by:	Position:
With help from:	
Contact Person:	
Phone number and best time to call:	
Email address	
List up to 3 specific questions you would like answere meet this child's developmental and educational need	d as a result of this evaluation that would help you better s.
1	
2	
3	
In your opinion, what areas of this child's function	ning need the most improvement?
Please describe this child's strengths.	
Please describe any other concerns you have abo	ut this child.

Besides English, are there any additional languages used for this child's instruction?	□Y□N
If yes, what language?	

## ACADEMIC READINESS: Please check the appropriate column

			Not Yet	Progressing	Proficient
A.	Ва	sic Concepts			
	1.	Knows colors			
	2.	Knows letters of alphabet			
	3.	Knows numbers and counts past 10			
	4.	Adds and subtracts things			
	5.	Size concepts			
	6.	Location concepts			
В.	La	nguage and Communication			
	1.	Uses speech to communicate			
	2.	Explains and describes things			
	3.	Rhymes words and remembers poems/songs			
	4.	Uses uncommon words			
	5.	Uses long sentences			
	6.	Tells or retells stories or events			
	7.	Speaks understandably			
	8.	Follows oral instructions on level with peers			
	9.	Uses correct grammar (e.g. verb tense)			
	10.	Uses sign language or other communication system			
	11.	Follows classroom routine			
C.	Em	nergent Literacy			
	1.	Listens to stories in books			
	2.	Asks questions about words			
	3.	Reads words on signs and labels			
	4.	Reads words in books			
	5.	Recites books from memory			
	6.	Reads "easy" books			
	7.	Writes or copies words			
	8.	Dictates stories			
	9.	Writes "little" stories			
	10.	Answers questions about orally read story			
D.	Мо	otor Skills			
	1.	Constructs puzzles or builds things			
	2.	Uses pencils and pens correctly			
	3.	Uses scissors well			
	4.	Copies and traces shapes			
	5.	Draws recognizable objects			
	6.	Is coordinated in outdoor recess activities			
	7.	Ties shoe laces			

## **EARLY CHILDHOOD SCREENING ASSESSMENT:**

Please check the column that best describes this child compared to other children the same age. For each

item, please check if you are concerned.

itei	item, please check if you are concerned.					
		Rarely/ Not True	Sometimes/ Sort of	Almost always/ Very True	Concerned?	
1.	Seems sad, cries a lot					
2.	Is difficult to comfort when hurt or distressed					
3.	Loses temper too much					
4.	Avoids situations that remind him/her of scary events					
5.	Is easily distracted					
6.	Hurts others on purpose (e.g., biting, hitting, kicking)					
7.	Doesn't seem to listen to adults talking to him/her					
8.	Battles over food and eating					
9.	Is irritable, easily annoyed					
10.	Argues with adults					
11.	Breaks things during tantrums					
12.	Is easily startled or scared					
13.	Tries to annoy people					
14.	Has trouble interacting with other children					
15.	Fidgets, can't sit quietly					
16.	Is clingy, doesn't want to separate from parent					
17.	Is very scared of certain things (e.g., needles, insects)					
18.	Seems nervous or worries a lot					
19.	Blames other people for mistakes					
20.	Sometimes freezes or looks very still when scared					
21.	Avoids foods with specific textures or tastes					
22.	Is too interested in sexual play or body parts					
23.	Runs around in settings when should sit still					
24.	Has a hard time paying attention to tasks or activities					
25.	Interrupts frequently					
26.	Is always "on the go"					
27.	Reacts too emotionally to small things					
28.	Is very disobedient					
29.	Has more picky eating than usual					
30.	Has unusual repetitive behaviors (e.g., rocking, flapping)					
31.	Might wander off if not supervised					
32.	Has a hard time falling asleep or staying asleep					
33.	Doesn't seem to have much fun					
34.	Is too friendly with strangers					
35.	Has more trouble talking or learning to talk than others					
36.	Is learning or developing more slowly than other children					
	you concerned about this child's emotional or navioral development (please only circle one)?	☐ Yes	☐ Sc	mewhat	☐ No	

\*El Specialist/Teacher Signature

pee	demically, etc.) by choosing ONE option below. Compare this child's functioning in child care/school and with rs to "average children" his/her age that you are familiar with from your experience.  ase circle only one number.	
	Excellent functioning/No impairment in settings	
	Good functioning /Rarely shows impairment in settings	
	Mild difficulty in functioning/Sometimes shows impairment in settings	
	Moderate difficulty in functioning/Usually shows impairment in settings	
	Severe difficulties in functioning/Most of the time shows impairment in settings	
	Needs considerable supervision in all settings to prevent from hurting self or others	
	Needs 24-hour <u>professional</u> care and supervision due to severe behavior or gross impairment(s)	
Plea	ase describe this child's social-emotional functioning, including moods and relationship with peers.	
Please describe this child's behavior.		
Is th	nere any other information you think would be helpful for evaluating this child?	

Please summarize this child's OVERALL FUNCTIONING (i.e., emotionally, behaviorally, socially,

\*Print Name

\*Date