



After an autism diagnosis: a practical checklist

One step at a time — nothing on this list has to be solved today.

- ☐ Request a copy of the full evaluation report
- ☐ Read the recommendations and write down your questions
- ☐ Schedule a follow-up with the diagnosing professional if anything is unclear
- ☐ Call your insurance to understand ABA and therapy benefits
- ☐ Learn about the recommended supports — ABA, speech, OT, developmental, school
- ☐ If your child is under 3, look into AzEIP (Arizona's early-intervention program)
- ☐ If school-aged, learn how school evaluations and IEPs work
- ☐ Start one folder (paper or digital) for evaluations, insurance, and provider papers
- ☐ Write down your family's priorities — what would help most, soonest
- ☐ Interview providers with real questions rather than choosing by availability alone
- ☐ Give yourself permission to learn gradually — nothing must be solved today

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