



“AM I AUTISTIC?” VIDEO HANDOUT

Getting an Autism Diagnosis (and beyond) in Saskatchewan

By Janet Sebelius

# Am I Autistic? How to Get a Diagnosis (and Beyond)

* Don’t just wonder, seek help!
* Saskatchewan has doctors, psychiatrists and psychologists who can assist with getting a diagnostic assessment
* Diagnosing adults is not as common as diagnosing children but anyone can be diagnosed at any given time

# Where do I go for an Assessment?

* A family doctor is a great place to start
* They can point you in the right direction for a referral
* The government of Saskatchewan website also has valuable information pertaining to Autism
* Medical professionals utilize the Diagnostic and Statistical Manual of Mental Disorders which is commonly known as the DSM-5

# I have Autism…What Do I Do Now?

* Seek services that can help you
* This begins with a consultation with a professional intake coordinator
* From there, they will provide you information on how you can access several unique programs that will fit within your specific needs
* Some examples can include social programs, one on one counselling and therapy sessions, behavioural treatment plans, mental health programs, group-based therapy programs, residential opportunities, job placements, recreational and physical fitness programs, life-skills programs etc.
* You may also seek a consultant who can provide you with goals by developing concrete data plans



# It’s Ok to be Autistic

* A diagnosis of Autism does not change who you are as a person
* A diagnosis does provide answers to complex questions
* Having an Autism diagnosis may make you eligible for new community support
* The Autistic community is as varied as flecks of sand on a beach; each person has their own unique challenges and gifts
* Finding where you belong in a world-wide community can be the start of an extra-ordinary journey!

# Resources

* [www.autismcanada.org](http://www.autismcanada.org/)
* [www.cdc.gov/ncbddd/autism](http://www.cdc.gov/ncbddd/autism)
* [www.autismservices.ca,](http://www.autismservices.ca/) 306-665-7013
* [http://www.rqhealth.ca/department/mental-health/adult-mental-health-clinics,](http://www.rqhealth.ca/department/mental-health/adult-mental-health-clinics) 306-766-7800
* [www.saskatchewan.ca](http://www.saskatchewan.ca/) (SK Ministry of Health and Autism Services)

\*Please note that this project is completed by a SK resident

# This resource was made in collaboration with:



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