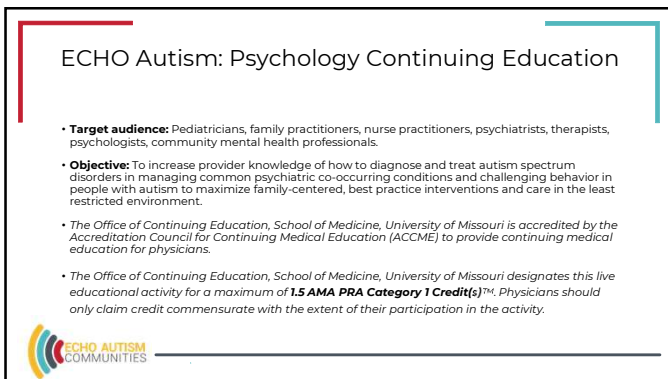




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3

ECHO Autism: Psychology Speaker Disclosure

Current ACCME (Accreditation Council for Continuing Medical Education) rules state that participants in CME activities should be made aware of any relevant affiliation or financial interest in the previous 12 months that may affect the planning of an educational activity or a speaker's presentation(s). Each planning committee member and speaker has been requested to complete a conflict of interest statement for the **ECHO Autism: Psychology**.


Speaker Disclosures:
Kristin Sohl, MD,FAAP has the following relationships:

- Cognoa – research consultant and advisor
- Quadrant Biosciences – advisory board

Valeria Nanclares-Nogues, PsyD has the following relationships:

- WPS – as an independent certified ADOS-2 and ADI-R trainer
- TEA Ediciones – as an independent certified ADOS-2 and ADI-R trainer

No other speaker or planning committee member has a relevant financial interest.



4

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PHASE 1
Pre-Diagnosis




6

Navigating the Maze
EARLY INDICATORS

- Identifying early indicators of autism is a deeply personal and challenging experience for families.
- Parents often notice these signs in their child's development, sparking concerns and uncertainties.
- Choosing the right clinician for evaluation is crucial, as their expertise and approach significantly impact the assessment's accuracy.
- Observing, researching, and advocating are key to ensuring children receive the necessary support and care.



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Navigating The Maze
CAMOUFLAGING


- Increased awareness of autism has led to more adults seeking diagnostic evaluations.
- Masking behaviors in adults can make it challenging to recognize or acknowledge autistic traits, highlighting the need for careful consideration in detection and measurement.




8

Navigating The Maze
Barriers to Access


- **Limited Awareness and Understanding:** Lack of awareness or understanding about the signs and symptoms of the condition can lead to a delayed diagnosis.
- **Financial:** Costs associated with evaluations, assessments, and consultations with healthcare providers can be prohibitive for some individuals, especially those without adequate insurance coverage.
- **Geographic:** Limited availability of healthcare providers specializing in diagnosing the condition, particularly in rural or underserved areas, can make it difficult for individuals to access timely evaluations.
- **Long Wait Times:** High demand for diagnostic services can result in long wait times for appointments, leading to delays in receiving a diagnosis.
- **Stigma and Misconceptions:** Stigma surrounding the condition and misconceptions about its nature can discourage individuals from seeking a diagnosis or delay their decision to do so.
- **Communication:** Difficulties in communicating with healthcare providers, particularly for individuals with communication differences, can hinder the diagnostic process.
- **Cultural and Linguistic:** Language barriers and cultural differences in understanding and accepting neurodevelopmental conditions can pose challenges to accessing a diagnosis.
- **Gender Bias:** Diagnostic criteria may be based on research that primarily includes male presentations of the condition, leading to under-diagnosis or misdiagnosis in individuals whose presentations differ.
- **Comorbidity and Complexity:** Co-occurring conditions or complex symptom presentations can complicate the diagnostic process and lead to delays or challenges in receiving an accurate diagnosis.



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THE IMPORTANCE OF EXPLORING
a Diagnosis

- Validation
- Understanding
- Access to Support
- Self Advocacy
- Future Life Planning




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THE IMPORTANCE OF EXPLORING
a Diagnosis



- Validation
- Understanding
- Access to Support
- Self Advocacy
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11


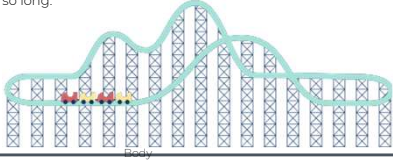
PHASE 2
The Diagnosis




12

A ROLLER COASTER OF EMOTIONS

- **Parents' Emotions** Possible relief at finally understanding their child's challenges, confusion, frustration, or grief over perceived lost opportunities.
- **Autistic Adults' Emotions** Possible relief at finally providing an explanation for challenges they've masked for so long.



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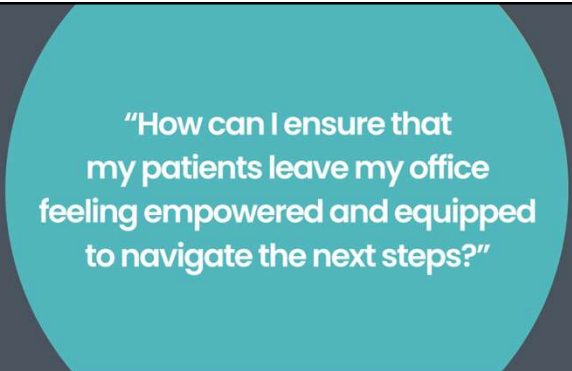
BEST PRACTICES For Clinicians

- **DECODING THE LANGUAGE**
- **CULTURAL/GENDER CONSIDERATIONS**
- **PREDICTING OUTCOMES**



14

“How can I ensure that my patients leave my office feeling empowered and equipped to navigate the next steps?”



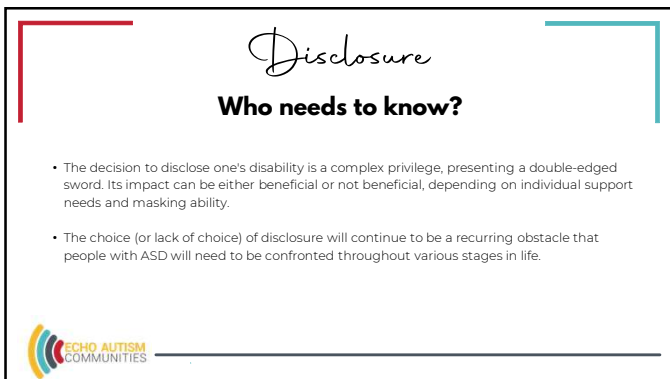
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Disclosure Who needs to know?

- The decision to disclose one's disability is a complex privilege, presenting a double-edged sword. Its impact can be either beneficial or not beneficial, depending on individual support needs and masking ability.
- The choice (or lack of choice) of disclosure will continue to be a recurring obstacle that people with ASD will need to be confronted throughout various stages in life.




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Validation of identity AFTER A DIAGNOSIS

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THE ROAD AHEAD


EARLY INTERVENTION	FINANCIAL ASSISTANCE & BENEFITS
MEDICAL SUPPORTS	COMMUNITY RESOURCES
LEGAL & ADVOCACY SERVICES	TECHNOLOGY & ASSISTIVE DEVICES
RECREATIONAL PROGRAMS	TRANSPORTATION SERVICES

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- [Welcome to the Autistic Community - Resources Page](#)
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- [Knowing Why Adult-Diagnosed Autistic People on Life and Autism](#)
- [After an Autism Diagnosis: 13 Necessary Next Steps For Parents](#)
- [Autistic Self-Diagnosis Can Be Both Valid and Necessary](#)



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Child Health
School of Medicine
University of Missouri Health

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