



## April is Autism Acceptance Month

# Family support and training can reduce family stress and improve functioning of a child with autism.

It's key for parents to seek help from any sources that exist. Talk to your health expert. Explore what help exists nearby. Think about these helpful tips:

- **Seek help for a child with autism who is entering adolescence.** Community supports and public programs can help families during what can be a really hard time for their child. An adolescent child may gain from:
  - Group home settings
  - Special employment
  - Other programs meant to help the shift to adulthood
- **Plan breaks.** Daily demands of caring for a child with autism can be draining. Trained workers can relieve family members from these tasks as needed. They may also help a family go on caring for a child at home.
- **Contact other families who have a child with autism.** Local and national groups can help link families. They can also provide much-needed sources of info.

Find more information and helpful resources at [MagellanHealthcare.com/Autism-Resources](https://MagellanHealthcare.com/Autism-Resources).