



# How To Get an Autism Diagnostic Evaluation





## Step 1: Recognizing signs of developmental delay

Whether you, a family member, medical professional, or teacher expresses concern, do not delay in finding support for your child.

Early intervention is critical, so when you notice signs, take action.





**Step 2:  
Schedule an  
appointment  
with your child's  
pediatrician**



Come prepared with any questions and specific concerns that you have about your child's behaviors.

The doctor may conduct a screening and, if there are concerns, be able to refer out to a specialist for an autism diagnostic evaluation.

## Step 3: Getting an appointment with a diagnostic evaluator



Your pediatrician may refer you to a specific diagnostic evaluator in their network or accepts your insurance.

It is important to know your options financially and for different types of evaluators.

## Step 3.1: Different types of evaluators



### Insurance

In-Network vs Out-Of-Network. In-Network providers will accept your insurance, but often times have much longer waitlists. Out-Of-Network providers do not take your insurance, but may offer a superbill for you to submit reimbursement, and they will have shorter waitlists.



### Specialties

In Washington, neurologists, psychiatrists, psychologists, developmental pediatricians, and those with a WA COE certification can diagnose autism. Each professional comes with different specialties to consider that may be better suited for your child.

These providers also vary in their specializations of ages or verbal ability that they diagnose. When researching evaluators, look for these requirements.

## **Step 3.2: How to find an evaluator**

**Ask your pediatrician for recommendations**

**Call the member services number on the back  
of your insurance card.**

**See resource directories like:  
The ARC of King County, AS360, or Washington  
Autism Alliance**

## **Step 3.3: Tips**

**If traveling to another city or county is possible, consider evaluators further from your home. Further from major cities may have shorter waitlists.**

**Call and inquire with as many evaluators as possible to compare waitlists and options.**

**Find local Facebook groups like "Parent to Parent of Washington State". Groups like these share valuable resources and are a great community to ask for recommendations of evaluators in your area.**



## Step 4: After getting an appointment



Start researching additional resources that your child's school provides or state funded supports.

Look into therapies that may be a fit for your child such as ABA, Speech Therapy, Occupational Therapy, or others.

Consider joining a parent support group in your community.





**You are now on the path to finding  
the right support for your child!**

**Every step of the way, ACES is here to  
support your child and your family.**

**Find ACES support from Olympia to  
Everett in our centers, your home, and  
your community!**



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