FREE RESOURCES FOR FAMILIES WITH AUTISM & DISABILITIES

1 EARLY INTERVENTION PROGRAMS

IDEA

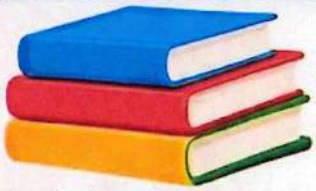
Free or low-cost services for children (birth-age 3) with developmental delays or disabilities.

2 DEVELOPMENTAL SCREENINGS

CDC

Free developmental milestone checklists and tools to track your child's growth and development.

3 SPECIAL EDUCATION SERVICES (IEP)



Free individualized education plans (IEPs) and support services through your local school district

4 SSI (SUPPLEMENTAL SECURITY INCOME)

SSI

Monthly financial assistance for eligible children and adults with disabilities.

5 MEDICAID WAIVERS & STATE PROGRAMS

May help cover therapy, medical care, and support services for eligible children and adults.

6 ABLE ACCOUNTS

Tax-advantaged savings accounts to help cover disability-related expenses (varies by state).

7 AUXILIARY AIDS & ASSISTIVE TECHNOLOGY

Some programs provide free or low-cost devices and tools to help with communication, learning and daily living.

8 RESPITE CARE PROGRAMS

May provide temporary care and relief for families and caregivers (varies by state).

9 AUTISM SOCIETY RESOURCES

Autism Society

Information, local chapters and resources for families, plus community events and support.

10 PARENT TRAINING & SUPPORT

Free programs and workshops to help parents and caregivers learn strategies and connect with support.

11 RECREATION & INCLUSIVE PROGRAMS

Many communities offer free or low-cost inclusive recreation, sensory-friendly events and adaptive programs.

12 NATIONAL DISABILITY RESOURCE LOCATORS

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Dial 2-1-1 or visit 211.org to find local programs, services and resources for people with disabilities in your area.