



Autism Evaluation Checklist

1.Pre-Diagnosis

- ☐ Find a therapist for yourself
- ☐ Look into local support groups
- ☐ Ask North Haven about free financial services & education
- ☐ Secure a life insurance policy before seeking a diagnosis to protect future eligibility

2.Prepare Yourself

- ☐ Use the [Oklahoma Autism Provider Directory](#) to locate providers that offer evaluations
- ☐ Identify providers with the shortest wait times
- ☐ Make a list to bring with to your appointment with your pediatrician
- ☐ Document concerns with specific examples
- ☐ Prepare for common objections

3.School & Pediatrician

- ☐ Talk with your district's Special Services Department about an evaluation through the school
- ☐ Advocate for your child's needs by requesting an IEP or 504 plan
- ☐ Bring screening results from school evaluation(s) to appointment with your pediatrician
- ☐ Request referrals from your pediatrician in writing so you can get on as many wait lists as possible

4.While You Wait

- ☐ Start therapy if accessible (speech, OT, behavioral)
- ☐ Educate yourself and family members about autism
- ☐ Get plugged in to the autism community (Ask North Haven for help)
- ☐ Begin implementing supports for your child at home (Ask North Haven)

5.Evaluation Prep

- ☐ Keep a record of behaviors, communication, and sensory patterns
- ☐ Prepare for developmental history interviews and standardized assessments
- ☐ Gather medical history, school reports, and developmental checklists
- ☐ Expect cognitive and adaptive skills testing
- ☐ Capture short videos of behaviors if possible
- ☐ Begin processing the possibility of a diagnosis with those close to you