

# Welcome

**Center for Autism and Related Disabilities**

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**[www.hscj.ufl.edu/pediatrics/autism](http://www.hscj.ufl.edu/pediatrics/autism)**

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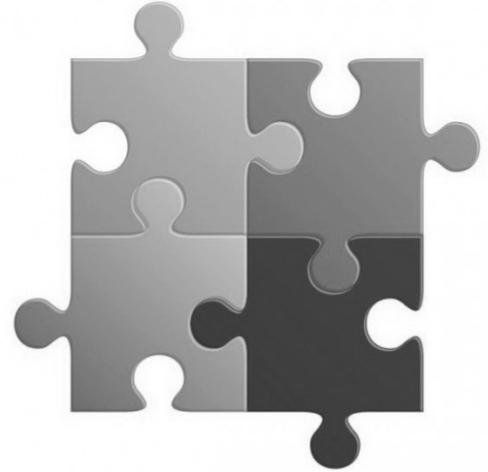


# CARD Programs

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## **Services to Families:**

- Consultation: Individual Parent Training on communicating, behavior, and social skills
- Trainings, events, and workshops
- Referrals to service providers, funding sources, support groups, etc.
- Family support: counseling, support groups, and sibshops



## **Services to Schools:**

- Consultation with educational professionals
- Technical assistance for functional behavioral assessment and behavior support plans
- Training events and workshops for educational professions (offering continuing education credit)
- FL DOE/CARD Teachers Partnership

## **Services to the Community:**

- Awareness events pertaining to autism and related disabilities for local groups or agencies upon request
  - Training event on topics pertaining to autism and related disabilities
  - Annual statewide CARD conference
  - Dissemination of informational materials on autism and related disabilities
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# Resources

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## Support Groups

My Support Jacksonville  
[www.mysupportjax.com](http://www.mysupportjax.com)

Building the Puzzle Together  
Autism Father Support Group:  
12243 Joda Lane East  
Jax, FL 32258  
(786)205-5498 (Lou Cabrera)

Clay County Parent/Family  
Support Group  
Middleburg/Clay Hill Library  
2245 Aster Avenue  
Middleburg, FL 32068  
282-2495

GFCF Support Group  
Christ Episcopal Church  
400 San Juan Drive  
Ponte Vedra Beach, FL 32082

Pahtways Dev. Learning Ctr.  
(Parent Support Group)  
1100 Sawgrass Village Dr.,  
Suite 201k  
Ponte Vedra Beach, FL 32082  
273-6700  
[www.pathwaysdlc.com](http://www.pathwaysdlc.com)

Project Autism  
109 Marsh Island Cir  
St. Augustine, FL 32095  
(904)234-6480  
[awareness@projectautismj.org](mailto:awareness@projectautismj.org)

Shooting Starz  
Ketterlinus Gym  
60 Orange St.  
St. Augustine, FL 32084  
(904)264-9981

## Websites

Autism Society of America  
[www.autismsociety.org](http://www.autismsociety.org)

Autism Speaks  
[www.autismspeaks.org](http://www.autismspeaks.org)  
(First 100 Days Kit)

Autism Link  
[www.autismlink.com](http://www.autismlink.com)

Autism Watch  
[www.autism-watch.org](http://www.autism-watch.org)

Child Nett TV  
[www.childnett.tv](http://www.childnett.tv)

Florida Outreach Project  
[www.deafblind.ufl.edu](http://www.deafblind.ufl.edu)

Organization or Autism Research  
[www.researchautism.org](http://www.researchautism.org)

Central Florida Parent Center  
[www.cflparents.org](http://www.cflparents.org)

Family Networks on Disabilities  
[www.fndfl.org](http://www.fndfl.org)

Wrights Law  
[www.wrightslaw.com](http://www.wrightslaw.com)

First Signs  
[www.firstsigns.org](http://www.firstsigns.org)

First Words Project  
[www.firstwords.fsu.edu](http://www.firstwords.fsu.edu)

Do 2 Learn  
[www.dotolearn.com](http://www.dotolearn.com)

Florida Inclusion Network  
[www.floridianclusionnetwork.com](http://www.floridianclusionnetwork.com)

Interactive Collaborative Autism  
Network  
[www.autismnetwork.org](http://www.autismnetwork.org)

Autism Internet Modules (AIM)  
[www.autisminternetmodules.org](http://www.autisminternetmodules.org)

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# CARD FAQ

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## ***What is CARD?***

CARD is a community-based program providing assistance and supports to people with autism spectrum disorder and related disabilities, their families, the professionals serving them, and the community. UF-JAX CARD was established by the Florida Legislature, and is funded by the Florida Department of Education, to provide free services and supports to eligible constituents throughout our five county service area.

## ***Whom Does CARD Serve?***

CARD serves children and adults of all levels of intellectual functioning who have autism spectrum disorder (including autism, Asperger's, childhood disintegrative disorder, Rett's Syndrome, or pervasive developmental disorders not otherwise specified); an autistic-like disability (documented on an evaluation that describes the characteristics that are being considered "autistic-like" by the evaluator); a dual sensory impairment; or a sensory impairment with other developmental disabilities. It is a requirement of the legislation, which created CARD, that we have documentation of qualifying diagnosis in order for an individual to receive our services. For children 0 to 5 years, we accept a pending developmental disability diagnosis with documented evidence of autistic-like behaviors or individuals awaiting a scheduled evaluation.

## ***What Does CARD Do?***

CARD is here as your source of information for autism related questions. The level of service depends upon the need. If you live within our catchment area, you can call UF-JAX CARD any time that you have a question that pertains to autism or related disability and one of our professional staff will try to respond to your question during a phone consultation. Most of the time questions can be answered within a day or two. When you call CARD, we will register you by placing you on our mailing list to receive our conference announcements, workshop flyers, and our weekly and quarterly newsletter. The mailing list is not shared with any other agency outside of CARD. Ever.

CARD is intended to be a short term service for most families, however, CARD is here as long as we are needed. We will work together to determine the level of services that are needed and the best method for providing them. You can call us as often as you need. We are here to be a source of information about autism and to provide answers to your questions. Our services reflect a wider range of support activities that can be provided to individuals, families, and agencies. Some of these support activities are of short duration while other are more intensive, long-term approaches for helping to build the capacity of families and agencies.

# FACTS

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Every person with autism is different. However, there are some common characteristics of individuals with autism that may occur. Remember that although these are some common characteristics, no two person with autism experience the world or behave in the same way.

## **What is Autism?**

Autism is a lifelong neurological disability that affects a person's ability to communicate, understand language, play and socially interact with others. The first signs of autism usually appear as developmental delays before age three. Autism is classified as a developmental disability because it interfered with the typical rate and patterns of childhood development.

## **What is Asperger's Syndrome?**

Asperger's Syndrome (AS) is considered a pervasive developmental disorder at the higher functioning end of the autism spectrum. It is characterized by sustained impairment in social interaction and the development of restricted, repetitive patterns of behavior, interests, and activities. In contrast to autism, there are no obvious delays in language or cognitive development, or in age-appropriate self-help skills and adaptive behaviors though there are subtle impairments.

## **What is Pervasive Developmental Disorder—Not Otherwise Specified (PDD-NOS)?**

The diagnosis PSS-NOS is usually given to an individual who does not meet the diagnostic criteria for any of the four other Pervasive Developmental Disorders, yet clearly shows unusual development in the areas of communication , social interaction and interests/attention. PDD-NOS is a neurological disorder, and symptoms can range from mild to severe. Often, individuals with a PDD-NOS diagnosis have more intact social skills than individuals diagnosed with other Pervasive Developmental Disorders.

## **Characteristics**

- Difficulty in using and understanding language. Some children develop typical speech patterns until age two.
- Poorly developed social skills and unusual play with toys.
- Over or under sensitivity to sound, sight, taste, touch, or smell.
- Repetitive behaviors such as spinning objects or rocking.
- Certain behaviors exhibited to stimulate the senses, such as switching a light on and off repeatedly, or humming loudly.
- Difficulty with changes to surroundings or routines.
- Very high levels of activity for long periods of time.
- Uneven skill development. Some skills are normal or superior for their age while others show significant delay.
- Challenging behaviors such as aggression, self injury or severe withdrawal.

## **Causes**

Nobody knows what causes autism. Some scientists believe there is a biological cause that affects the working of the brain, but this has not been proven. It is possible there are many factors that could interact with one another which could cause different characteristics in each individual with autism. Parents do no cause autism. No factors in a child's experiences or in parenting styles are responsible for autism.