

Your first 100 days: one step at a time

A flexible planning sheet after a child's autism diagnosis in Quebec. The weeks are suggestions, not deadlines. Start urgent care or time-sensitive applications sooner.

First days: understand and choose

- ☐ Read the report when ready; write down one question for the clinician.
- ☐ Choose one current need and one person who can help.
- ☐ Decide which information you want to share and with whom.

Weeks 2-4: ask about paperwork

- ☐ Check the separate SEH and federal DTC criteria; a diagnosis alone does not establish eligibility.
- ☐ Ask who can complete each professional section and what evidence is needed.
- ☐ Keep copies, submission dates and agency replies.

Weeks 5-8: coordinate useful support

- ☐ Contact the CLSC or local service team about current needs and available support.
- ☐ With daycare or school, agree on practical adaptations and a follow-up date.
- ☐ Ask what can begin while waiting. Do not postpone a helpful contact to fit this timetable.

Weeks 9-14: review family needs

- ☐ Review what is useful, what is tiring and what needs changing.
- ☐ Ask about respite, peer support or help for siblings and caregivers.
- ☐ Pick one next step rather than trying to finish every task.

Our priority / person to contact / follow-up date