

A weekly newsletter for families of Developmental & Behavioral Pediatrics (DBP) at Boston Medical Center during COVID-19 Social Distancing



Autism Waiver Program Open Request Application 2020 Translations are offered in multiple languages such as Arabic, Burmese, Cape Verdean Creole, Chinese-Cantonese, Chinese-Mandarin, Haitian Creole, Khmer, Portuguese, Spanish, Vietnamese, Nepali and Somali. Translation and interpretation are available free of charge to all participants.

WHAT'S HAPPENING?

It's that time of year again, where the Department of Developmental Services (DDS) Autism Waiver Service Program (AWP) will be accepting applications! The Autism Division at DDS runs an Autism Waiver Program that provides "Expanded Habilitation" and Education (intensive in-home services and supports) as well as related support services such as community integration activities and respite.

Services are provided by trained clinical staff and are available for a total of three years. At the end of three years, the child may access supplemental services that meet the child's needs and help with the transition out of the intensive Autism Waiver Program until the child's 9th birthday.

Email/mail Open Request Applications must have a Postmark or Date Stamp between **Oct 16, 2020** and **Oct 31, 2020**. Applications received outside of this designated time period will be discarded. Click [here](#) to access additional information!

WHO CAN APPLY?

- Child must have a confirmed Autism Spectrum Disorder diagnosis, subject to verification by DDS.
- Child is between ages 0-8 years old and has not reached his/her 9th birthday.
- Child is a resident of Massachusetts.
- Child meets the level of care required for services in an Intermediate Care Facility for persons with an Intellectual Disability (ICF/ID) as assessed by DDS.
- The family chooses to have the child receive services in the home and community.
- The child must be able to be safely served in the community.
- The child must have a legally responsible representative able to direct the services and supports of the Waiver.



- The child must be found by the MassHealth agency to be eligible for MassHealth Standard coverage, based on family income. For families who have not yet applied for MassHealth, this must be done at the time of the filing of the Waiver Program Request Form.
- Child has a Social Security Number.

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HOW TO APPLY

AUTISM WAIVER SERVICE PROGRAM

If you submitted an application during the last open request application period in October 2019, you must re-submit an application for 2020.

WHAT YOU NEED TO APPLY

- Child's date of birth
- Child's social security number
- Child's MassHealth ID number

From DDS: "While the Autism Waiver Program is near capacity currently, there are always children who leave the program because they turn 9 or for other reasons. Therefore, we want a current applicant pool to draw from when these spots become available for the Program."

APPLY BY MAIL

- Complete the form in pen and print clearly
- All applications must be mailed between **October 16, 2020 - October 31, 2020.**
- Mail form to: AUTISM DIVISION of DDS, Att. Autism Waiver Program Open Interest Form 500 Harrison Avenue, Boston, MA 02118
- The Autism Division is not able to accept hand delivered forms

APPLY BY EMAIL

- All Applications must be emailed to AutismDivision@state.ma.us between **October 16, 2020 - October 31, 2020.**
- All Application must be sent directly from the Parent/Guardian Only.
- Form can be completed electronically or printed, filled out clearly in pen and scanned into an email or Form may be sent in the following formats: PDF (preferred), JPG if clearly visible.
- If completing on a smart phone/tablet-download a free scanner app and send via a PDF file.

LOOKING FOR HELP?



AutismDivision@state.ma.us



Autism Division at DDS
617 624 7518

Western Massachusetts

Pathlight: Autism Connections

41 Russell Street, Hadley, MA 01035

413 585 8010

75 South Church Street #402, Pittsfield, MA 01201

413 443 4780

220 Brookdale Drive, Springfield, MA 01104

413 732 0531

Southeastern Massachusetts

Community Autism Resources (CAR)

33 James Reynolds Road Unit C, Swansea, MA 02777

800 588 9239 | 508 379 0371

120 Main Street 2nd Floor, Bridgewater, MA 02324

508 807 4930

Norfolk County

The Arc of South Norfolk: The Family Autism Center

789 Clapboardtree Street, Westwood, MA 02090

781 762 4001

Metro West of Boston

Autism Alliance of MetroWest (AAMW)

1881 Worcester Rd #100A, Framingham, MA 01701

508 652 9900

Northeastern Massachusetts

Northeastern ARC (NEARC) The Autism Support Center

6 Southside Road, Danvers, MA 01923

978 777 9135

Central Massachusetts

HMEA: Autism Resource Central

712 Planation Street, Worcester, MA 01605

508 835 4278

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RESOURCE

JUMP INTO FALL: HEALTHY EATING TIPS & TRICKS

Jump into Fall with some tips and tricks for healthy eating! Whether your kids are spending more time at home or starting to go back to school, nutrition is an important part of keeping your kids safe and healthy this season. Fall is a great time to do lots of kid-involved activities and take advantage of the season's fruits and vegetables!

- Go apple picking with your kids so they can see where their fruit is coming from and feel more responsible for picking their own food.
- Have your kids pick their own pumpkins and help carve out all those seeds. They can even try painting with the pumpkin goo if they want!
- Help boost your kids healthy eating on Halloween by offering some fun Halloween-themed fruit and vegetables along with any candy they may get. They'll have a blast making clementine pumpkins, or some silly apple bites!



Silly Apple Bites



- Green apples, quartered
- Choice of nut butter
- Sunflower seeds
- Sliced strawberries
- Chocolate chips

Cut the middle out of each quarter and fill with nut butter. Place 3-4 sunflower seeds on the top for teeth. Place strawberry slice inside of mouth for a tongue. Use a small amount of nut butter to attach the chocolate chips for eyes!

Sometimes kids have very selective eating habits and we can help ease them into new things!

- Involving your kids in the cooking or baking process is a great way for them to feel more confident with the food, while decreasing anxiety and pressure related to new things.
- Playing or painting with food is another great way to increase familiarity of new or not well accepted foods. Fall activities are a great outlet for this! Try making your own apple stamps or dye pumpkin seeds and create artwork.
- If you do decide to introduce some new or non-tolerated foods this season, make sure to introduce it with an already accepted food and only a small pea size portion of the new food.



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RESOURCES

Boston Medical Center is here to support you during this difficult time.

Check out our new resource spreadsheet, which has links to online learning, social stories, music/animal/fitness programs, live online classes and more. See the second tab for free meals and financial services throughout Massachusetts. This spreadsheet is available in multiple languages and will be continuously updated as new resources become available.

[tinyurl.com/
CoronaResourcesBMC](https://tinyurl.com/CoronaResourcesBMC)

Know of something to add? Email autismprogram@bmc.org with suggestions.



*Our Autism Program is hosting a monthly virtual information series for parents and caregivers. Join us for our upcoming session about **Back to Learning** on Wednesday, **October 7, 2020** at **7:00-8:00 PM ET**.*

<https://bostonmedicalcenter.zoom.us/j/95662234029>

CLINIC

*Developmental & Behavioral Pediatrics clinicians are available by phone/Zoom for telehealth visits and consultations. Please call us at **617-414-4841** if you have any questions or are in need of support. To create a free Zoom account, visit zoom.us/signup.*

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ABOUT THIS NEWSLETTER



This newsletter is brought to you by the Autism Program at Boston Medical Center, a family support program of Developmental & Behavioral Pediatrics. We are committed to supporting any family of DBP during this time, regardless of diagnosis. Please don't hesitate to reach out, and follow us on social media for more tips and information!



BMC.org/autism
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@The Autism Program at
Boston Medical Center



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