

What is **IDD & Autism**

Intellectual and Developmental Disabilities (IDD) and Autism Spectrum Disorder (ASD) are the most common developmental disorders, combined they affect between 3-5% of the population. Individuals with ASD may have different ways of learning, moving or paying attention.

Resource Toolbox



1. Helpful Websites

Scan the QR code below to access:



- [NIH.gov](https://www.nih.gov)
- [CDC.gov](https://www.cdc.gov)
- [Intellectual Disability and Health](#)
- [NADD](#)

2. Research Articles

Scan the QR code below to access:



- [Differentiating IDD from ASD](#)
- [Diagnostic and Treatment](#)
- [Resilience in ASD and IDD](#)

3. Useful Tools

Scan the QR code below to access:



- [CDC Facts on Monitoring](#)
 - [CDC Monitoring Sheet](#)
- [Social Media Resources](#)

5. Insightful Read

Mental Health Strategies for Pediatric Care, Susan G. Forman, PhD, Jeffrey D. Shahidullah, PhD, Cody A. Hostutler, PhD, Cori M. Green, MD, MS, FAAP, Rebecca A. Baum, MD, FAAP

Signs of Autism

- Delays in developmental milestones related to social communication or social interactions
- Restricted or repetitive patterns or behaviors

Signs of IDD

- Persistent delay in developmental milestones

4. Guides for Parents

Scan the QR code below to access:



- [Autism Medication Guide](#)

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1. Helpful Websites

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- [NIH.gov](https://www.nih.gov)
- [CDC.gov](https://www.cdc.gov)
- [Milestone Moments](#)



Signs of Autism

- Making little or inconsistent eye contact
- Difficulties sharing in imaginative play or in making friends

Signs of IDD

- Sit-up, crawl or walk later than other children
- Learn to talk later or have trouble speaking
- Find it hard to remember things

2. Books for Parents

- *Freak, Geeks & Asperger Syndrome: A user guide to Adolescence* by Luke Jackson
- *A Special Book About Me: A Book for Children Diagnosed with Asperger Syndrome* by Josie Santomauro

3. Books for Children

- *Ian's Walk, a sisters story about her brother with Autism* by Laurie Lears (for Elementary-aged children)
- *Little Rainman: Autism--Through the Eyes of a Child* by Karen L. Simmons (for Elementary-aged children)