

NEWLY DIAGNOSED

The first thirty days after an autism diagnosis

You do not have to do all of this today. This sheet puts the first month in order, so the things that are time-sensitive get done first and the rest can wait.

Today

- ☐ **Take a breath**
Your child is the same person they were yesterday. You now have a clearer map. Call someone you trust. Feeling relieved, scared, or grieving are all normal.
- ☐ **Know what the clock is**
OAP registration and school supports both start from the date you apply, not the date of the diagnosis. One day to gather yourself costs nothing.

This week

- ☐ **Call AccessOAP and register**
Call 1-833-425-2445 or register at accessoap.ca. Your place in line starts from the registration date. Have your child's health card number and the diagnosis information ready. Keep the confirmation you are sent. It is the proof of your registration date.

Date registered: _____ Confirmation or file number: _____
- ☐ **Gather the four documents**
The written diagnosis report, your child's Ontario health card, proof of your Ontario address, and your own photo identification. Every program, application, and school meeting from here on asks for some of these. Make a stack of photocopies of the diagnosis report now.
- ☐ **Email your child's school in writing**
Email the principal, attach the diagnosis report, and ask for an IPRC meeting. A medical diagnosis is enough to start one. You do not need a separate school assessment. Put it in writing so there is a record.

Wording you can copy: "I am writing to formally request an IPRC meeting for my child _____, who has received a medical diagnosis of Autism Spectrum Disorder. Please confirm receipt of this request."

Who you spoke to

Names, dates, and what was said. If you ever have to escalate, this is the part that carries weight.

_____	_____
_____	_____
_____	_____
_____	_____

This month

☐ **Ask what you can use while you wait**

Foundational Family Services, workshops, and navigation help come with OAP registration and do not depend on core funding. Ask AccessOAP what is available to you now.

☐ **Start the Disability Tax Credit**

The DTC is the federal credit that opens the door to the Child Disability Benefit and the RDSP. Your child's diagnosing doctor fills out part of the form. Many families receive back payments to the diagnosis date. Check the current amounts with the CRA directly, because they change.

☐ **Open the money file**

Start tracking therapy, travel, equipment, and school-support costs from today. It matters at tax time and it matters if you ever need to show what the wait cost your family.

☐ **Find other parents**

Autism Ontario has local chapters and free membership, including a service navigator who can help with forms at no cost. The Ontario Autism Coalition runs an active parent community and posts OAP updates.

☐ **Look at Special Services at Home**

SSAH is provincial funding for respite and community supports, available separately from the OAP. Ask AccessOAP or your local office how the two work together.

What you are waiting for, in numbers

91,974

Children registered, as of May 2026

71,263

With no active Core Funding Agreement

22.5%

Share of registered children with funding

Families who registered in August 2021 are the ones now being invited to core funding. That is why the wait is described in years. Knowing this early is not meant to discourage you. It is meant to stop you from putting the school track, the tax credits, and the free supports on hold while you wait for a call.

Keep this page with the file

Write the dates down as you go. If you have to escalate later, the record of when you registered and when you asked is the part that carries weight.

Full step-by-step guidance, with the current figures, is at endthewaitontario.com/just-diagnosed.

Source: MCCSS Ontario Autism Program figures, May 13, 2026, obtained by the Ontario Autism Coalition under Freedom of Information

Last verified: August 2026. Figures on this sheet come from the same verified source table the website uses. Check the current figures at endthewaitontario.com.

Invitation cohort: Ontario Autism Coalition, July 2026 (reported from community intake). This sheet is general guidance, not legal, medical, or tax advice. Confirm eligibility with AccessOAP and confirm benefit amounts with the Canada Revenue Agency.