



# Autism

## Autism Spectrum Disorder & Related Conditions

Autism Spectrum Disorder is a group of conditions characterized by varying levels of:

- Difficulty with verbal and non-verbal communication, such as understanding and using language, gestures, and facial expressions
- Problems socializing, including responding to other people and surroundings
- Difficulty using imagination, and unusual ways of playing with toys and other children
- Repetitive movements, such as rocking, spinning and hand-wringing
- Self-abusive behavior, including head-banging and biting
- Difficulty adjusting to changes in familiar surroundings or routines
- Unusual sensitivity to visual stimuli, light and different types of sound
- Behavioral problems, such as temper tantrums, aggressiveness, anxiety or fearfulness
- Difficulty sleeping
- Physical and psychological developmental delays and disorders



### Autism Spectrum Disorder Conditions

- Autism (Autistic Disorder)
- Asperger's Syndrome
- Pervasive Development Disorder, Not Otherwise Specified

### Related Conditions

(other conditions with some similar symptoms)

- Rett's Syndrome
- Childhood Disintegrative Disorder
- Attention Deficit/Hyperactivity Disorder
- Oppositional Defiant Disorder
- General Anxiety Disorders



## Extended Care Health Option and Autism Services Demonstration

### Eligibility

- Active duty family member
- Age 18 months and older
- Sponsor enrolled in Exceptional Family Member Program (EFMP)
- Child registered in Extended Care Health Option (ECHO)
- Diagnosed with an autism spectrum disorder

### Autism and the Military Child

- Free parenting e-mail for families with a child with an autism spectrum disorder
- Contact information for support, advice, and available local services
- News and research breakthroughs
- Call NMCP Neurodevelopmental Pediatrics at (757) 953-7379 for more information

### NMCP Health Benefits

Building 3, 3rd Floor; Mon-Fri, 7 a.m.—3:30 p.m.  
(757) 953-2610/2611

### NMCP TRICARE Service Center

Health Net Federal Services  
Building 249 (next to parking garage)  
Mon—Fri, 7:30 a.m.—4:30 p.m.  
1-(877) 874-2273



### Appointments & Specialty Referral Status

Hampton Roads Appointment Center  
Mon—Fri, 6 a.m.—8 p.m.  
S, S & Holidays, 7 a.m.—3:30 p.m.  
1-(866) 645-4584

### To Schedule a Presentation

TRICARE Operations—Marketing  
(757) 953-6153/6048