

Glossary of Terms, Phrases & Acronyms Used in the California Disability Services Systems

Provided by

**The Senate Select Committee on Autism
& Related Disorders**



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Autism & Related Disorders



FOREWORD

Individuals with autism and other developmental disabilities are served by a complex and wide array of services and programs. At times, the terminology and jargon associated with these supports can be rather mystifying. Therefore, The Senate Select Committee on Autism & Related Disorders is pleased to provide an overview of the terms, phrases, and acronyms that are frequently used in discussing systems of care for autism and other developmental disabilities.

This compendium is dedicated to the numerous individuals with autism and their families who have contributed to the efforts of the Senate Select Committee on Autism & Related Disorders. Their tireless efforts and advocacy have inspired and truly energized the work of this committee. On behalf of all of my fellow Senators, please accept our deepest appreciation and admiration.

I want to thank all of the Regional Autism Taskforce members who have supported the work of our committee during the past three years. I am grateful to Dr. Janis White, Dr. Richard Rosenberg, Ms. Linda O'Neal and Ms. Sandi Soliday who spearheaded this project. With deep appreciation, I also acknowledge the important contributions of the members of the Autism Employment Ad-Hoc Workgroup, the Alameda County Developmental Disabilities Planning and Advisory Council, and the staff support of special assistant to the committee Mr. Mark Teemer Jr.



Please know that the Senate Select Committee is dedicated to improving the lives of individuals with autism and related disorders. Additional information about the committee and its members is available at www.senate.ca.gov/autism . Do not hesitate to contact us if we can provide future assistance.

Sincerely,

A handwritten signature in blue ink, appearing to read "Darrell Steinberg", with a stylized flourish at the end.

DARRELL STEINBERG

President pro Tempore

Chairman, Senate Select Committee on Autism & Related Disorders

A Glossary of Terms and Phrases

Abilify – The brand name for aripiprazole, an antipsychotic medication approved by the FDA in 2009 for treatment of irritability, mood disturbance, and aggression in children 6-17 years old with autism spectrum disorder. Also used for treatment of bipolar disorder and schizophrenia.

Accessibility - An architectural feature, which allows people who use wheelchairs to get in and around buildings. A building that is accessible is free of architectural barriers.

Accreditation - The process of assessing a service provider for compliance with a set of written quality standards for services that have been established by a recognized independent, non-profit organization whose goals are to enhance and ensure the quality of services in given service-delivery areas.

Accreditation Council on Services for People with Disabilities (The Accreditation Council) - A national organization that establishes standards to be met in the provision of services for individuals with developmental disabilities.

Adaptive Behavior - The ability of an individual to successfully function in his environment with responsibility and independence as expected by his age and cultural group.

Adderall - A medication made up of a combination of stimulants which is commonly used as part of a total treatment program to control Attention Deficit Hyperactivity Disorder (ADHD). Brand name for *amphetamine-dextroamphetamine*.

Adult Development Center - A day program that serves people who need assistance to learn basic self-help, communication and socialization skills for movement toward vocational independence. In practice, these programs are often segregated but need not to be.

Advocacy - Helping to represent the interests of another as if they were one's own. People who do this are known as advocates.

Age Appropriate - Consideration of the chronological age of the person in the use of activities, instructional locations and techniques.

Akathisia - Restlessness and possibly increased motor activity (which can be hard to judge in those who are already hyperactive); among the extrapyramidal side effects sometimes resulting from use of conventional antipsychotic medications.

Ambulatory - A person who can move about independently without mechanical assistance is a person who is ambulatory.

Americans with Disabilities Act (ADA) - This statute, enacted in 1992, gives civil rights protections to individuals with disabilities that are like those provided to individuals on the basis of race, sex, national origin, and religion. It guarantees equal opportunity for individuals with disabilities in employment, public accommodations, transportation, State and local government services and telecommunications.

Amphetamine-Dextroamphetamine - A medication made up of a combination of stimulants which is commonly used as part of a total treatment program to control Attention Deficit Hyperactivity Disorder (ADHD). Generic name for Adderall.

A Normalization and Development Instrument (A.N.D.I.) – A tool designed by the Department of Developmental Services to screen and evaluate the effectiveness and basic quality of day and residential programs according to normalization standards.

Anticonvulsants - Medications used to control seizures, which are defined as the physical results of abnormal electrical discharges in the brain and can include convulsions, sensory disturbances, or loss of consciousness. Some of these medications are also used to stabilize mood.

Antioxidant - Any substance that reduces oxidative damage. Such damage occurs when molecules in the body that do not have a balanced number of protons and electrons -- called free radicals--"steal" an electron from another molecule to achieve balance and stability in what becomes a damaging chain reaction. Antioxidants, such as Vitamins C and E, help by "donating" electrons to molecules that lack one in a non-damaging way that stops the chain-reaction.

Antipsychotic Medications - Psychiatric medications that are sometimes used in the treatment of autism spectrum disorders to help minimize irritability, aggression, and mood swings. There are two basic types of antipsychotic medications: atypical and conventional.

Applied Behavior Analysis (ABA) – Behavior analysis is a scientific approach to understanding behavior and how it is affected by the environment. "Behavior" refers to all kinds of actions and skills (not just misbehavior) and "environment" includes all sorts of physical and social events that might change or be changed by one's behavior. The science of behavior analysis focuses on principles (that is, general laws) about how behavior works, or how learning takes place. When a behavior is followed by something that is valued (a "reward"), that behavior is likely to be repeated. Through decades of research, the field of behavior analysis has developed many techniques for increasing useful behaviors and reducing those that may be harmful or that interfere with learning. Applied behavior analysis (ABA) is the use of those techniques and principles to address important problems, and to bring about meaningful behavior change. ABA is a common therapy for individuals with autism.

Architectural Barrier - A feature of a setting that prevents or impedes people with disabilities from using it. When these barriers are removed, the setting is said to be "barrier free" and implies full accessibility.

Area Boards - The Area Board is a Federally and State funded organization that provides, among other things, advocacy supports to families who have children receiving special education services and supports from school districts as well as those who

receive services from the regional center system. The 13 local area boards are an integral part of the State Council on Developmental Disabilities, assisting families and individuals with advocacy, training, coordination and implementation of a local Strategic Plan as well as the Council's State Plan.

Area Work Incentive Coordinator (AWIC) - Social Security Administration District Office Management Staff who provide information and services related to SSA's employment support programs. They also facilitate solutions to work incentive related problems with local SSA Offices.

Aromatherapy - A holistic treatment which involves caring for the body with pleasant smelling botanical oils.

Asperger's Syndrome - This is diagnosed in school-aged children who have social and behavioral symptoms of autism without the language delay. Measured intelligence is in the average to above average range. Frequently these children show an almost obsessive interest that is unusual in intensity and focus.

Aspie - Slang term for a person with Asperger's Syndrome (AS); sometimes used by people with AS to refer to themselves, but may be considered offensive when used by others.

Assessment - The process used to determine if a person is eligible for regional center services and to identify treatment needs.

Assistive Technology (AT) - Any item, piece of equipment, product, or system, whether acquired commercially, modified, or customized, that is used to increase, maintain, or improve the functional capabilities of persons with disabilities.

Atomoxetine - Generic name for Strattera; a non-stimulant medication approved by the FDA for the treatment of Attention Deficit Hyperactivity Disorder (ADHD) in children, adolescents, and adults.

Attention-Deficit Disorder (ADD) - A frequently used term to refer to symptoms of attention-deficit/hyperactivity disorder involving a lesser or nonexistent component of hyperactivity.

Attention-Deficit/Hyperactivity Disorder (AD/HD) - The central feature of attention-deficit/hyperactivity disorder is a persistent pattern of inattention, hyperactivity, and/or impulsivity to a higher degree than is typical in individuals at a similar level of development. Some children diagnosed with an autism spectrum disorder also may be diagnosed with attention-deficit/hyperactivity disorder.

At-Risk: - Term used for children who have, or could have, developmental problems that may affect later ability to learn.

Auditory Integration Training (AIT) - A therapy based on a theory that the small internal organs of the ear can be exercised and that this can lead to modification of sound perception and behavior. Musical sounds are washed through a filtering apparatus that alters them, emphasizing some tones and reducing the intensity of others. The treatment is modified to suit individual needs as determined by special auditory testing. The

American Academy of Pediatrics and three other professional organizations consider it an experimental procedure.

Augmentative and Alternative Communication (AAC) - Non-speech methods of communication, including specialized gestures and sign language, charts, and electronic devices that can speak in response to keyboard entry.

Autie - Slang term for a person with autism. Sometimes used by people with autism to refer to themselves, but may be considered offensive when used by others.

Autism: Autism is a complex developmental disability that typically appears during the first three years of life. The result of a neurological disorder that affects the functioning of the brain, autism impacts the normal development of the brain in the areas of social interaction and communication skills. Children and adults with autism typically have difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities.

Autism Diagnostic Interview – Revised - Semi-structured interview for a clinician to use with a child's parent. It focuses on the three key areas defining autism: (1) reciprocal social interaction; (2) communication and language; and (3) repetitive, stereotyped behaviors.

Autism Diagnostic Observational Schedule – Generic - A semi-structured assessment of communication, social interaction, and play for individuals suspected of having autism or another pervasive developmental disorder (PDD). It involves direct observation of a person's behavior by an examiner who is taking careful note of traits and behaviors central to the diagnosis of autism.

Autism Screening Questionnaire - The former name for the autism screening instrument now known as the Social Communication Questionnaire.

Autism Spectrum Disorders (ASDs) – An umbrella term used to refer to a group of similar developmental disabilities, including Autistic Disorder, Asperger's Syndrome (AS), Pervasive Developmental Disorder Not Otherwise Specified (PDD-NOS), Childhood Disintegrative Disorder (CDD), and Rett's Disorder, as defined by the psychiatric manual, DSM-IV (*Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*). The hallmark of all of these conditions is a marked impairment in social interaction and language/communication skills, as well as the presence of restricted, repetitive behaviors and interests.

Autoimmune - Any process or disorder in which the immune system, in addition to attacking viruses or other harmful intruders, attacks healthy body tissues. Some scientists believe autoimmune processes may be involved in autism.

Autosomal Dominance - A pattern of inheritance characteristic of some genetic diseases. "Autosomal" means that the gene in question is located on one of the numbered, or non-sex, chromosomes. "Dominant" means that a single copy of the disease-associated mutation is enough to cause the disease. This is in contrast to a recessive disorder, where two copies of the mutation are needed to cause the disease. Huntington's disease is a common example of an autosomal dominant genetic disorder.

Aversive Treatment - In psychology, aversives are unpleasant stimuli that induce changes in behavior through punishment; by applying an aversive immediately following a behavior, the likelihood of the behavior occurring in the future is reduced. A potentially harmful procedure used in an attempt to reduce certain negative behaviors. Aversives can vary from being slightly unpleasant or irritating (such as a disliked color) to physically damaging (such as an electric shock).

Behavior Intervention – Acceptable interventions include positive behavioral support strategies that do not cause pain or trauma, and that which respect the person's individual needs and dignity.

Behavior Modification - A way to help people acquire behaviors by structuring the person's environment to reinforce or reward positive behaviors.

Behavior Management Program - A time-limited day program that serves adults with a severe behavior disorder and or dual diagnosis (mental retardation and mental illness) who, because of their behavior problems are not eligible for, or acceptable in any other day program.

Behavioral Summarized Evaluation (BSE) – A rating scale which was designed to measure behavior changes in autistic children and adolescents. The BSE is usually completed by someone having daily contact with the child, such as a parent or teacher. It has often been used as a measure of a child's behavior over time, especially in the context of intervention studies.

Benadryl - Brand name for diphenhydramine; a medication that blocks histamine, a substance the body makes during an allergic reaction. Also sometimes used to treat dystonic reactions, (i. e. prolonged contractions of muscles that may result from the use of conventional antipsychotic medications.)

Bipolar Disorder - In this psychiatric disorder, formerly called manic depression, periods of sadness and low energy alternate with periods of elevated, silly, or irritable mood, sometimes combined with inflated self-esteem, a decreased need for sleep, racing thoughts, or out-of-control risk-taking behavior. Some children diagnosed with an autism spectrum disorder also may be diagnosed with bipolar disorder.

Board and Care - Residential facilities licensed by the State Department of Social Services, Community Care Licensing Division. These licensing categories include three types of facilities: 1) ADULT RESIDENTIAL FACILITY: serves adults with developmental or mentally disabled, ages 18-59 years; 2) GROUP HOME: serves individuals birth through 17 years old with a structured environment with services provided by staff employed by the licensee; 3) SMALL FAMILY HOME: serves persons with developmental disabilities, mental disorders or physical handicaps aged birth through 17 years old with care provided in the licensee's family residence.

Braided Funding – Weaving together of more than one fund source to support needed services.

Broad Autism Phenotype - Abbreviated BAP, this refers to the finding that relatives of people with autism often have mild autism-like characteristics including difficulty reading social cues, social anxiety, or obsessive-compulsive traits. The fact that autism-like

features appear in members of the same family supports the notion that there is a genetic basis for autism.

Brushing Technique - A form of Sensory Integration Therapy in which firmly stroking a soft surgical brush on the back, arms, and legs is used to reduce over- or under-sensitivity to touch.

California Children's Services (CCS) – A statewide program that assists children under the age of 21 who have a serious medical condition and require specialty medical care.

California Master Plan - A plan to help provide services for students with disabilities in the California School System. It describes who is disabled and what types of services are available and how they will be offered.

Carbamazepine - A drug used to prevent and control seizures; may also be used to treat certain mental/mood conditions (e.g. Bipolar Disorder, Schizophrenia) and certain types of nerve pain. Generic name for Tegretol.

Care Provider - A health care provider is an individual or an institution that provides preventive, curative, promotional or rehabilitative health care services in a systematic way to individuals, families or communities. Also, an operator of a licensed community care facility. (CCF)

C.A.R.F. - An international, non-profit organization to provide accreditation standards and surveyors for organizations working in the human services field worldwide. Among the many areas of practice represented in the CARF standards are aging services; behavioral health, which includes psychosocial rehabilitation and assertive community treatment; child and youth services; employment and community services; medical rehabilitation; and opioid treatment programs. Also, a survey conducted by the Commission on the Accreditation of Rehabilitation Facilities, designed to evaluate the effectiveness of various types of employment programs and pre-employment programs and services.

Cartooning - A technique in which cartoon sketches are used to enhance social understanding by making thoughts, perspectives, and verbalizations visible. For example, two characters in a social situation will appear along with "bubbles" which contain what each character was saying, thinking, or feeling.

Casein-Free Diet - A special diet that limits intake of casein, a protein found in milk and products containing milk.

Catapres - A medication used primarily to treat high blood pressure, but which may also be used to treat migraine headaches and Attention Deficit Hyperactivity Disorder (ADHD). Brand name for clonidine.

Celiac Disease - An inherited autoimmune disorder that usually affects several organs in the body before diagnosis and treatment. When a person with celiac disease consumes any food, beverage, or medication containing wheat, barley, rye, and sometimes oats, their immune system is "triggered" and responds by damaging the lining of the intestinal tract.

Cerebral Palsy (CP) – A condition that is characterized by problems with muscle control and coordination as a result of trauma to parts of the brain at birth or during early life.

Chelation - The process of removing a heavy metal such as lead or mercury from the body via the bloodstream using a medication that binds to the metal, allowing the body to excrete it through urine or stool. See also clathration.

Childhood Autism Rating Scale – A test which aids in evaluating a child's body movements, adaptation to change, listening response, verbal communication, and relationship to people. The child's behavior is rated on a scale based on deviation from the typical behavior of children of the same age.

Childhood Disintegrative Disorder (CDD) - A rare condition occurring in 3 to 4 year olds who, having developed normally until age 2, experience a marked deterioration in intellectual, social, and language functioning. Children with CDD come to resemble children with autism, but only after a relatively prolonged period of normal development.

Chlorpromazine - The generic name for Thorazine; one of the conventional antipsychotic medications, which were developed in the 1950s, '60s, and '70s and commonly caused extrapyramidal side effects.

Citizen Advocacy - A program designed to foster a close voluntary friendship between a person whose rights may be in danger and another who is informed about the person's rights and is willing to advocate for them.

Clathration - The process of removing a heavy metal from the body by giving a substance orally which then binds with the heavy metals until they are eliminated from the body. See also chelation.

Client Developmental Evaluation Report (CDER) - A diagnostic and evaluation instrument used by regional centers. All regional center clients are evaluated with C.D.E.R.

Client Program Coordinator (CPC) (Also called Case Manager) - A person responsible for the overall planning, coordination and implementation of an Individual Program Plan. Regional Centers employ Client Program Coordinators.

Client Rights Advocate - A specific staff member designated to assist individuals with special developmental needs to exercise all rights guaranteed by law.

Clonidine - A medication used primarily to treat high blood pressure, but which may also be used to treat migraine headaches and Attention Deficit Hyperactivity Disorder (ADHD). Generic name for Catapres.

Clozapine – The generic name for Clozaril; an atypical antipsychotic medication used to treat psychiatric disorders, such as schizophrenia. This medication helps restore the balance of neurotransmitters in the brain. When used in the treatment of autism spectrum disorder, clozapine can ease nervousness.

Clozaril – The brand name for clozapine; an atypical antipsychotic medication used to treat psychiatric disorders, such as schizophrenia. This medication helps restore the

balance of neurotransmitters in the brain. Also, has been prescribed to reduce anxiety in the treatment of autism spectrum disorders.

Cognitive Behavioral Therapy (CBT) – The term that refers to psychotherapeutic method which attempts to decrease or eliminate problem behaviors and painful emotions by modifying the distorted attitudes, thoughts, and beliefs that trigger them. The concept of CBT is that a change in the interpretation of a situation or relationship, will also change the emotions, feelings, and/or perceptions that are associated with that situation or relationship.

Cognitive Disability – Also called “intellectual disability”, cognitive disability is a preferred term to describe the condition formerly referred to as mental retardation.

Comic Strip Conversations - A social skills training tool that involves "drawing" conversations to help children with ASD learn the social rules that others learn more naturally.

Community Advisory Committee (CAC) – A group of individuals who are appointed to advise the SELPA on various aspects of the Local Plan.

Communicatively Disabled (CD) – This term refers to individuals who are deaf, hard of hearing, aphasic, severely language impaired, or have other speech and/or communication disorders.

Community-Based Day Programs - Programs which are located in the community rather than at a State Developmental Center (DC) and which provide service to regional center clients on an hourly or daily, but less than 24 hour basis. The following programs are examples of community-based day programs: Activity Center, Adult Development Centers, Behavior Management Programs, Independent Living Programs, Infant Early Intervention Programs and Social Recreation Programs.

Community Based Program (provider definition) - A program where the vast majority of classes and activities for participants occur in the participant's local natural environment and not in a segregated setting.

Community Care Facility (CCF) - Facilities (majority with six beds or less) that provide residential services (room and board) along with varying degrees of supervision.

Community Care Licensing (CCL) – The division of California's Department of Social Services that is responsible for licensing a broad range of facilities, including group homes for adults with developmental disabilities. CCL is also responsible for investigating and taking action on complaints about the facilities it licenses.

Community Integration - Presence, participation and interaction in natural environments.

Community Colleges (C.C.S) - Two-year higher education schools that serve students both with and without disabilities and which currently provide prevocational, vocational and academic training for persons with disabilities.

Community Placement Plan (CPP) - A yearly plan developed by each regional center for placement of persons out of state developmental centers.

Community Supported Living Arrangement (CSLA) - Community Supported Living Arrangements (CSLA) provide individuals with the support necessary to enable them to live in their own homes, apartments, family homes, or rental units with: No more than two other non-related recipients of these services; or Members of the same family regardless of the family size. Community Supported Living Arrangements provide full range of community based support, including friends and neighbors, for the delivery of supervision and other necessary interventions.

Community Work Incentive Coordinator (CWIC) - Social Security Administration trained staff with specialized knowledge of disability benefits and work incentives. They provide individualized benefits counseling and on-going benefits management

Comorbid - Two or more diseases or disorders which, although separate and unique, are occurring at the same time in the same person. For example, ADHD and autism are often comorbid conditions.

Conservatorship - A legal process by which an individual is appointed by the court to care for the personal welfare and/or financial welfare of an adult who is unable to adequately care for himself/herself or manage his/her behavior.

Consumer - A person (Primary Consumer) or relative of a person (Secondary Consumer) who uses developmental services.

Copy Number Variation (CNVs) - A form of structural variation (abnormal changes) in the human chromosomes (genome) that results in the cell having an abnormal number of copies of one or more sections of the DNA. CNVs correspond to relatively large regions of the genome that have been deleted (fewer than the normal number) or duplicated (more than the normal number) on certain chromosomes. This variation accounts for roughly 12% of human genomic DNA. CNVs may be either inherited or occur as new (spontaneous) mutations.

Cortisol - Produced by the adrenal glands, cortisol is a key hormone involved in regulating the human body's stress response. Recent studies of stress exposure shortly before or during pregnancy, resulting in higher cortisol levels crossing into the placenta, have failed to show a link between this hormone and the later probability that the child will be diagnosed with ASD.

County Council - Local boards empowered by county boards of supervisors and given the responsibilities to plan, advocate and monitor services to persons with developmental disabilities within a county. These councils are very active in some parts of California; in others, they are non-existent.

Dairy-Free Diet - A special diet that eliminates milk and any products containing milk.

Day Nursery: - A nonresidential facility for children to aid them in developing pre-academic skills. Such a facility is also known as a preschool nursery or school.

Day Training and Activity Center (DTAC) - Focuses on people whose needs include both prevocational and pre-independent living skills. In practice, these programs are often segregated, but need not be.

Day Service Provider - A person or persons who provide training and education for persons with developmental disabilities. This may be in a day training and activity center, community college, sheltered employment, etc.

De Novo Mutation - A genetic difference that is not inherited but arises spontaneously due to a gene alteration that appears in one family member as a result of a mutation in an egg or a sperm of one of the parents, or in the fertilized egg itself. The mutation is not part of the parent's overall genetic code. See also copy number variation and mutation.

Deinstitutionalization - A practice or goal of reducing the number of people living in congregated and segregated institutional settings. When implemented appropriately, this practice is based on the concepts of normalization and least restrictive environment.

Depakene - An anti-epileptic, anti-convulsant medication. Brand name for valproate (valproic acid).

Depakote - A medication used to treat seizure disorders, certain psychiatric conditions, and to prevent migraine headaches. Brand name for divalproex sodium.

Department of Developmental Services (DDS) - The agency through which the State of California provides services and supports to individuals with developmental disabilities. These disabilities include mental retardation, cerebral palsy, epilepsy, autism and related conditions. Services are provided through state-operated developmental centers and community facilities, and contracts with 21 nonprofit regional centers. The regional centers serve as a local resource to help find and access the services and supports available to individuals with developmental disabilities and their families. In addition, the Department sets policy, determines rates, and advocates for people through its various departmental divisions. They are also the lead agency for Early Start through IDEA-Part C.

Department of Education (also California Department of Education or CDE) - This is the California agency that oversees public education. The department oversees funding and testing, and holds local educational agencies accountable for student achievement. Its stated mission is to provide leadership, assistance, oversight, and resources (via teaching and teaching material) so that every Californian has access to a good education. The State Board of Education is the governing and policy-making body, and the State Superintendent of Public Instruction is the nonpartisan elected executive officer. Superintendents serve four-year terms. The Superintendent serves as the state's chief spokesperson for public schools, and provides education policy and direction to local school districts. He also serves as an ex officio member of governing boards of the state's higher education system.

Department of Health Services (DOH) – The state agency that provides a number of health services to all people. Also operates California Children's Service, a therapy and medical treatment program for children with physical disabilities and health problems through age 21.

Department of Rehabilitation (DOR or DR) – The state agency whose mandate is to assist residents of California with disabilities to become gainfully employed. They serve a broad spectrum of persons with disabilities. They are responsible for all initial supported employment services such as assessment, job placement and initial job coaching through stabilization. Funding is generally for time limited intensive services.

Department of Social Services (DSS) - The state agency that provides licenses and monitors community care facilities such as residential and day services. Also funds In-Home-Support-Services (IHSS) for people who live at home but may need help in self-care.

Developmental - Pertaining to successive changes during the process of natural growth.

Developmental Center - Synonymous with state hospital.

Developmental Delay - A delay in one or more of the four developmental areas: cognitive, physical, psychosocial or self-help skills.

Developmental Disability (DD) - California defines a person with a developmental disability as anyone who has acquired mental retardation, autism, pervasive developmental disorder not otherwise specified, epilepsy or cerebral palsy before age 18 and is likely to need special services throughout life. The Federal definition uses age 22 and looks at a person's range of abilities instead of diagnostic categories.

Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition - Published by the American Psychiatric Association; a comprehensive listing of mental health disorders and the criteria for diagnosing them. This book is considered the "bible" for mental health professionals making psychiatric diagnoses in the United States as well as in many other countries. The diagnostic categories in the *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*, are also used by insurance companies to determine coverage and reimbursement for mental health issues.

Disability: - A physical or mental condition, which limits, or will limit if not corrected, a person's functioning.

Divalproex Sodium - A medication used to treat seizure disorders, certain psychiatric conditions, and to prevent migraine headaches. Generic name for Depakote.

Down Syndrome: - A condition associated with a chromosome abnormality, usually trisomy (addition of a third chromosome to a pair) of chromosome 21, resulting in moderate to severe mental retardation, and frequently accompanied by physical anomalies.

Dual Diagnosis: - In terms of developmental disabilities, an individual who is both developmentally disabled and mentally ill.

Dyslexia: - a very broad term defining a learning disability that impairs a person's fluency or comprehension accuracy in being able to read, and can manifest itself as a difficulty with phonological awareness, phonological decoding, orthographic coding, auditory short-term memory, or rapid naming. Dyslexia is separate and distinct from reading difficulties resulting from other causes, such as a non-neurological deficiency with vision or hearing,

or from poor or inadequate reading instruction. It is believed that dyslexia can affect between 5 to 10 percent of the population.

Dystonic Reactions - Prolonged contractions of muscles, including any muscles such as those in the neck or arms, or even the muscles around the eye (in which case the individual seems to have a fixed gaze upward); among the extrapyramidal side effects sometimes resulting from use of conventional antipsychotic medications.

Ear Hitting - The act of hitting one's ears with one's hands; one of the repetitive and possibly self-stimulating behaviors associated with individuals having an autism spectrum disorder. Ear hitting may sometimes be the result of a person hitting their ears to block out sounds to which they are so sensitive, the sounds are experienced as painful.

Early Intervention: - Early intervention is a system of coordinated services that promotes the child's growth and development and supports families during the critical early years. Early intervention services to eligible children and families are federally mandated through the Individuals with Disabilities Education Act. These services often involved medical, educational, and psychosocial professionals. Infant intervention programs also provide emotional support, guidance and information to parents. The Education of the Handicapped Act Amendments of 1986, Part H of Public Law (P.L.) 99-457, provides for discretionary funds to assist states in establishing statewide, comprehensive systems of early intervention services for infants and toddlers with developmental delays who are at risk, and their families. It was reauthorized as IDEA Part C in 2004. The California Department of Developmental Services is designed as the lead agency for this program.

Echolalia - The immediate and involuntary repetition (echoing) of words or phrases just spoken by others. Echolalia is often cited as a symptom of autism.

Education for All Handicapped Children Act of 1975 (Public Law 94-142 or I.D.E.A.)

The Individuals with Disabilities Education Act is a federal law which mandates the following for students with disabilities: A free and appropriate public education in the least restrictive environment; priorities for service; procedural safeguards; definitions of disabilities; and the Individualized Education Plan Program (I.E.P.).

Electroencephalogram - The study of electrical current within the brain. Electrodes are attached to the scalp and wires attach these electrodes to a machine which records the electrical impulses. Results are either printed out or displayed on a computer screen.

Eligibility – In the context of individuals with developmental disabilities, the determination about whether a person meets the requirements set by the State of California to have services and supports paid for by the regional center. There are different eligibility requirements for Lanterman Act services and Early Start services and Prevention services through Regional Centers.

Emotional Disturbance (ED) – Persons who exhibit one or more characteristics of a severe emotional disturbance specified by law and whose condition has existed for a long period of time and to a marked degree.

Employment Development Department (EDD) – The state agency that provides job referral services, benefits, and some training for persons who are looking for work.

Encopresis - Involuntary defecation, especially if not due to a physical defect or illness; sometimes associated with a neurological disorder, especially in children if they are past the age where bowel control is usually achieved.

Enuresis - Lack of control of urination, especially during sleep; bedwetting. Sometimes associated with a neurological disorder, especially in children if they have reached the age past which toilet training is usually achieved.

Assessment, Environmental - An evaluation of the physical setting in which a child lives or learns (e.g. home or classroom) intended to identify ways to improve a child's functioning or behavior. For example, an environmental assessment of a classroom might reveal that noise level or flickering lights are contributing to the meltdowns of a child with an autism spectrum disorder; adjustments can then be made to improve the learning environment.

Environmental Stressor - An external factor a person encounters, such as a pesticide, virus, or medication. A person with a genetic vulnerability has one or more genes which may turn "on" or "off" or otherwise be changed due to the action of an environmental stressor. This interaction may be associated with some ASD characteristics.

Epidemiology - The study of the distribution of diseases in populations and of factors that influence the occurrence of disease. To say there is an interest in the epidemiology of autism is to say scientists are trying to find out how many people have it, where they are located, and what genetic, geographic, and environmental factors they share.

Epilepsy – A medical condition that produces seizures affecting a variety of mental and physical functions. A seizure happens when a brief, strong surge of electrical activity affects part or all of the brain. One in 10 adults will have a seizure sometime during their life. Seizures can last from a few seconds to a few minutes. They can have many symptoms, from convulsions and loss of consciousness to some that are not always recognized as seizures by the person experiencing them or by health care professionals: blank staring, lip smacking, or jerking movements of arms and legs.

Essential Fatty Acids - Necessary fats that humans need for growth and development. These cannot be made by the body, and must be obtained in the diet. Examples include Omega 3 Fatty Acids and Omega 6 Fatty Acids.

Etiology - The cause or origin of a disease or disabling condition.

Evidence-Based Practice (EPB)- This entails making decisions about how to promote health or provide care by integrating the best available evidence with practitioner expertise and other resources, and with the characteristics, state, needs, values and preferences of those who will be affected. This is done in a manner that is compatible with the environmental and organizational context. Evidence is comprised of research findings derived from the systematic collection of data through observation and experiment and the formulation of questions and testing of hypotheses. The gold standard for an "evidence-based" therapeutic intervention is often considered to be the randomized, double-blind, placebo-controlled trial.

Executive Function - The ability to coordinate and apply one's own mental capacity. It is what permits us to initiate goal-directed action, decide not to take inappropriate action,

screen out unwanted sensory stimuli, think abstractly, and choose alternate action as roadblocks arise. It is not intelligence, per se, but Mission Control. Many people with ASD appear to have impaired executive function, especially in regards to planning, organization, and mental flexibility.

Expressive Language - A person's ability to use language to make evident their thoughts, wants, and needs.

Externalizing Symptoms - This term refers to symptoms involving acting-out behaviors such as aggression or impulsivity.

Extrapyramidal Side Effects – A term that refers to the side effects, including rigidity, persistent muscle spasms, tremors, and restlessness, frequently associated with the use of conventional antipsychotic medication. The more recently developed atypical antipsychotics rarely produce these side effects.

Eye Gaze - A form of nonverbal communication. Very young children, even before they can talk, begin to initiate social interaction with their parents and others around them. Eventually, children will share their interest in something by pointing at it and alternating their gaze from their parent to the object and then back again, one of the behaviors of joint attention. Infants on the autism spectrum lack the overriding interest typically developing infants show for human faces and tend not to engage in this important social behavior.

Facilitated Communication - A method by which a facilitator supports the hand or arm of a communicatively impaired individual while using a keyboard or other devices with the aim of helping the individual to develop pointing skills and to communicate. The procedure is controversial, since most peer reviewed scientific studies conclude that the typed language output attributed to the clients is directed or systematically determined by the therapists who provide facilitated assistance.

Facilitation Services - Services whereby an individual aids a member of a policy-making board to perform the essential functions of his/her position.

Fair Hearing - A procedure used by people who wish to question the decision of an agency regarding the type or amount of service they receive.

Fetal Testosterone - Prenatally produced testosterone, a male hormone associated with development of physical and cognitive gender characteristics. One theory holds that high levels of fetal testosterone may contribute to later development of autistic characteristics in children (though not necessarily the development of a diagnosed autism spectrum disorder).

Fine Motor Skills - Skills, usually mastered in early childhood, that involve your ability to effectively use small muscles to carry out precise motor movements. Examples include actions like picking up a cracker or writing with a pencil.

Finger Flapping - The act of moving one's fingers sharply up and down or back and forth; one of the repetitive and possibly self-stimulating behaviors associated with individuals having an autism spectrum disorder.

First-Generation Antipsychotics - Antipsychotic medications, such as Thorazine, that were developed in the 1950s, '60s, and '70s. They commonly caused extrapyramidal side effects, which are much less characteristic of the atypical antipsychotics in wide use since the '90s.

Floortime Therapy - This is a specific therapeutic technique based on the Developmental Individual Difference Relationship Model (DIR) developed in the 1980s by Dr. Stanley Greenspan. The premise of Floortime is that an adult can help a child expand his circles of communication by meeting him at his developmental level and building on his strengths. Therapy is often incorporated into play activities -- on the floor. The goal of Floortime is to help the child reach the following six developmental milestones: Self-regulation and interest in the world; intimacy; two-way communication; complex communication; emotional ideas; emotional thinking.

Fragile X Syndrome - A genetic disorder caused by a defective gene on the X-chromosome. Fragile X, which affects as many as one in 2000 males and one in 4000 females, is one of the most common causes of inherited mental impairment and the most common known cause of autism and autism-like conditions. Characteristic features of Fragile X Syndrome in boys include a long face, prominent or long ears, delayed speech and language development, large testes, hyperactivity, tactile defensiveness, gross motor delays, and autistic-like behaviors. Girls are much more mildly affected.

Free Appropriate Public Education (FAPE) - Each public school system is responsible for ensuring that each child with disabilities is served appropriately, at no expense to the parent.

Functional/Critical Skills - Those skills that enable an individual to communicate, interact with others and to perform tasks that have practical utility and meaning at home, in the community, or on the job.

Functional Assessment - The process of determining the relationship between events in a person's environment and the occurrence of challenging behaviors. This process involves: identifying and defining the challenging behavior; identifying the events and circumstances regularly associated with the occurrence and the nonoccurrence of the challenging behavior; determining the social function or the purpose of the challenging behavior.

Functional Communication Training (FCT) - FCT involves replacing challenging behavior with more desirable behavior that will achieve the same goals for the child. For example, a parent might teach a child who has a meltdown whenever he becomes overly hungry to use his words to request a snack.

Generalized Anxiety Disorder - Individuals with generalized anxiety disorder experience excessive anxiety and worry for more days than not for at least six months. This anxiety, which concerns a number of events or activities and does not result from other disorders, such as panic disorder, may be accompanied by restlessness, fatigue, lack of concentration, irritability, and other symptoms. Some children diagnosed with an autism spectrum disorder, as well as members of their family, also experience anxiety symptoms or may be diagnosed with anxiety disorders.

Generic Services - Services available to all persons residing within a given area (e.g., city, county, or state) without additional qualifications or requirements, such as public education, mental health services, and parks and recreation programs.

Goals - Broad or general statements which describe what needs to be learned by the consumer/student.

Genes - A gene is a unit of heredity in a living organism. It normally resides on a stretch of DNA that codes for a type of protein or for an RNA chain that has a function in the organism. All living things depend on genes, as they specify all proteins and functional RNA chains. Genes hold the information to build and maintain an organism's cells and pass genetic traits to offspring, although some organelles (e.g. mitochondria) are self-replicating and are not coded for by the organism's DNA. Genes, which are made up of DNA, carry the instructions for hereditary traits in organisms. Humans have about 30,000 genes on their chromosomes; usually each person has two copies of each gene, one inherited from each parent. See copy number variation for an exception.

Genetic Vulnerability - An underlying inherited susceptibility. In the case of ASD, a predisposition to autistic behaviors may be common in the general population, but this predisposition may not be apparent in an individual unless it is "triggered," or influenced, by environmental factors.

Genotype - The genetic makeup, as distinguished from the physical appearance (phenotype), of an organism or a group of organisms; the DNA material that was passed to the organism by its parents at the organism's conception.

Geodon - Brand name for ziprasidone; an atypical antipsychotic medication used to treat psychiatric disorders, such as schizophrenia, and symptoms associated with bipolar disorder. This medication helps restore the balance of neurotransmitters in the brain. When used in the treatment of autism spectrum disorder, Geodon can ease nervousness and help improve concentration.

Gluten-Free Diet - A diet that involves the avoidance of gluten, a protein contained in wheat, barley, and rye, and a similar protein in oats.

Gross Motor Skills - Skills, usually mastered in early childhood, that involve the ability to effectively use large muscles. Examples include: lifting your head, sitting up, and riding a bike.

Guardianship - A judicial process whereby the legal decision-making power from one individual is transferred to another who has been appointed to serve, assist, and protect the person by helping the individual make decisions or by making the decisions for him/her. This applies to persons under the age of 18 years.

Habilitation – The assistance that is provided to an individual with achieving developmental skills when impairments have caused delaying or blocking of initial acquisition of the skills. Habilitation can include cognitive, social, fine motor, gross motor, or other skills that contribute to mobility, communication, and performance of activities of daily living and enhance quality of life. The purpose is to prepare and maintain consumers at their highest level of vocational functioning and/or prepare them for referral

to vocational rehabilitation services. Habilitation services were provided by the Department of Rehabilitation until July 1, 2004 when they were transferred to the Department of Developmental Services.

Haldol – The brand name for haloperidol; one of the conventional antipsychotic medications, which were developed in the 1950s, '60s, and '70s and commonly caused extrapyramidal side effects.

Haloperidol – The generic name for Haldol; one of the conventional antipsychotic medications, which were developed in the 1950s, '60s, and '70s and commonly caused extrapyramidal side effects.

Hand Flapping - Wagging one's hands sharply up and down from the wrist; one of the repetitive and possibly self-stimulating behaviors associated with individuals having an autism spectrum or other mental disorder.

Head Banging - Banging one's head against a surface; one of the repetitive and possibly self-stimulating behaviors associated with individuals having an autism spectrum or other mental disorder. It has been theorized that in some cases this behavior could be related to hypersensitivity to certain stimuli in the environment. For example, if a sound bothers an individual, he/she may react by hitting his/her head or ears.

Health and Welfare Agency - The state agency which coordinates the work of the Department of Developmental Services, Department of Rehabilitation, Employment Development Department, Department of Social Services, Department of Health Services and the Department of Mental Health.

High-Functioning Autism (HFA) - An informal term applied to autistic people who are deemed to be "higher functioning" than other autistic people, by one or more metrics.[1] There is no consensus as to the definition.[1] HFA is not yet a recognized diagnosis in the DSM-IV-TR or the ICD-10.

The amount of overlap between HFA and Asperger syndrome is disputed. Some researchers argue that the two are distinct diagnostic entities, others argue that they are indistinguishable.

Holding Therapy - A therapy in which parents hold a child even if the child is resisting. The parent also tries to establish eye-contact.

Hyperlexia - A trait in which a child reads single words very early. Often, hyperlexic children will have a precocious ability to read but will learn to speak only by rote and heavy repetition, and may also have difficulty learning the rules of language from examples or from trial and error, which may result in social problems. Their language may develop using echolalia, often repeating words and sentences. Often, the child has a large vocabulary and can identify many objects and pictures, but cannot put their language skills to good use. The social skills of a child with hyperlexia often lag tremendously. Hyperlexic children often have far less interest in playing with other children than do their peers.

Hypersensitive - Extremely sensitive to various stimuli, such as touch, sound, or light. Many individuals with an autism spectrum disorder are hypersensitive, finding many stimuli that are common in the everyday world so intense as to be painful. For example, what most people would perceive as an acceptable level of noise in a classroom or a grocery store may be experienced as deafening and distressing.

Hypersomnia - Characterized by sleeping much more than usual during the daytime; one of the symptoms of clinical depression as defined by the *Diagnostic and Statistical Manual of Mental Disorders, fourth edition (DSM-IV)*.

Hyposensitive - Being far less sensitive to various stimuli than most people. This occurs with some individuals with autism spectrum disorders, especially in the realm of touch. For example, they may seek out heavy pressure, feeling calmed by being wrapped in a heavy blanket or otherwise “squeezed.”

Idiopathic - Describing a disease of unknown or uncertain cause.

Inclusion - The use and participation by individuals with disabilities and their families of the generic services that are used by and are available to other individuals.

Incompetent - A person is incompetent if s/he is either too young or unable to manage his/her own affairs because of an impairment.

Independent Educational Assessment (IEA) - A parent has the right to obtain, at public expense, an independent educational assessment of the pupil from qualified specialists if the parent disagrees with an assessment obtained by the independent educational assessment the public education agency. The public agency may initiate a due process hearing to show that its assessment is appropriate.

Independent Living Skill Training or Independent Living Program - Provides training and support of people who want to live semi-independently or independently. Includes skill development in home care, cooking, money management, consumer shopping, etc.

Individuals with Disabilities Education Act (IDEA) - The Individuals with Disabilities Education Act (IDEA) is the federal law which, in the United States, guarantees a Free Appropriate Public Education (FAPE) is made available to eligible children. Protections under the law apply only to children with specific disabilities, including mental retardation, deafness, blindness, and autism.

Individualized Education Plan Program (IEP) - Required by Public Law 94-142, this plan is developed for individuals who are school-aged by a team of people such as parents, teachers and psychologists. The IEP describes the direction a student with special needs will be going in the future and how to get there.

Individualized Family Service Plan (IFSP) – A written plan for providing early intervention services to an eligible child and the child’s family from birth up to the third birthday. The IFSP addresses developmental needs in at least one of the following areas: physical development, cognitive development, communication development, social or emotional development or adaptive development.

Individualized Program Plan (IPP) - This written plan is similar to an Individualized Education Program (IEP). It outlines special services, goals and objectives for a person who needs individualized help because of a developmental disability. The Regional Center and the Consumer develop the IPP. Individualized Family Service Plan (IFSP) is developed by Regional Center and the family of an infant (up to age 3).

Infant Intervention (Also called Infant Stimulation or Infant Development Programs) - Refers to programs designed to provide early education for children (under age three) with developmental disabilities and training and support for their parents.

Inherited trait - A genetic trait passed on from parent to child.

In-Home Supportive Services (IHSS) - Chore helpers who work with people who have disabilities who live at home. The Public Authority for In Home Support Services provides a registry of names of persons who have been approved to provide In Home Support Services

Insomnia – A condition that is characterized by difficulty sleeping for a prolonged period of time; one of the symptoms of clinical depression as defined by the *Diagnostic and Statistical Manual of Mental Disorders, fourth edition (DSM-IV)*.

Intake and Assessment - A process used by agencies to determine whether or not people are eligible for their services and what services are needed.

Integrated Setting: - Environments in which people with and without disabilities can live and work. Examples of integrated settings include residential neighborhoods, accessible social venues such as movies, nightclubs, or restaurants, churches and public transportation.

Intellectual Disabilities (ID) The term “intellectual disability” (ID) is used in place of “mental retardation” (MR) in response to the growing commitments to avoid using the latter term because of the stigma associated with that label. In addition, some people may have the diagnosis of a developmental disability, due to other functional limitations, but be without any cognitive impairment.

Interdisciplinary Team (IDT) - A group of people (parents, teachers, psychologists, social workers, and others) who are involved with a consumer in helping him/her get the services he/she needs by developing the IEP, IPP or IHP. Some individuals are mandated to be part of the team; others are by invitation of the consumer.

Intermediate Care Facility/Developmental Disability (ICF/DD) - A type of health facility (50 or more residents) that provides habilitation and developmental services, supportive medical and personal care, and occasional skilled nursing care to persons with developmental disabilities, who require less than 24-hour per day nursing care.

Intermediate Care Facility/Developmental Disability-Habilitative (ICF/DD-H) - A licensed residential health facility which has as primary purpose the furnishing of 24-hour personal care, developmental training, habilitative and supportive health services in a facility with 15 beds or less to residents with developmental disabilities.

Intermediate Care Facility/Developmental Disability - Nursing (ICF/DD-N) - A type of health facility (six or less residents) which serves people with developmental disabilities who have medical conditions which require more intensive nursing and/or medical care and treatment than those residing in ICF/DD-H facilities.

Intermittent Explosive Disorder - A psychiatric diagnosis characterized by discrete episodes of failure to resist aggressive impulses resulting in serious assaults or destruction of property. The degree of aggressiveness displayed during an episode is totally out of proportion to the situation at hand. Individuals with ASD may have similar "rage attacks" but would likely not receive this diagnosis because it is only given when such behavior is not accounted for by another condition.

Internalizing Symptoms - When psychologists refer to "internalizing symptoms," they are talking about the kind of symptoms that are associated with anxiety and depression. Examples include: being anxious or afraid, worrying about the future, feeling self-conscious, being nervous, or feeling sad. Some studies suggest internalizing symptoms may be more common in children and teenagers with ASD. In contrast are "externalizing symptoms" (i.e. aggression or impulsivity.)

Job Site Training - A component of supported employment services that involves direct and systematic instruction of job tasks and related vocational skills provided by a job trainer to a worker with a disability at a competitive job site.

Job Training Partnership Act (JTPA) (Public Law 97-300) - A government-funded program, which helps train people for work.

Joint Attention - The interaction involving two or more individuals as the result of a stimulus such as eye-gazing, finger-pointing or other verbal or non-verbal indication. The ability to follow another's gaze and share the experience of looking at an object or activity.

Lanterman Developmental Disabilities Act of 1976 - This California State law provides basic service rights to persons with developmental disabilities. It put in place the Department of Developmental Services, Regional Centers, the State Council on Developmental Disabilities and Area Boards to establish needed services and monitor their delivery.

Learning Disability (LD) A disorder in one or more of the basic psychological processes involved in understanding or in using language, spoken or written, which may manifest itself in an imperfect ability to listen, think, speak, read, write, spell or to do mathematical calculations.

Least Restrictive Environment (LRE) - A mandate established by federal and state laws and the courts that states that all people, regardless of disability, have the right to be served in ways and in places that allow a person to be as independent as possible with the least amount of supervision necessary.

Level of Care (LOC) - A term, used in the staffing standards for the developmental centers, which refers to staff who provide direct care, training, or supervision to clients.

Limited Conservatorship - A form of general conservatorship that applies only to adults with developmental disabilities who are, or could be, clients of California regional centers.

This protective legal arrangement is “limited” because the adult with a developmental disability retains the power to care for his/herself commensurate with his/her ability to do so.

Local Education Agency (LEA) Any local school district or Office of County Superintendent that has responsibility to provide special education services to eligible students.

Long Term Care (LTC) - A range of diagnostic, therapeutic, rehabilitative, supportive, and maintenance services to address the health, social, and personal needs of people who have restricted self-care capabilities. Services may be continuous or intermittent, but it is generally understood that they will be provided over a long period of time.

Lovaas Method - A time-intensive behavioral intervention developed by Dr. Ivar Lovaas that focuses on modifying behavior through a system of rewards and corrections; a form of Applied Behavior Analysis (ABA).

Low-Functioning Autism - Term used to refer to those on the autism spectrum who suffer relatively more impairment due to their disability compared to others. Individuals who are labeled as having a severe autism with cognitive impairment are individuals who have greater difficulty with social skills, and academic performance. These individuals may easily exhibit challenging behaviors, such as self-injury and aggression. This may be because they simply have not learned a better way of reacting or coping with the demands of daily stressors, or may have no better means for communicating with others. Children with severe autism may also engage in more sensory-related activities such as hand flapping, spinning, or rocking.

Low Incidence Disability – A severe, disabling condition with an expected incidence rate of less than one percent of the total enrollment. The conditions are hearing impairments, vision impairments, severe orthopedic impairments, or combination thereof.

Magnetic Resonance Imaging (MRI) - A non-invasive procedure that uses powerful magnets and radio waves to construct pictures of the body.

Mainstreaming - In educational settings, mainstreaming describes a way of working with students who have special needs on the same premises with regular students. It takes the help of support people like resource teachers and gives everyone a better chance at a regular education. There are various degrees of mainstreaming including integration (kids with disabilities participate in some of the regular classes) and full-inclusion (kids with disabilities are included in all classes with proper support and adaptations in their own neighborhood school).

Manic Depression - See Bipolar Disorder.

Melatonin - A natural substance produced by the body that regulates sleep. Melatonin supplements are often taken by people with insomnia.

Meltdown - A term for the loss of control experienced by a person with an autism spectrum disorder who is overwhelmed by social, emotional, sensory, or other stressful stimuli. May include screaming, kicking, hitting, throwing objects, biting, banging head into the wall or floor, collapsing to the floor, etc.; a tantrum.

Mental Retardation - Mental retardation is a condition diagnosed before age 18 that includes below-average general intellectual function, and a lack of the skills necessary for daily living. Mental retardation affects about 1 - 3% of the population. There are many causes of mental retardation, but doctors find a specific reason in only 25% of cases. Mental retardation may also be referenced as “cognitive impairment” or “intellectual disability.”

Mild Autism - Term used to refer to those on the autism spectrum who suffer less impairment due to their disability compared to others.

Mind-Blindness - The condition of being unable to intuit others' plans, thoughts, and points of view; to have difficulty understanding other people's beliefs, attitudes, perspectives, and emotions.

Movement Therapy - Psychotherapeutic use of movement and/or dance to further emotional, social, cognitive, and physical integration of the individual.

Multiplex - A term used to refer to families that include more than one person with a certain disease or disorder. When autism researchers say they are studying *multiplex* families, they mean they are studying families that have more than one child with autism.

Multiply Handicapped - Having more than one disability requiring special services.

Music Therapy - The psychotherapeutic use of music to address an individual's physical, emotional, cognitive, and social needs.

Natural Environment - Places and social contexts commonly used by individuals without developmental disabilities.

Neurotypical - A newly developed term for those with a normally developed brain; non-disabled or non-autistic.

Negative Reinforcement - Negative reinforcement strengthens a behavior by reducing or removing something that is undesirable. For example, if taking an aspirin for a headache relieves the pain, an individual is more likely to take an aspirin in the future to relieve headache pain.

Neurodiversity - The notion, originally arising in the context of the autism community, that neurological differences should be viewed as gender or race are viewed - as examples of human variation. According to this perspective, autism should be thought of not as a disorder, but as a different way of being that should be accepted, and perhaps even celebrated; the idea that individuals should be valued, socially accepted, and have access to equal opportunity whether or not their brains are "typically" wired.

Neuroleptics - An alternate term for antipsychotic medications.

Neurologist - A physician is trained to investigate, or diagnose and treat disorders related to the human nervous system. The nervous system encompasses the brain, spinal cord, and peripheral nerves. Neurologists sometimes treat children with autism, especially those suffering with epilepsy (that is, seizures).

Neuropsychologist - A professional specializing in both neurology and psychology who is knowledgeable about brain structure, chemistry, and processing and how these impact human psychology and behavior; a brain-behavior specialist.

Neurotransmitter - A chemical that is released from a nerve cell; these chemicals transmit impulses from a nerve cell to another nerve, muscle, organ, or other tissue. Irregular neurotransmitter activity is often involved in mental illness, and many medications prescribed to treat conditions such as Depression or Bipolar Disorder alter the availability of one or more types of neurotransmitters. Neurotransmitters include dopamine, serotonin, and norepinephrine.

Noncontingent Reinforcement - A procedure that decreases the frequency of a behavior by both reinforcing alternative behaviors and extinguishing the undesired behavior. Since the alternative behaviors are reinforced, they increase in frequency and therefore compete for time with the undesired behavior.

Nondiscriminatory Evaluation - Refers to evaluating for disabilities in such a way as to not discriminate on the basis of race or culture. This is one of the requirements of the Individuals with Disabilities Education Act and is designed to minimize the potential for inaccuracies in evaluations to result in incorrect placement in educational programs.

Nonpublic Agency (NPA) - usually an individual or group certified by the State, to provide a specific special education service but who is not an employee of the public school system.

Nonpublic School (NPS) - A school which meets state standards to allow private placement of students for whom there is no appropriate public school placement available.

The Principle Of Normalization – This is a social concept originating in Scandinavia and developed by Wolf Wolfensberger in the United States. In practice, those services, which integrate people with special needs into everyday community life to enjoy all that we value for ourselves.

Obsessive Compulsive Disorder (OCD) - A psychiatric disorder characterized by recurrent obsessions or compulsions that are severe enough to consume more than one hour per day of a person's time or cause significant distress or impairment. Some children diagnosed with an autism spectrum disorder, or their family members, also may be diagnosed with obsessive compulsive disorder.

Occupational Therapist - A professional who uses productive or creative activity to maximize the functioning of physically or emotionally disabled people. Occupational therapists help an individual develop mental or physical skills that aid in daily living activities. They assess fine motor skills, age appropriate self-help skills (like dressing), and sensory issues (like hypersensitivity to touch).

Occupational Therapy (OT) - A discipline that aims to promote health by enabling people to perform meaningful and purposeful activities. Occupational therapists work with individuals who suffer from a mentally, physically, developmentally, and/or emotionally disabling condition by utilizing treatments that develop, recover, or maintain clients' activities of daily living. The therapist helps clients not only to improve their basic motor

functions and reasoning abilities, but also to compensate for permanent loss of function. The goal of occupational therapy is to help clients have independent, productive, and satisfying lives.

Olanzapine - Generic name for Zyprexa -- an antipsychotic medication prescribed for treatment of Bipolar Disorder and Schizophrenia. It is also sometimes used "off label" to treat the irritability, mood disturbance, and aggression associated with autism spectrum disorders.

One-on-One Aide - An alternate term for personal assistant.

Operant Conditioning - A type of learning in which voluntary behavior is strengthened if followed by a pleasurable consequence or lessened if followed by a negative consequence. In the case of operant conditioning, the learner associates his or her own actions with the consequences.

Orthopedically Handicapped (OH) Persons with specific orthopedic or physical needs which adversely affect their independence or capabilities.

Other Health Impaired (OHI) a person with a chronic medical impairment, such as asthma that significantly impacts their daily life and may hamper their functioning in the community.

Oxytocin - A hormone associated with social memory and attachment, maternal behavior, and human bonding. Researchers are looking into whether this hormone also may be associated with ASD.

Parkinsonism, medication-induced - A stiff gait and a tremor caused by medication; among the extrapyramidal side effects sometimes resulting from use of conventional antipsychotic medications.

Pass Cadre/Specialist - Individual who assists with the development of a PASS (Plan for Achieving Self Support). This social Security Administration specialist also approves submitted plans, monitors and modifies the plans as needed.

Peer Modeling - A technique in which children with an Autism Spectrum Disorder are grouped together with "typical" children in the hope that they will learn to imitate their peers' behaviors and social skills.

Peer Review - Pre-publication evaluation of a researcher's results and claims by a committee of others in the same field who are checking for scientific merit and accuracy. Peer review is generally required by academic and scientific journals.

People First - A self-advocacy organization with chapters across the state designed to promote empowerment of people with developmental disabilities.

People First Language – When speaking about people with a disability, use the practice of saying the word "people" first before referring to the disability, i.e., people or individuals with disabilities; a person with a developmental disability, etc.

Perseveration - In psychology, the uncontrollable repetition of a particular response, such as a word, phrase, or gesture, despite the absence or cessation of a stimulus. Examples in children with autism spectrum disorder include stacking or lining objects up for hours, or becoming fixated on a certain topic, such as trains or baseball statistics.

Person Outside the System (POS) – An individual with needs who does not qualify for services. (POS may also refer to “purchase of services”)

Personal Assistant - One of the educational supports, called "supplementary aids and services" in the Individuals with Disabilities Education Act, designed to help maximize the potential of children with disabilities to be mainstreamed with children without disabilities.

Pervasive Developmental Disorder (PDD) Children with this diagnosis typically have many features of autism, such as severe and pervasive difficulties in social and communication behaviors, but do not meet the full criteria for Autistic Disorder. They may not have symptoms in each of the three categories or their symptoms may be milder.

Pervasive Developmental Disorder - Not Otherwise Specified - A diagnosis given when there is severe impairment in social interaction and verbal and nonverbal communication skills, or when stereotyped behavior, interests and activities are present, but symptoms do not meet the criteria for other autistic disorders.

Phenotype - Class to which an organism belongs as determined by the description of its physical and behavioral characteristics; in autism, this refers to the fact that the disorder is diagnosed based upon observable behavior rather than upon some biological marker or gene. Contrast to genotype.

Physical Therapist - A professional trained to treat disease, injury, and developmental delays using methods such as therapeutic exercise, heat, light and massage.

Physical Therapy (P.T.) - A health care profession that is concerned with identifying and maximizing quality of life and movement potential within the spheres of promotion, prevention, diagnosis, treatment/intervention, and rehabilitation. This encompasses physical, psychological, emotional, and social wellbeing.

Physically Handicapped or Physically Disabled (PH or PD) - - Students with specific orthopedic needs which adversely affect their educational participation or performance.

Pica - A behavior; compulsive eating of non-food items

Picture Exchange Communication System (PECS) - An augmented communication program intended to help children and adults with autism to acquire functional communication skills. It uses ABA-based methods to teach children to exchange a picture for something they want - an item or activity.

Pitocin - An artificial form of the hormone oxytocin, which can be used to induce labor and strengthen contractions.

Pivotal Response Training - Employs behavioral techniques to target core --or pivotal-- skills. The hope is that gains will be made in many areas if a child improves in a core

area such as becoming more motivated to connect socially, and to imitate. It is also hoped that these gains will generalize, that is, the child will demonstrate new behaviors and coping not just with the person teaching the skill, but at home, at play, and in all contexts.

Placebo - An inactive substance given to one group in a research study, while another group receives a new medication which is being tested; if the new medication is more effective than the placebo, its worth is proven. Alternately, a placebo is a substance containing no medication and prescribed or given to reinforce a patient's expectation to get well.

Placement - A service available to clients who would benefit from an out-of-home living arrangement and for those who are unable to live independently.

Positive Behavior Support Support that is specified in a behavior intervention plan that is developed by an IPP team to help a person with serious behavior problems change patterns of undesirable behaviors that interfere with learning. These supports are respectful of a person's dignity, and are successful in promoting a person's capabilities and opportunities. The support includes a reliance on data obtained from a functional analysis assessment.

Positive Reinforcement - Positive reinforcement strengthens a behavior by presenting a consequence that is desirable, such as food or praise. See negative reinforcement.

Prader-Willi Syndrome (PWS) - A genetic developmental disability in which infants are first characterized by poor muscle tone and feeding difficulties. As toddlers, the second phase of the syndrome is characterized by voracious appetites. Mental retardation, medical complications, and behavior problems are common.

Pragmatic Language - Refers to the "art of conversation": taking turns speaking, staying on a topic for a polite number of turns (even if it's not your favorite topic), showing interest in someone else's comments, etc. Individuals with ASDs, and particularly those with Asperger's Syndrome, are known to have difficulty with pragmatic language. Helping them to learn pragmatic language skills is often a part of speech therapy.

Prevalence - The total number of cases of a disease in a given community or population at a given time.

Private Industry Council (P.I.C.) - Local boards responsible for developing jobs and job training opportunities for persons with disabilities. Funds are provided through the JTPA (Job Training Partnership Act).

Probiotics - A supplement of live microorganisms that may beneficially affect the host upon ingestion.

Program Analysis Of Service Systems (P.A.S.S.) - A way of evaluating the quality of services for people who are at risk of being devalued and are dependent upon organizational services. A team of people use the tool to ask a series of questions about a service program. The answers provide direction for making services more normalized.

Program Development Funds (P.D.F.) - A combination of parental fees and money from the State Council on Developmental Disabilities available each year for starting new, innovative or expanded services.

Programming/Instruction - An organized process that leads an individual to develop the skills necessary for residential, social and vocational integration into the community.

Pronoun Reversal - A speech peculiarity that occurs when a person uses the pronoun for the second ("you") or third ("he/she") person when they actually mean the *first* person ("I" or "me"). For example, a child might say, "He wants juice" instead of "I want juice" when he's trying to get a caregiver to give him a drink. Children with autism often use pronoun reversal in their speech.

Proprioception - A sense, beyond the typical five (sight, smell, hearing, taste, touch), which involves knowing what your muscles and joints are doing and where you are in space; often discussed in the context of Occupational Therapy or Sensory Integration Therapy.

Prosody - Refers to how one speaks: tone, volume, and speed. Individuals with ASDs may have trouble imitating others' way of speaking so that they sound odd to "typical" people's ears. For example, they may speak in a monotone, or very fast, or as if they are delivering a lecture.

Protection and Advocacy, Inc. (PAI) - Federally funded under Public Law 95-602, PAI provides advocacy services for people with developmental disabilities. This service often includes the involvement of the legislature and the courts to ensure basic rights.

Prozac - A Selective Serotonin Reuptake Inhibitor (SSRI) often used to treat Depression, Obsessive-Compulsive Disorder, and other conditions. Brand name for fluoxetine.

Psychiatrist - A medical doctor (M.D.) who specializes in the prevention, diagnosis, and treatment of mental illness. They can prescribe medication, which psychologists cannot do.

Psychoactive Medication - Drugs that exert significant effects on mental functioning or behavior by altering the chemical makeup of the central nervous system.

Psychologist - A professional specializing in diagnosing and treating diseases of the brain, emotional disturbance, and behavior problems. Psychologists can only use talk therapy as treatment; a patient must see a psychiatrist or other medical doctor to be treated with medication.

Psychomotor Agitation - A restlessness evident to others; one of the symptoms of clinical depression as defined by the *Diagnostic and Statistical Manual of Mental Disorders, fourth edition (DSM-IV)*.

Psychomotor Retardation - A feeling of slowing down, with signs that others can observe; one of the symptoms of clinical depression as defined by the *Diagnostic and Statistical Manual of Mental Disorders, fourth edition (DSM-IV)*.

Psychosocial - Refers to both psychological and social aspects of behavior.

Purchase of Service Agreement (POS) - Refers to the agreement between an agency and a vendor that allows the vendor to provide a service for a person with a developmental disability for pay.

Quality Assurance (QA) - A set of requirements that cover the major areas of client care and existence, including: programming focus and hours, client rights, community integration, health, the physical plant and safety, client records, staff training, and qualifications and administration.

Quetiapine – This is a generic name for Seroquel; an atypical antipsychotic medication that helps restore the balance of neurotransmitters in the brain. This medication, sometimes used to treat bipolar disorder or schizophrenia, can be used in autism spectrum disorder to improve concentration, minimize severity and frequency of mood swings, and ease nervousness.

Random Sample – This term refers to a group of people to be used in a research testing situation in which every person had an equal chance of being included in the sample. If a study or research project is not using a random sample, bias is introduced, which casts doubt on results.

Randomized - Refers to an experimental design in which a researcher does *not* control who gets put in the group receiving a new treatment and who is placed in the group receiving a placebo or standard treatment (also called a "control group"). Participants are assigned to whichever group by chance in order to eliminate bias.

Rapid Prompting Method – This is a behavioral intervention that uses a Teach-Ask paradigm for eliciting responses through intensive verbal, auditory, visual, and/or tactile prompts.

Reasonable Accommodation: - An adaptation or modification of the environment or materials which make it possible for a person with a disability to fully participate in an activity.

Receptive Language – This term refers to the ability to understand spoken language.

Recreational therapy - A therapy that uses treatment, education and recreation services to help people with illnesses, disabilities and other conditions to develop and use their leisure in ways that enhance their health, functional abilities, independence and quality of life.

Refrigerator Mother - Derogatory term based on the now debunked theory of psychologist Bruno Bettelheim who argued that autism was caused when a child withdrew from the unbearable rejection of a cold, unresponsive mother.

Regional Centers (RCs) - Regional centers are nonprofit private corporations that contract with the Department of Developmental Services to provide or coordinate services and supports for individuals with developmental disabilities. They have offices throughout California to provide a local resource to help find and access the many services available to individuals and their families. Regional centers provide diagnosis and assessment of eligibility and help plan, access, coordinate and monitor the services and supports that are needed because of a developmental disability. There is no charge for the diagnosis

and eligibility assessment. Regional Centers are contracted by the Department of Developmental Services. Twenty-one centers provide people with residential, day, transportation, and social, independent living, and respite, medical, psychological, preschool and other services.

Regression - Returning to a pattern of behavior or level of skill characteristic of a younger age. For example, a three-year-old child would be said to “regress” if he had begun to speak, and then lost that ability.

Rehabilitation Act of 1973 (Public Law 93-112) - A federal law that expands rehabilitation services to persons with severe disabilities. Section 504 of this law prohibits discrimination on the basis of handicap and mandates accessibility in all federally assisted programs and is considered, therefore, the federal “civil rights” act for people with disabilities.

Reinforcement - A consequence that causes a behavior to occur with greater frequency. For example, giving a child a break from work when he or she becomes disruptive may inadvertently increase the likelihood that the disruptive behavior will recur in the future.

Relationship Development Intervention - A program designed to help individuals with Autism Spectrum Disorders acquire "dynamic intelligence," that is, the ongoing, spontaneous ability to integrate many levels of experience and meaning to interact socially and to adapt to changing circumstances.

Repetitive Behaviors - Actions that one carries out over and over again, such as repeatedly spinning the wheel of a toy car around.

Residential Service Provider - A person or persons who provide a place to live and varying degrees of supervision for persons with developmental disabilities in community living arrangements such as staffed apartments, family homes, group homes, board and care homes, etc.

Respite - Temporary care of people who have developmental disabilities and are living at home. The period of rest provided to family members is a critical aspect of the home environment. This term also covers out-of-home respite.

Rett Syndrome - Rett Syndrome is a childhood neurodevelopmental disorder characterized by normal early development followed by loss of purposeful use of the hands, distinctive hand movements, slowed brain and head growth, gait abnormalities, seizures, and mental retardation. It affects females almost exclusively. Individuals with Rett Syndrome often exhibit autistic-like behaviors.

Risperdal - Brand name for risperidone --an anti-psychotic drug used to treat problem behaviors associated with autism such as irritability, aggression, temper tantrums, self-injury, and quickly changing moods. It was approved by the U.S. Food and Drug Administration (FDA) for use in children and adolescents with autism in October, 2006.

Risperidone - Generic name for Risperdal --an anti-psychotic drug used to treat problem behaviors associated with autism such as irritability, aggression, temper tantrums, self-injury, and quickly changing moods. It was approved by the U.S. Food and Drug Administration (FDA) for use in children and adolescents with autism in October, 2006.

Rocking - The act of rhythmically moving one's body back and forth or side to side; one of the repetitive and possibly self-stimulating behaviors associated with individuals having an autism spectrum disorder.

Savant - A person who, although developmentally or mentally handicapped, possesses extraordinary skills in a certain area such as calculation, memory, music, or art.

Savant Syndrome – This is a condition in which a person, though developmentally or mentally handicapped, possesses extraordinary abilities in one specific area such as calculation, memory, music, or art. Savant Syndrome is often associated with autism.

Schizophrenia - A psychiatric disorder characterized by marked social or occupational dysfunction. Symptoms can include delusions, hallucinations, and disorganized speech.

Second-Generation Antipsychotics - The newest antipsychotic medications, such as Risperdal; most have been widely used since the 1990s and generally do not cause the extrapyramidal side effects common with the use of conventional antipsychotics. However, second-generation antipsychotics are associated with other possible side effects such as increased appetite and weight gain.

Section 504 - The section of the U.S. Rehabilitation Act of 1973 designed to protect the rights of individuals with disabilities in programs and activities that receive federal funds from the U.S. Department of Education. Section 504 requires a school district to provide a "free appropriate public education" (FAPE) to each qualified student with a disability who is in the school district's jurisdiction, regardless of the nature or severity of the disability. Although valuable, this protection is less than that afforded to an individual whose disability is covered under the Individuals with Disabilities Education Act (IDEA).

Segregation - The congregation of people with special needs in daytime programs and/or living situations where there is little or no interaction with people who do not have disabilities and are not paid to be there. This is the opposite of integration.

Seizure - The physical results of abnormal electrical discharges in the brain, which can include convulsions, sensory disturbances, or loss of consciousness.

Self Advocacy - The awareness, motivation, and ability of an individual to represent and communicate his or her own interests, to exercise personal choice, to exert control over his or her environment and to avoid exploitation and abuse.

Self-Care - Providing for or meeting one's physical and personal needs such as dressing, grooming and hygiene, without being dependent on others.

Self-Injurious Behavior – This refers to any behavior that can cause self-inflicted physical damage, such as bruises, redness, and open wounds. Some common forms of these behaviors are head-banging, hand-biting, and excessive scratching or rubbing.

Self-Selecting - Participants in research are considered to be "self-selecting" when they volunteer to participate in a study.

Sensory Integration Therapy - A treatment used to help children, including those with Autism Spectrum Disorders, who have motor, sensory, and perceptual difficulties. It is

based on the belief that you can change the brain by changing experience. If a person has poor sensory integration—which then impacts the ability to function and learn—you can provide sensory experiences that will improve not only sensory integration itself, but overall functioning. Providers of Sensory Integration Therapy are most often Occupational Therapists.

Seriously Emotionally Disturbed (SED) - An individual who has severe problems relating to others; who is unable to learn for reasons other than intellectual functioning, who is severely aggressive or extremely withdrawn.

Seroquel – This is a brand name for quetiapine; an atypical antipsychotic medication that helps restore the balance of neurotransmitters in the brain. This medication, sometimes used to treat bipolar disorder or schizophrenia, can be used in autism spectrum disorder to improve concentration, minimize severity and frequency of mood swings, and ease nervousness.

Sertraline - A Selective Serotonin Reuptake Inhibitor (SSRI) often used to treat Depression, Obsessive-Compulsive Disorder, and other conditions. Generic name for Zoloft.

Service Coordination – Locating and coordinating support, information and service choices for a consumer and the family to feel secure, knowledgeable, responsible and empowered. Also known as Case Management.

Service Provider - An individual, group or agency approved by the State Department of Developmental Services to supply a service for a fee to a regional center client.

Severe Autism - Term used to refer to those on the autism spectrum who suffer relatively more impairment due to their disability compared to others.

Sheltered Employment - A program offering long-term employment to people who are exempt from federal wage and hour laws because of disability. By Department of Labor standards, “sheltered workers” must receive pay based on productivity relative to typical workers doing the same job. These programs are usually segregated, but need not be.

Short-Term Objective - Included on the student's IEP/IPP as a means of measuring progress toward a goal. It includes a series of intermediate steps or training activities that will take the student/consumer from his or her current level of functioning to the accomplishment of annual goals.

Simplex - A family with only one child with a certain disease or disorder. When autism researchers say they are looking only at *simplex* families, for example, they mean they want to study only families that have one child with autism rather than more than one.

Single Photon Emission Computed Tomography – An imaging system which generates three-dimensional images of a person's particular organ or body system. SPECT detects the course of a radioactive substance that is injected, ingested, or inhaled. In neurology, a SPECT scan is often used to visualize the brain's cerebral blood flow and thereby, indicate metabolic activity patterns in the brain.

Site-Based Program - A program where the majority of classes and activities occur in a site (building) as opposed to occurring in the community.

Skilled Nursing Facility (SNF) - A health facility or a distinct part of a hospital which provides nursing care and supportive care to patients whose primary need is for skilled nursing care on an extended basis. It provides 24-hour inpatient care and as a minimum, includes medical, nursing, dietary and pharmaceutical services, and an activity program. (The acronym is sometimes pronounced "sniff.")

Social Anxiety Disorder/Social Phobia - An individual with this psychiatric disorder has a persistent fear of social or performance situations to such a marked degree that it interferes with his or her daily life. Most often, the individual avoids the situation, or endures it with a feeling of dread. Symptoms may include tremors, sweating, muscle tension, blushing, and other signs of anxiety.

Social/Recreation Program - Programs that train people to participate in social and recreational activities on their own.

Social Reciprocity - The give-and-take of social interaction; social reciprocity depends upon one's ability to read the cues, intentions, feelings, and perspectives of others. A key feature of autism spectrum disorders is a lack of ability to read such cues and intentions leading to a deficit in social reciprocity.

Social Scripts - A social skills training technique to teach individuals with ASDs "scripts" for common social situations. The individual initially uses a support, such as a reminder card with the script available to read, and then gradually lessens reliance on the support until he or she can use the scripted question or phrase spontaneously.

Social Security Administration (SSA) - The federal agency that administers both the Supplemental Security Income (SSI) Program and the Social Security Disability Insurance Program.

Social Security Disability Insurance (SSDI) - Benefits paid to insured workers under the Social Security program who have become disabled.

Social Skills Group - These groups use a variety of social skills training techniques and offer an opportunity for individuals with ASDs to practice social skills with each other and/or typical peers on a regular basis during group meetings.

Social Skills Training - Encompasses different approaches to teaching the building blocks of social behavior and interaction. Strategies for addressing the social deficits that characterize autism are varied, ranging from role-playing desirable and undesirable social behavior, to social stories, to social skills groups including children with ASD and typical peers.

Social Stories - A social skills training tool for children with autism spectrum disorders; social stories break a social situation down into understandable parts and make clear social cues and expectations that children with ASDs cannot pick up naturally due to the nature of their disability.

Special Education - People and practices helping to provide individualized learning experiences for students with special needs.

Special Education Local Planning Area (SELPA) - The local unit responsible for administering the comprehensive special education plan in that area.

Special Incident Report (SIR) – An SIR is a formal report that is filed with the regional center whenever a person served by the regional center is involved in an unusual event, such as a crime or injury. There are detailed and specific rules about SIRs that service providers and regional centers must follow.

Special Services - Residential facilities where extra funds have been provided to offer extra services for the people who live there. These services include behavior modification, vocational training and independent living.

Speech and Language Therapy - A planned program for people who have problems with speech or language to help them communicate with others by voice or symbol systems.

Speech-Language Pathologist (SLP) - A professional who is trained to assess and treat issues in communication. These may include articulation (pronunciation of sounds), receptive language (understanding and processing what is communicated by others), expressive language (the ability to communicate to others), fluency (including stuttering), voice problems (including pitch and intonation), and pragmatics (the social use of language).

Speech Therapist - An older term for a Speech-Language Pathologist --a professional who is trained to assess and treat issues in communication. These may include articulation (pronunciation of sounds), receptive language (understanding and processing what is communicated by others), expressive language (the ability to communicate to others), fluency (including stuttering), voice problems (including pitch and intonation), and pragmatics (the social use of language).

Squeeze Machine - A device created by Temple Grandin, a high functioning person and author with autism, which exerts deep pressure all along the body; it is said to calm anxiety.

Staffing Ratio - The numerical relation of the number of direct care staff on duty to the number of clients in attendance.

State Council on Developmental Disabilities - Under the Developmental Disabilities Assistance and Bill of Rights Act (Public Law 95-602) and the Lanterman Developmental Disabilities Services Act of 1976, the State Council has a responsibility to plan and coordinate resources to protect the legal, civil and service rights of persons with developmental disabilities. The Council is made up of consumers, parents and state agency administrators.

Stereotypic Behaviors - Constant repetition of certain apparently meaningless movements or gestures, e.g., rocking or head banging.

Stimming - Short for "self-stimulation", a term for behaviors which stimulate one's own senses, such as rocking, spinning, or hand-flapping.

Strattera - Brand name for atomoxetine; a non-stimulant medication approved by the FDA for the treatment of Attention Deficit Hyperactivity Disorder (ADHD) in children, adolescents, and adults.

Substantial Gainful Activity - "Substantial" work activity means the performance of significant physical and/or mental duties, which are productive. "Gainful" activity is work for pay or profit or intended for profit.

Suicidal Ideation - Having thoughts of suicide or of taking action to end one's own life. Suicidal ideation includes all thoughts of suicide, both when the thoughts include a plan to commit suicide and when they do not include a plan. Antidepressants, sometimes used in the treatment of autism, have been linked to potential suicidality in teens and young adults.

Supplemental Security Income (SSI) - Money that comes from the federal government to people who, because of their disabilities, don't earn enough to support themselves.

Support Services - Those services designed to meet the total needs of the individual that are not traditionally met in a residential or day program (e.g., physical, speech, occupational therapy).

Supported Employment - A term used to describe a system of support for people with disabilities in regards to ongoing employment in integrated settings. Supported employment provides assistance such as job coaches, job development, job retention, transportation, assistive technology, specialized job training, and individually tailored supervision. Supported Employment often refers to both the development of employment opportunities and on-going support for those individuals to maintain employment.

Supported Living - Services and supports provided by an agency to enable an individual with developmental disabilities to live in their own home in the community. Most often, these supports are more intensive than that of independent living services.

Surrogate Parent - A person who is appointed by the District or SELPA to act as a child's parent in all matters related to special education. A surrogate is appointed when a child is a dependent or ward of the court, and the court has limited the rights of the parent/guardian to make educational decisions, or when a parent cannot be identified or located

Susceptibility Gene - A gene that predisposes a person to having a certain condition. There are some autism researchers who are trying to find out if there might be one or more autism susceptibility genes.

Systemizing – A theory that classifies people on the basis of their scores along two dimensions: empathizing (E) and systemizing (S). E-S theory was developed by British psychologist Simon Baron-Cohen as a major reconceptualization of cognitive sex differences in the general population; and in an effort to understand why the cognitive difficulties in autism appeared to lie in domains in which on average females

outperformed males and why cognitive strengths in autism appeared to lie in domains in which on average males outperformed females.

Tegretol - A drug used to prevent and control seizures; may also be used to treat certain mental/mood conditions (e.g. Bipolar Disorder, Schizophrenia) and certain types of nerve pain. Generic name for Carbamazepine.

Thalidomide - Once given to treat morning sickness, Thalidomide was banned in pregnant women because it led to birth defects. Recently, it also has been associated with autism.

Theory of Mind - Refers to the notion that many autistic individuals do not understand other people have their own desires, thoughts, and points of view. To lack a “theory of mind” is to suffer from “mind-blindness.”

Therapeutic Recreation - A therapy that uses treatment, education and recreation services to help people with illnesses, disabilities and other conditions to develop and use their leisure in ways that enhance their health, functional abilities, independence and quality of life.

Therapy - Improving, developing or restoring functions impaired or lost through illness, injury or deprivation. Therapy may address a variety of functions (e.g., physical, speech, and occupational therapy) and may take a variety of forms (e.g., art, dance, music therapy).

Thorazine - Brand name for chlorpromazine; one of the conventional antipsychotic medications, which were developed in the 1950s, '60s, and '70s and commonly caused extrapyramidal side effects.

Title 17 - A portion of the California Code of Regulations that contains the Department of Developmental Services' regulations as well as other regulations. These regulations, starting with Section 50201, cover parental fees, conflict of interest, rules for conducting research, clients rights, fiscal audits and appeals, fair hearings, vendorization procedures, regional center administrative practices and procedures, standards and rate-setting procedures for community-based programs and in-home respite services, residential facility care and supported living services.

Title 22 - A portion of the California Code of Regulations that contains the state licensing regulations for community care facilities and health facilities, as well as other regulations.

Toe-walking - Describes a gait pattern of toe-to-toe rather than normal heel-to-toe walking; common in children with autism.

Tourette's Disorder - A disorder in which a person develops multiple motor tics and one or more vocal tics. Motor tics are involuntary, sudden, repetitive movements such as eye-blinking, nose twitching, or stamping. Vocal tics often accompany motor tics. They are also involuntary, and include things like grunting, throat clearing, or chirping. These movements should be distinguished from the type of repetitive, stereotyped behaviors common to those with an Autism Spectrum Disorder (ASD), although it is possible for a person to have both ASD and Tourette's Disorder.

Traumatic Brain Injury (TBI) – an acquired injury to the brain caused by an external physical event resulting in total or partial functional disability or psychosocial impairment that adversely affects a person's abilities.

Transition – This term refers to the passage from one program, setting or environment to another, i.e., graduation from a high school program into a work environment or other significant changes.

Trichotillomania - An impulse-control disorder in which a person will, especially when anxious, pull hair from their head, eyebrows, eyelashes, or body. Some people with trichotillomania report feeling soothed by the activity, and are usually unable to stop it without therapy, medication, or both.

Tuberous Sclerosis - A genetic disorder caused by mutations in one of two genes, causes benign tumors and lesions to form in many different organs of the body, including the brain, skin, eyes, heart, kidneys, and lungs. The impact it has on those who have it is extremely variable. Some are so mildly affected, they go undiagnosed. Others suffer severe impairments which may include seizures, mental retardation, and autism.

Typical Peers - Essentially refers to "typically developing peers," a term perhaps more meaningful than "normal peers."

Valproate - An anti-epileptic, anti-convulsant medication. Generic name for depakene.

Vendor/Provider - A person, program or facility, which has been vendorized (authorized) by a regional center to provide a particular services to regional center clients.

Vendorization - The process used to verify that an applicant meets all of the requirements and standards pursuant to the regulations prior to the provision of services to clients.

Verbal Behavior (VB) - An intervention, often seen as an adjunct to Applied Behavioral Analysis, which is directed towards helping children on the autism spectrum develop language. Verbal Behavior attempts to capture a child's motivation to develop a connection between the value of a word and the word itself. This may be an improvement over traditional ABA which focuses on labeling objects rather than spontaneous use of language.

Vestibular - Refers to a sense, in addition to the typical five (sight, hearing, smell, taste, touch), which is related to the inner-ear and involves your awareness of movement, head position, and balance; often discussed in the context of Occupational Therapy or Sensory Integration Therapy.

Video Modeling - A technique in which videos of real people and situations are used to model behavior sequences, interpersonal relationships, friendship behaviors, and perspective-taking to children with autism.

Visual Schedule - A tool used to help organize individuals with autism by presenting the abstract concept of time in a concrete form according to age and understanding. Pictures or photos showing a toothbrush (for brushing teeth), clothes (for getting dressed), and a backpack (for getting ready to go to school) are examples of items that would appear on a

schedule helping to organize morning routine for a child not yet able to read. For older children, the schedule may appear in written form.

Visually Handicapped or Visually Impaired (VH or VI) - A visual impairment which, even with correction, adversely affects a student's educational performance. The term includes both partial sightedness and blindness.

Vitamin A - An antioxidant vitamin; beta-carotene and retinol are both forms of Vitamin A.

Vitamin B6 - A water-soluble vitamin that is important for metabolism and the immune system.

Vitamin C - An antioxidant vitamin.

Vocational Rehabilitation (VR) - Helps people prepare for and find employment. Also sometimes synonymously used as Department of Rehabilitation.

Vocational Services - Services, including education and training that enable each individual to develop a capacity to work and progress as far as possible from vocational functions to affordable employment in the community. Such services include vocational evaluation, counseling, activity services, work adjustment, occupational skill, training and job placement.

Weighted Blanket - A blanket made to be extra heavy in order to provide deep pressure; used for Sensory Integration Therapy.

Weighted Vest - A vest made to be extra heavy in order to provide deep pressure; used for Sensory Integration Therapy.

Work Activity Program (WAP) - Regional Centers Department of Rehabilitation (Habilitation Section) fund and monitor those programs for people who have acquired basic vocational and independent living skills and need a work-oriented setting to prepare for a vocation. In practice, these programs are usually segregated but need not be. Work Activity Program (WAP) services through the Department of Rehabilitation include paid work, work adjustment and supportive habilitation services in a sheltered work shop setting. WAPs provide paid work in accordance with Federal and State Fair Labor Standards. Work adjustment services may include developing good work safety practices, money management skills, and appropriate work habits. Supportive habilitation services may include social skill and community resource training as long as the services are necessary to achieve vocational objectives.

Work Incentives - Policies or procedures created to address barriers to employment caused be benefits eligibility and promote self-sufficiency

Work Incentives Planning & Assistance Project (WIPA) - These projects operate in a variety of locations throughout the country. They provide community presentation on Social Security Administration Work Incentives and Benefits Planning. Additional they provide individualized benefits counseling and on-going benefits management/

Yeast Free Diet - Diet that eliminates yeast; these often exclude natural and refined sugars (including fruit) and fermented foods such as bread, vinegar, alcohol, cheese, soy sauce, coffee, and processed meats.

Zero Exclusion - An entry criteria philosophy that states that no one should be denied services in the particular program, regardless of the level and degree of disability, or the number of secondary disabilities.

Ziprasidone - Generic name for Geodon; an atypical antipsychotic medication used to treat psychiatric disorders, such as schizophrenia, and symptoms associated with bipolar disorder. This medication helps restore the balance of neurotransmitters in the brain. When used in the treatment of autism spectrum disorder, ziprasidone can ease nervousness and help improve concentration.

Zoloft - A Selective Serotonin Reuptake Inhibitor (SSRI) often used to treat Depression, Obsessive-Compulsive Disorder, and other conditions. Brand name for sertraline.

Zyprexa - Brand name for Olanzapine, an antipsychotic medication prescribed for treatment of Bipolar Disorder and Schizophrenia. It is also sometimes used "off label" to treat the irritability, mood disturbance, and aggression associated with autism spectrum disorders.

A Glossary of Acronyms

AAC	Augmentative and Alternative Communication
AAMR	American Association on Mental Retardation
AB	Area Board
AB	Assembly Bill
ABA	Applied Behavior Analysis
ACA	Assembly Constitutional Amendment
ACDD	Accreditation Council on Services to Persons with Developmental Disabilities
ACR	Assembly Concurrent Resolution
ADA	Americans with Disabilities Act
ADA	Average Daily Attendance
ADC	Adult Development Center
ADD	Administration on Developmental Disabilities
ADD	Attention Deficit Disorder
ADHC	Adult Day Health Care
AD/HD	Attention Deficit/Hyperactivity Disorder
ADOS-G	Autism Diagnostic Observational Schedule - Generic
AFDC	Aid to Families With Dependent Children
AIT	Auditory Integration Training
AJR	Assembly Joint Resolution
ANDI	A Normalization and Development Instrument
AOR	Assembly Office of Research
ARC	Association for Retarded Citizens (Arc also)

ARCA	Association of Regional Centers
ARC - C	Association for Retarded Citizens - California
Arc	The Arc (San Francisco and The Arc - National) Formerly titled ARC
AS	Asperger's Syndrome
ASDs	Autism Spectrum Disorders
AWIC	Area Work Incentive Coordinator
B&C	Board and Care
BAP	Broad Autism Phenotype
BCP	Budget Channel Proposal
BPAO	Benefits Planning & Outreach Program or Specialist
BSE	Behavioral Summarized Evaluation
CAC	California Adult Council
CAC	Community Advisory Committee
CAHF	California Association of Health Facilities
CAHSEE	California High School Exit Exam
CAL-SAC	California Society for Autistic Children
CAL-TRANS	California Department of Transportation
CANHC	California Association for Neurologically Handicapped Children
CAPH	California Association of Physically Handicapped
CAPSES	California Association of Private Special Education Schools
CARCH	California Association of Residential Facilities
CARF	Commission on the Accreditation of Rehabilitation Facilities
CARH	Community Assistance for the Retarded and Handicapped
CARR	California Association of Residential Resources
CARS	Childhood Autism Rating Scale
CASH-PCR	California Association of State Hospital Parent Councils for the Retarded
CASP	California Association of Service Providers
CBI	Community Based Instruction
CBT	Cognitive Behavioral Therapy
CC	Community College
CCA	Community Action Agency
CCF	Community Care Facility
CCS	California Children's Services (formerly Crippled Children's Services)
CDD	Childhood Disintegrative Disorder
CDER	Client Development Evaluation Report
CEC	Council on Exceptional Children
CES	California Epilepsy Society
CF	Cystic Fibrosis
CFC	Combined Federal Campaign
CFR	Code of Federal Regulations
CHAD	Combined Health Agencies Drive
CHDP	Child Health and Disability Prevention
CHP	Comprehensive Health Planning
CIL	Center for Independent Living
COLA	Cost of Living Adjustment
CP	Cerebral Palsy
CPC	Client Program Coordinator

CPEC	California Postsecondary Education Commission
CPP	Community Placement Plan
CPS	Community Program Specialist
CRA	California Rehabilitation Association
CRA	Clients Rights Advocate
CSLA	Community Supported Living Arrangement
CWIC	Community Work Incentive Coordinator
DCH	Developmental Centers for the Handicapped
DD	Developmental Disabilities
DDS	Department of Developmental Services
DHH	Deaf and Hard of Hearing (HOH)
DHS	Department of Human Services
DME	Durable Medical Equipment
DOE	Department of Education
DOF	Department of Finance
DOH	Department of Health Services
DOR/DR	Department of Rehabilitation
DREDF	Disability Rights Education Defense Fund
DSM-IV	Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition
DSP&S	Disabled Students Program and Services
DSS	Department of Social Services
DSS	Disabled Student Services
DTAC	Day Training and Activity Center
ED	Emotional Disability/Disturbance
EDD	Employment Development Department
EEG	Electroencephalogram
EI	Early Intervention
EPSDT	Early Periodic Screening Treatment and Diagnosis
FAPE	Free Appropriate Public Education
FBA	Functional Behavioral Assessment
FC	Facilitated Communication
FCT	Functional Communication Training
FRC	Family Resource Center
FY	Fiscal Year
GA	General Assistance
GA	Governmental Affairs
GAC	Governmental Affairs Committee
GSA	General Services Administration
HFA	High Functioning Autism
HHS	Health and Human Services
HR	House Resolution
HSP	Habilitation Services Program
HSP&S	Handicapped Student Program and Services
HUD	Housing and Urban Development
HWA	Health and Welfare Agency
ICE	Integrated Competitive Employment
ICF/DD-H/N	Intermediate Care Facility/Developmentally Disabled - Habilitative/Nursing
ICF/MR	Intermediate Care Facility - Mentally Retarded

IDEA	Individuals with Disabilities Education Act
IDT	Interdisciplinary Team
IEP	Individualized Education Program
IFSP	Individual Family Service Plan
IHP	Individualized Habilitation Plan
IHSS	In-Home Support Services
ILC	Independent Living Center
ILP	Independent Living Program
ILSP	Independent Living Services Program
IPP	Individualized Program Plan
IQ	Intelligence Quotient
IRWE	Impairment Related Work Expense
ITP	Individualized Transition Plan
JAN	Job Accommodation Network
JTPA	Job Training Partnership Act
LAC	Legislative Advisory Committee
LAO	Legislative Analysts Office
LEA	Local Education Agency
LD	Learning Disability
LMU	Local Member Unit
LOC	Level of Care
LPS	Lanterman-Petris-Short
LRE	Least Restrictive Environment
LTC	Long Term Care
LTCF	Long Term Care Facility
MCH	Maternal and Child Health
MD	Muscular Dystrophy or Medical Doctor
MH	Multiply Handicapped or Mentally Handicapped
MHAB	Mental Health Advisory Board
MI	Mental Illness
MIS	Management Information System
MR	Mental Retardation
MRI	Magnetic Resonance Imaging
MS	Multiple Sclerosis
NADD	National Association for the Dually Diagnosed
NADDC	National Association of Developmental Disabilities Councils
NASMRPD	National Association of State Mental Retardation Program Directors
NEARC	National Conference of Executives of Associations for Retarded Citizens
NHA	National Health Agency
NISH	National Industries for the Severely Handicapped
NIH	National Institutes of Health
NIMBY	"Not in my back yard"
NISH	National Industries for the Severely Handicapped
NPA	Non Public Agency
NPS	Non Public School
NT	Neurotypical
O & M	Orientation and Mobility
OAB	Organization of Area Boards
OAH	Office of Administrative Hearings

OAL	Office of Administrative Law
OCD	Obsessive Compulsive Disorder
ODEP	Office of Disability Employment Policies
OEO	Office of Economic Opportunity
OH	Office of the Handicapped
OHDS	Office of Human Development Services
OJT	On the Job Training
OSE	Office of Special Education
OSERS	Office of Special Education and Rehabilitation Services
OSHA	Occupational Safety and Health Administration
OT	Occupational Therapy
OT/PT	Occupational Therapy/Physical Therapy
PAI/P&A	Protection and Advocacy, Inc.
PAC	Political Action Committee
PASS	Program Analysis of Service Systems
PASS	Plan for Achieving Self-Sufficiency
PCMR	President's Committee on Mental Retardation
PDD	Pervasive Developmental Disorder
PDD-NOS	Pervasive Developmental Disorder Not Otherwise Specified
PDF	Program Development Fund
PECS	Picture Exchange Communication System
PIC	Private Industry Council
PKU	Phenylketonuria
PL	Public Law
PL-ADOS	Pre-Linguistic Autism Diagnostic Observation Schedule
POS	Person Outside the System
POS	Purchase of Service Agreement
PRT	Pivotal Response Training
PSE	Post Secondary Education
PT	Physical Therapy
PWS	Prader-Willi Syndrome
QA	Quality Assurance
RAC	Rehabilitation Advisory Committee
RC	Regional Center
RCOM	Regional Center Operations Manual
RDI	Relationship Development Intervention
RFP	Request for Proposals
ROP	Regional Occupational Program
RSA	Rehabilitation Services Administration
RRDP	Regional Resource Development Plan
SB	Senate Bill
SCA	Senate Constitutional Amendment
SCDD	State Council on Developmental Disabilities
SCR	Senate Concurrent Resolution
SDC	State Developmental Center
SE	Sheltered Employment or Supported Employment
SED	Seriously Emotionally Disturbed
SELPA	Special Education Local Planning Agency
SJR	Senate Joint Resolution

SLP	Speech Language Pathologist
SNF	Skilled Nursing Facility
SOCCO	Society of Care-Home Operators
SOAR	Sufficiency of Allocation Report (Regional Centers)
SOP	Summary of Performance
SOR	Senate Office of Research
SPECT	Single Photon Emission Computerized Tomography
SRS	Social Responsiveness Scale
SSA	Social Security Administration or Social Services Agency
SSDI	Social Security Disability Insurance
SSI	Supplemental Security Income
SSP	State Supplementary Program
STE	Supported Training - Enclave
STI	Supported Training - Individual
SWITP	School to Work Interagency Transition Partnership
TANF	Temporary Assistance to Needy Families
TASH	The Association for Persons with Severe Disabilities
TDD	Telecommunications Device for the Deaf
TEACCH	Treatment and Education of Autistic and Related Communication-Handicapped Children
TPP	Transition Partnership Program
TTY	Teletype – keyboard device to access telephone services for deaf people
UCPA	United Cerebral Palsy Association
USBLN	United States Business Leadership Network
USC	United States Code
VOC ED	Vocational Education
VR	Vocational Rehabilitation
WI	Workability One
WII	Workability Two
WIII	Workability Three
WIV	Workability Four
WAC	Work Activity Center
WAP	Work Activity Program
WIA	Workforce Investment Act
WIB	Workforce Investment Board
WIIP	Work Incentives Improvement Plan
WIPA	Work Incentives Planning & Assistance Project
WOTC	Work Opportunity Tax Credit