



## **OAR Releases Updated Guide for Military Families**

FOR IMMEDIATE RELEASE

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ARLINGTON, VA – The Organization for Autism Research (OAR) released an update to the *Life Journey Through Autism: A Guide for Military Families* guidebook today. OAR originally created this guide in 2010 to help tackle the challenges presented by the intersection of military life and autism. Military families whose children are diagnosed with autism face all the emotions and challenges that accompany this diagnosis, compounded by the realities of military service, such as war, extended family separation, frequent moves, and varying access to specialized healthcare.

The 2019 update of *A Guide for Military Families* continues to fulfill OAR's original goal by providing up-to-date information on education, healthcare, transitions, and other important issues in a military context. It has been fully updated to reflect recent changes in the military healthcare system and the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. Expert volunteers, as well as specialists from Humana Military and the Defense Health Agency, worked with OAR to update the guide with information about:

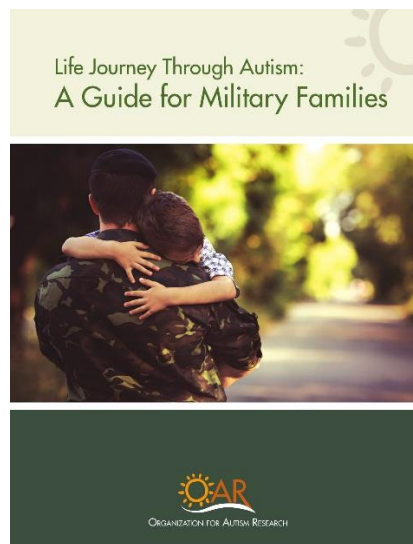
- Strategies for addressing the challenges of autism from the time of diagnosis through adulthood
- An overview of the Department of Defense and service policies related to having a child with autism
- Information on autism treatment options and coverage within the military healthcare system
- Practical information and tools to guide a child's education
- Tips and advice relative to transitions such as permanent change of station moves, new schools, and more
- Links to additional resources related to autism and military families

By making accurate, up-to-date information about these important issues available to military families in an accessible, easy-to-read format, OAR continues to advance its mission of applying research to the challenges of autism. Military families can rely on this guide, available in print or online, to provide them with the resources and information that they need to support their



children with autism. OAR once again extends its gratitude to the community of experts, researchers, self-advocates, and parents who contributed to the writing and review process.

*A Guide for Military Families* is available for download [here](#), and in hard copy [here](#). If you have any questions or feedback about OAR's *A Guide for Military Families*, or if you are interested in placing a bulk order, please contact OAR at 703-243-3466, or [programs@researchautism.org](mailto:programs@researchautism.org).



**About OAR:** The Organization for Autism Research (OAR) is a national non-profit organization formed and led by relatives of children and adults with autism spectrum disorders. OAR is dedicated to promoting research that can be applied to help families, educators, caregivers, and individuals with autism find much-needed answers to their immediate and urgent questions. Learn more at [www.researchautism.org](http://www.researchautism.org).

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