Activity 3—Tracking Information

This activity can be a great way to keep track of useful resources about autism spectrum disorders (ASD) that you find or that other caregivers recommend to you. You might like to post a request for resources on the Autism Caregiver Web site, or ask other autism caregivers whom you may encounter in your day-to-day life for recommendations. A resource may be a Web site, book, organization, or local community contact. As caregivers share resource ideas, fill out the table below.

Resource name	Where to find it	What kind of information is it?
Example: Autism Caregivers Web site	*On the Internet: www.autismcaregiver.com*	*Community of caregivers of children and/or adults with ASD, discussion boards, resources for caregivers*