



FOR IMMEDIATE RELEASE

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Out of isolation and into community

Steps for Autism raises awareness and supports inclusiveness

SPOKANE, WASH. - Join Northwest Autism Center and the Autism Society of Washington's Spokane Chapter for the 7th annual Steps for Autism on April 24, 2022 from 11 a.m. to 2 p.m. at Riverfront Park. More than 300 participants are registered for this year's event which includes a 5k walk/run beginning at noon.

Every year since 2015 the community of Spokane has stepped up through this event to support people with autism and their families who typically feel isolated, letting them know they are not alone.

"My 26-year-old son with autism has been very isolated the last two years with Covid," says one mom who participated in last year's event. "He hasn't been able to access the community for job coaching, or participate with his bowling team. This walk gives him a chance to be in the public with people that won't make fun of him and gives him a sense of community"

Steps for Autism promotes community inclusion and integration through the engagement of families with children of all ages who have autism. In addition to raising awareness of autism spectrum disorder, the event is a chance to connect people to autism-friendly businesses and providers and to participate in a variety of sensory activities.

Northwest Autism Center

Northwest Autism Center serves the inland northwest and exists to build, facilitate and coordinate comprehensive services for those with autism spectrum disorder and other developmental disabilities. Using community-based approaches, Northwest Autism Center has served more than 5,000 families since 2003 and continues to expand services related to diagnosis, treatment and individual and family

support. Services are provided in home and onsite, and include an intensive day treatment program (accessible to children enrolled in one of the five Washington State managed care plans), , social skills groups and provider education opportunities.

Autism Society of Washington – Spokane Chapter

The Autism Society of Washington promotes lifelong community access for persons within the autism spectrum including those with Asperger’s Syndrome through family support, public awareness, advocacy and collaboration with community partners. This is done through education and advocacy and by mobilizing local chapters to create safe and inclusive communities for individuals with autism throughout their lifetime. The vision of the Autism Society of Washington is that every person with autism has the opportunity to achieve his/her fullest potential and be fully included in communities across Washington State.

Steps for Autism

Nearly a decade ago, a parent whose child and family had received services and support through Northwest Autism Center envisioned a way to demonstrate her appreciation and share it with the larger community. She worked with NAC to spearhead the first Steps for Autism. The event was so well received by families, NAC became committed to elevating Steps for Autism to a truly inclusive event and reached out to ‘sibling’ organizations in Spokane to participate in and expand its annual launching. All proceeds from the event benefit the Northwest Autism Center and the Autism Society of Washington.

For more information visit www.stepsforautism.org or follow us on [Twitter](#) and [Facebook](#).

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