



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

[CENTER FOR AUTISM SERVICES AND TRANSITION: 614-688-9220](https://wexnermedical.osu.edu/primary-care/adult-autism-center)

<https://wexnermedical.osu.edu/primary-care/adult-autism-center>

Primary Care for Adults with Autism Spectrum Disorders (ASD)

Ohio State offers specialized primary care services for teens and adults who have been diagnosed with autism spectrum disorders and other complex disabilities.

Headquartered in The Ohio State University Wexner Medical Center's Internal Medicine and Pediatrics at Hilliard, the **Center for Autism Services and Transition (CAST)** offers clinical services for adult and transition-age-youth patients with autism.

For adult patients diagnosed with an autism spectrum disorder and their families, CAST is the answer. It is the only place in central Ohio — and one of only a few places in the nation — where patients can access physicians with the experience to provide comprehensive care for adults with autism and to treat their related, often complex health care needs.

CAST was created in 2014 with funding from Bill and Marci Ingram's commitment to autism research and care at The Ohio State University.

The mission of the Department of Internal Medicine is to improve the lives of people through innovation in research, education and patient care. Our vision is that in working as a team, we will shape the future of medicine by creating, disseminating and applying new knowledge to meet the needs of each individual.

- **Primary care with physicians** who are board certified in Pediatrics and Internal Medicine and are trained to care for adults of all ages. CAST physicians have experience working with youth and adults with autism and provide outreach, training and education across many health domains.
- **Experienced medical assistants** who support CAST physicians and patients in obtaining height, weight and vitals during exams. Medical assistants also help patients during lab draws and procedural care.
- **A dedicated nurse** to assist with medical questions during and after office visits. Patients and their support team may contact the CAST nurse regarding medication refills, follow-up recommendations from appointments, and referral guidance when in crisis.

- **A dedicated social worker** to help patients achieve and maintain goals related to their health as well as participation in work and community life. New patients will complete a specialized intake process to familiarize them with the clinic, assess their needs and customize their clinical experience. Patients may see the social worker during regularly scheduled appointments with providers.
- **Clinical pharmacy** consultation for medication questions and medication monitoring.
- **In-office lab and procedural care**, which can be challenging for some individuals with autism. CAST is committed to working with patients to complete common clinic procedures, such as blood draws, EKGs and blood pressure.
- **CAST is committed to education and support** that involves patients in shared decision-making and goal-setting, supporting self-advocacy and mastering the skills needed to maintain lifelong health.

CAST is committed to a model of care that provides longer appointment times to accommodate the needs of patients with autism.

New patients are scheduled for intake appointments that allow CAST staff to meet the patient and determine their levels of need and support. Meanwhile, the new patient gets to meet our staff and see the clinic prior to their first medical appointment.

CAST is currently accepting **patients ages 18 to 26 who need primary care and have a diagnosis of autism.**

New patients coming to the CAST clinic can expect a 60-minute appointment. These longer appointment times are necessary to allow for:

- effective communication of healthcare needs with the patient and patient-support teams
- processing the steps of exam procedures, such as blood pressure tests, EKGs and shots, which may be new experiences for the patient
- addressing related conditions of patients with autism, such as trouble sleeping, gastrointestinal issues and struggles maintaining a healthy weight

Established patients are offered 20-minute follow-up appointments.

CAST patients are encouraged to contact the clinic to discuss **accommodation** needs prior to appointments.

All CAST patients have access to [MyChart](#), a great way to communicate with the clinic.