

# GUIDE TO GENETICS REFERRALS FOR CHILDREN



## WHO SHOULD BE REFERRED?

Children with:

- Physical differences from birth or growth problems
- Intellectual disability or developmental delay
- Autism Spectrum Disorder
- A known genetic diagnosis without follow-up for several years

## WHY A GENETICS REFERRAL?

Benefits of a genetics appointment:

- Understand a child's condition and how it may change over time
- Avoid unnecessary tests or treatments
- Give access to services, possible treatments, or research studies

## WHEN SHOULD SOMEONE BE REFERRED?

- If any concerns show up
- If someone was seen by genetics 2-3+ years ago and no diagnosis was made
  - New tests may exist
  - More tests may now be covered by insurance

## HOW TO GET REFERRED?

- Referral from child doctor (pediatrician) or family doctor
- Contact a genetics clinic directly to request a referral

## WHERE TO BE REFERRED TO?

- Genetics clinics
- Developmental or behavioral clinics
- Multidisciplinary specialty clinics (where a child sees more than one type of specialist in the same visit)

## TALKING TO YOUR PROVIDER

Primary doctors may have different levels of understanding with genetics. If your doctor does not want to refer your child, try to:

- Have a specific appointment to discuss a genetics referral. This gives the doctor more time to hear and focus on what you have to say, compared to during a routine visit
- Make a list of the concerns you have and show this poster
- Bring previous doctor's notes where a genetic evaluation was done or recommended
- Contact any previous genetics clinics where your child was seen to ask if an updated evaluation is recommended, and if so, bring this to your doctor

