

About Midwest Autism Services

Midwest is an Autism therapy provider with new centers opening throughout the Des Moines, Iowa region. We provide applied behavior analysis (ABA), family education, and social skills therapies to help children reach their goals.

Our Mission

Simply put, our purpose is to help kids on the Spectrum, and their families, live the most successful, fulfilled lives possible.

Our Approach to Care

We may be experts in Autism services, but you're the expert when it comes to your child. We work with you to create 1:1 therapy plans that address your families needs.

Contact Midwest

Our enrollment team is here to answer your questions. Submit an online information request, or email us anytime.

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A child in a colorful patterned jacket is blowing bubbles. The bubbles are large and colorful, filling the upper half of the image. The child is in the lower right, and their hands are visible near the bubbles. The background is a soft-focus outdoor setting.

Introduction to Autism Services

The logo for Midwest Autism & Therapy Center is centered in a yellow square. It features three white birds in flight above the word "MIDWEST" in large, white, sans-serif capital letters. Below "MIDWEST" is a horizontal line, followed by the words "Autism & Therapy Center" in a smaller, white, serif font.

MIDWEST
— Autism & Therapy Center

Understanding Autism

Autism Spectrum Disorder (ASD) is a developmental condition causing concerns with behavior, communication, or social skills. Autism exists on a spectrum, so, each child with ASD has unique strengths and challenges.

Autism is commonly identified early in a child's life, around 18 months of age. Often, a child's parent, caregiver or pediatrician will be the first to notice signs. If Autism is suspected, an evaluation can be provided by a Developmental or Behavioral Pediatrician, Child Psychologist/Psychiatrist, or Neurologist.

Some common signs of Autism include:

- Delays or regression in development
- Challenges connecting with others
- Trouble expressing needs
- Struggling to adapt to changes in routine
- Limited imaginative play
- Avoidance of eye contact
- Repetitive behaviors
- A strong preference for one topic

Why Midwest?

Our passion is personal. Many of our team members, from direct care staff to our leadership team, have first-hand experience with Autism and ABA therapy. We understand just how important quality care is for your child's success.

About ABA Therapy

At Midwest we utilize Applied Behavior Analysis (ABA), an evidence-based therapy method for Autism endorsed by:

- **The National Institute of Mental Health**
- **The American Academy of Pediatrics**
- **The American Psychological Association (APA)**

Considered the “gold standard” for Autism therapy, especially when started early, ABA uses positive reinforcement to help increase positive behaviors, like safe play, while decreasing behaviors like hitting or biting. Most importantly, ABA is safe and collaborative. Your family will be an active part of your child's therapy team.

ABA can help your child build:

- Adaptive behavioral skills
- Cooperation & listening skills
- Communication & language skills
- Fine & gross motor skills
- Individual & group play skills
- Pre-academic skills

Program Eligibility

We offer full & half-day therapy for kids ages 2-6 Monday through Friday from 8:00 am to 4:00 pm. To enroll, children must have an Autism diagnosis. If you need help getting a diagnosis we can connect you with the appropriate resources.