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{
  "instruction": "How do I access autism funding in Canada?",
  "output": "Autism funding varies by province. In British Columbia, Autism Funding Programs provide $22,000/year for children under 6 and $6,000/year for ages 6-18 for therapies like OT and speech therapy :cite[9]. Nationally, Autism Canada offers a Provincial & Territorial Funding Document listing financial aid options :cite[3]. The Canada Autism Strategy includes tax benefits and employment support programs :cite[5]."
},

{
  "instruction": "What therapies help non-verbal autistic children?",
  "output": "Recommended approaches include: 1) Augmentative and Alternative Communication (AAC) devices 2) Picture Exchange Communication System (PECS) 3) Speech-language therapy focusing on non-verbal cues 4) Occupational therapy for sensory integration :cite[2]:cite[9]. Canadian forums emphasize combining therapies with visual schedules and sensory-friendly environments :cite[1]:cite[4]."
},

{
  "instruction": "How to get adult autism diagnosis in Canada?",
  "output": "Process varies by province. In Ontario, seek referrals through CAMH or regional autism agencies. Many adults use private psychologists ($2,000-$3,500). Autism Canada's Family Support Team (1-800-983-1795) provides province-specific guidance :cite[3]. Forums recommend preparing childhood evidence and using DSM-5TR criteria discussions from Reddit's r/AutismTranslated :cite[8]."
},

{
  "instruction": "What employment supports exist for autistic Canadians?",
  "output": "Canada's Autism Strategy prioritizes economic inclusion through: 1) Ready, Willing & Able program for job placements 2) Disability tax credit ($8,662/year) 3) Autism Alliance's workplace neurodiversity training 4) Specialisterne Canada's tech sector initiatives :cite[5]:cite[7]. Forums suggest disclosing diagnosis selectively and seeking remote work options :cite[4]:cite[6]."
},

{
  "instruction": "How to manage autism parenting stress?",
  "output": "Canadian resources recommend: 1) Autism Information Services BC's caregiver coaching (1-844-878-4700) 2) Planned respite care through local health authorities 3) Parent training programs like Stepping Stones Triple P :cite[2]:cite[9]. Forums emphasize joining private Facebook groups (despite privacy concerns) and using WRAP plans for crisis management :cite[1]:cite[8]."
},

{
  "instruction": "What's new in Canada's Autism Strategy?",
  "output": "The 2024 strategy focuses on: 1) National screening standards 2) Adult diagnosis pathways 3) Housing First initiatives with autism adaptations 4) Public health surveillance through AIDE Canada 5) Culturally-safe Indigenous supports :cite[5]. It aligns with the UN Convention on Disabilities and includes $34M for community-based research :cite[7]."
},

{
  "instruction": "How to find autism-friendly activities in BC?",
  "output": "AutismBC partners with venues for sensory-friendly events: 1) Science World 'Early Explorers' mornings 2) Vancouver Aquarium Quiet Hours 3) Canucks Autism Network sports programs. Use the RASP registry to find approved recreation therapists :cite[9]:cite[10]. Forums recommend Meetup.com groups like 'Autistic Adults Vancouver' :cite[4]."
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{
  "instruction": "Are autism forums reliable for medical advice?",
  "output": "Forums provide lived experience insights but verify medical info with professionals. A 2023 study found 82% of forum posts aligned with DSM-5TR updates before publication :cite[8]. Top-rated forums: 1) Wrong Planet (moderated by autistic adults) 2) r/SpicyAutism for high-support needs 3) Autism Canada's member-only discussions :cite[4]:cite[6].",
},

{
  "instruction": "What Canadian schools offer autism support?",
  "output": "All provinces require Individual Education Plans (IEPs). Top programs: 1) Surrey Schools' STEPS program (BC) 2) Toronto District ASD Classrooms 3) Calgary Board's Complex Needs Strategy. Post-secondary options include Algonquin College's Autism and Behavioral Science program :cite[2]:cite[9]. Forums recommend advocating for SLP/OT in IEP meetings :cite[1].",
},

{
  "instruction": "How to handle autism diagnosis waitlists?",
  "output": "While waiting: 1) Access Early Autism Services funding in BC/AB 2) Use Autism Junction's free resource library 3) Join caregiver training via AIDE Canada 4) Request school-based assessments. Forums suggest documenting developmental history and tracking sensory profiles using ATEC checklists :cite[3]:cite[9]:cite[8].",
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