

NATIONAL ORGANIZATIONS

American Academy of Pediatrics

https://www.aap.org/en-us/Pages/Default.aspx

This organization of 66,000 pediatricians is committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults. Whether you're looking for general information related to child health or for more specific guidelines concerning a pediatric issue, you've come to the right place. Here, you'll find information regarding the Academy's many programs and activities, policies and guidelines, recent publications and other child health resources, and more.

Asperger/Autism Network

https://www.aane.org/

The Asperger/Autism Network helps people with Asperger's and similar autism spectrum and neurodiverse profiles build meaningful, connected lives. This organization provides information, education, support and advocacy, and social and activity groups for children, teens, and adults within this population.

Autism Now

https://autismnow.org/

Autism Now provides information regarding classroom and education-related subjects such as individualized education programs, the Individuals with Disabilities Education Act, transition planning for students, information for college students, and more. Contained within this organization is The National Autism Resource and Information Center, which is a central point of resources and information for individuals with ASD and other developmental disabilities, their families, and other key stakeholders.

Autism Research Institute

https://www.autism.org/

The Autism Research Institute provides information based on research to parents and professionals throughout the world. For more than 40 years, this nonprofit organization has devoted its work to conducting research, and to disseminating the results of research, on the causes of autism and on methods of preventing, diagnosing, and treating autism and other severe behavioral disorders of childhood. The ARI data bank, the world's largest, contains over 40,000 detailed case histories of children with autism from more than 60 countries.

Autism Society

https://www.autism-society.org/

The Autism Society, the nation's leading grassroots autism organization, exists to improve the lives of all affected by autism. We do this by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research, and advocacy at the national, state, and local levels.

Centers for Disease Control and Prevention

https://www.cdc.gov/ncbddd/autism/links.html

The Centers for Disease Control and Prevention is committed to continuing to provide essential data on ASD, search for factors that put children at risk for ASD and possible causes, and develop resources that help identify children with ASD as early as possible. Here, you can read about autism spectrum disorders, as well as CDC research projects at the federal, state, and local levels; find the most current information regarding the prevalence of autism or the association between vaccines and autism; and access interactive tools for parents on detection and community awareness materials.



National Autism Association

https://nationalautismassociation.org/

The National Autism Association provides guidance for individuals with autism and aims to help each individual reach their full potential when navigating the world around them. Their mission is to provide unparalleled resources to individuals and families affected by autism; support best practice models for nationwide implementation; and shape the national dialogue through the transfer of expertise and knowledge.

National Autism Center

https://www.nationalautismcenter.org/

The National Autism Center is a nonprofit organization dedicated to disseminating evidence-based information about the treatment of autism spectrum disorder, promoting best practices, and offering comprehensive and reliable resources for families, practitioners, and communities.

National Institute of Mental Health

https://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd/index.shtml

The mission of the National Institute of Mental Health is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. The NIMH aims to reduce the burden of mental illness and behavioral disorders through research on the mind, brain, and behavior. Their website includes information on autism and a detailed booklet that describes symptoms, causes, and treatments is available.

U.S. Department of Health and Human Services

https://www.hhs.gov/programs/topic-sites/autism/index.html

The Department of Health and Human Services is the United States government's principal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves. They have created a web page with information and resources about autism spectrum disorders. Here, you can find practical tips, fact sheets, and links to websites that offer free, high quality resources for providers and families.

FINDING TREATMENT

American Speech-Language-Hearing Association

https://www.asha.org/PRPSpecificTopic.aspx?folderid=8589935303§ion=Treatment

The American Speech-Language-Hearing Association has outlined information covering various forms of treatment for autism spectrum disorders. Visit this website for pertinent scientific evidence, expert opinion, and client/caregiver perspective.

Association for Science in Autism Treatment

https://asatonline.org/

The Association for Science in Autism Treatment is a not-for-profit organization of parents and professionals committed to improving the education, treatment, and care of people with autism. Their mission is to disseminate accurate, scientifically valid information about autism and treatments for autism and to improve access to effective, science-based treatments for all people with autism, regardless of age, severity of condition, income, or place of residence. Here, you will find research summaries of the full array of autism treatments for families and professionals to make informed choices before considering treatment options.



Autism Source

http://www.autismsource.org/

Created in 2004, The Autism Source[™] Resource Database is the most comprehensive database of its kind. The Autism Society strives to offer only credible and reliable resources to their constituents; therefore, they have employed their nationwide network of affiliates and collaborated with other autism organizations and professionals throughout the U.S. It is because of these collaborative relationships that the Autism Source[™] Resource Database continues to grow and is kept current with comprehensive resource listings.

The Center on Technology and Disability

https://www.ctdinstitute.org/search/site/autism

The Center on Technology and Disability is designed to increase the capacity of families and providers to advocate for, acquire, and implement effective assistive and instructional technology (AT/IT) practices, devices, and services. Researchbased technologies have great potential to help infants, toddlers, children, and youth with disabilities participate fully in daily routines; have increased access to the general educational curriculum; improve their functional outcomes and educational results; and meet college- and career-ready standards.

Centers for Disease Control and Prevention

https://www.cdc.gov/ncbddd/actearly/parents/states.html

The Centers for Disease Control and Prevention describes early intervention and offers contacts to make referrals in each state of residence. A link for intervention searching past age 3 is also included.

Help Me Grow

https://helpmegrownational.org/

Help Me Grow connects children and their families to developmental services to enhance the development, behavior and learning of children from birth through age 8.

Psychology Today

https://www.psychologytoday.com/us/therapists/autism

Psychology Today hosts a platform for families to look for autism therapists by state. A family can select different criteria that they would like in the services, including: issues involved, gender of therapist, age range treated, and therapy type.

RESOURCES FOR FAMILIES

Americans with Disabilities Act

https://www.ada.gov/

The Americans with Disabilities Act prohibits discrimination against qualified individuals with disabilities in all programs, activities, and services of public entities. It applies to all State and local governments, their departments and agencies, and any other instrumentalities or special purpose districts of State or local governments.

Autism Empowerment

https://www.autismempowerment.org/

Autism Empowerment is dedicated to making life better and more meaningful for individuals and families in the Autism and Asperger communities worldwide. This organization wants visitors to be able to access reference information, resources, and support through their website, programs, and support services. This webpage can connect families with other not-for-profit organizations throughout the United States and worldwide who are also dedicated to providing resources, information, and/or support to the Autism and Asperger community.



Autism Home Support Services

https://autismhomesupport.com/helpful-links/

Autism Home Support Services has created a place to house links for autism-related websites that contain useful information for parents and caregivers.

Autism Today

https://autismtoday.com/

Autism Today offers a creative, interactive, one-stop shop to navigate the maze of autism-related information. With over 2,500 pages, Autism Today is the largest autism resource distributor online. A bookstore, conferences, online access to experts, and more are available here.

Center for Autism and Related Disorders

https://www.centerforautism.com/

The Center for Autism and Related Disorders program includes comprehensive and cutting-edge curricula that can be tailored to the specific needs of individuals from birth through adulthood. These programs help individuals learn to communicate, develop friendships, and lead happy, healthy lives.

Center for Parent Information and Resources

https://www.parentcenterhub.org/

The Center for Parent Information and Resources serves as a central resource of information and products to the community of Parent Training Information (PTI) Centers and the Community Parent Resource Centers (CPRCs). The Parent Training and Information Centers (PTI) found in every state are a rich source of information and training tailored for parents, including parents whose primary language is not English or themselves have special training needs. In addition, Community Parent Resource Centers (CPRC) throughout the country serve targeted, underserved communities. To find the PTI or CPRC that serves your community, visit the Center on Parent Information and Resources.

Chattanooga Autism Center

https://www.chattanoogaautismcenter.org/materials-and-videos

The Chattanooga Autism Center provides links to autism-related materials and videos that can teach you about different aspects of Autism Spectrum Disorders.

Children's National

https://childrensnational.org/departments/center-for-neuroscience-and-behavioral-medicine/programs-and-services/center-for-autism-spectrum-disorders/resources-for-families

Children's National understands that families have many questions about their child's condition and care. In addition to any resources your provider may give you, their online resources can also support your ongoing treatment journey. View the parent resource booklet or other resources on their webpage as you navigate your child's health care journey.

Early Childhood Technical Assistance

https://ectacenter.org/families.asp

The Early Childhood Technical Assistance Center supports the strengthening of state and local service systems to ensure that children with disabilities and their families receive high-quality, evidence-based, culturally appropriate, and family-centered support and services.



Family Voices

http://www.familyvoices.org/

Family Voices is a national, nonprofit organization and grassroots network of families and friends of children and youth with special health care needs and disabilities that promotes partnership with families, including those of cultural, linguistic and geographic diversity, in order to improve healthcare services and policies for children. This group aims to provide families of children with special needs the resources and support they need to make informed decisions, advocate for improved public and private policies, build partnerships among families and professionals, and serve as a trusted resource on health care.

Grandparent Autism Network

https://ganinfo.org/

The Grandparent Autism Network informs grandparents and family members about autism and the medical, educational, legal, and social issues that affect their families.

MedlinePlus

https://medlineplus.gov/autismspectrumdisorder.html

MedlinePlus covers topics including: news from the National Institute of Health; overview of autism; diagnosis/symptoms; treatment; alternative therapy; rehabilitation/recovery; coping; specific conditions; related issues; clinical trials; genetics; research; directories; organizations; statistics; children; and teenagers.

Milestones Autism Resources

<u>https://www.milestones.org/resources/community-resource-center/categories</u> The Milestones Autism Resources page contains links to various topics related to autism spectrum disorder.

Organization for Autism Research

https://researchautism.org/

The mission of the Organization for Autism Research is to apply research to the challenges of autism. The organization uses science to address the social, educational, and treatment concerns of self-advocates, parents, autism professionals, and caregivers. In addition to funding research, OAR disseminates new and useful information to as many members of the autism community as possible, and directs all research and programs initiatives toward enhancing the quality of life for individuals with autism.

PACER Center

https://www.pacer.org/

The PACER Center enhances the quality of life and expands opportunities for children, youth, and young adults with all disabilities and their families so each person can reach his or her highest potential. PACER operates on the principles of parents helping parents, supporting families, promoting a safe environment for all children, and working in collaboration with others.

Sesame Street and Autism: See Amazing in All Children

http://autism.sesamestreet.org/

Sesame Workshop created Sesame Street and Autism: See Amazing in All Children, a nationwide initiative aimed at communities with children ages 2 to 5. Developed with input from parents, people who serve the autism community, and people with autism, See Amazing in All Children offers families ways to overcome common challenges and simplify everyday activities. The project also fosters an affirming narrative around autism for all families and kids.



US Autism Association

https://www.usautism.org/resources/

The mission of the US Autism Association is to provide opportunity for all individuals with Autism Spectrum Disorders to achieve their fullest potential by expanding and enriching the ASD community through education, online training, published and electronic information and resources, and partnerships with local and national projects.

PARENT GROUPS AND SUPPORT

Action Behavior Centers

https://www.actionbehavior.com/category/autism-spectrum-disorder/

Action Behavior Centers believes that parents, educators, and individuals on the autism spectrum can largely benefit from the variety of insightful and educational autism-related blogs across the internet. This organization is here to highlight some of today's top blogs on all things autism spectrum disorder (ASD), Applied Behavior Analysis (ABA) Therapy, and living with ASD.

Autism Highway

http://www.autismhwy.com/

Started by a woman whose son was diagnosed with autism, Autism Highway is both informative and fun. Easy to navigate, Autism Highway provides an extensive list of autism-related events and specialists. In addition, Autism Highway includes many interactive games that children are sure to enjoy.

Autism Resource Mom

http://www.autismresourcemom.org/

Autism Resource Mom was created by a mother as she learned how to navigate her child's autism diagnosis. This site provides support, guidance, and hope to families of children with autism spectrum disorder.

Milestones Autism Resources

https://www.milestones.org/resources/blog

Milestones Autism Resources provides autism strategies for life, offering guidance to get you through the day and help you plan for the future.

Parent-to-Parent

https://www.p2pusa.org/

Parent-to-Parent gives contact information for statewide parent-to-parent programs, providing emotional support and information to families of children with special health care needs, most notably by matching parents seeking support with a trained and experienced veteran parent who has shared the experience of disability in the family. This group also offers technical assistance and resources to parents interested in building, improving, and evaluating a parent-to-parent program.

Parents of Autistic Children

https://www.poac.net/

Parents of Autistic Children, a nonprofit organization, was formed to help address the needs of this population. This group's mission is to provide scientifically-based training to parents, teachers, and related personnel who provide direct services to children with Autism. In order to fulfill its mission, POAC offers targeted and sustained training to parents, professionals and paraprofessionals. This training focuses on Applied Behavior Analysis (ABA), the only research-based treatment recognized by the U.S. Surgeon General for children with autism, and specifically B.F. Skinner's analysis of Verbal Behavior.



Talk About Curing Autism

https://tacanow.org/

Talk About Curing Autism is a national nonprofit organization dedicated to educating, empowering, and supporting families affected by autism. For families who have just received the autism diagnosis, TACA aims to speed up the cycle time from the autism diagnosis to effective treatments. TACA helps to strengthen the autism community by connecting families and the professionals who can help them, allowing them to share stories and information to help improve the quality of life for people with autism.

Wrong Planet

https://wrongplanet.net/

Wrong Planet is a web community designed for individuals (as well as their parents/professionals) with Autism, Asperger's Syndrome, ADHD, PDDs, and other neurological differences. Wrong Planet provides a discussion forum, where members communicate with each other, an article section, with exclusive articles and how-to guides, a blogging feature, and a chat room for real-time communication with other persons with Asperger's Syndrome.

GUIDES, TRAINING, AND TOOLKITS

Autism Focused Intervention Resources and Modules

https://afirm.fpg.unc.edu/

Autism Focused Intervention Resources and Modules offers a series of free online learning modules with step-by-step information on how to plan, implement, and monitor specific evidenced-based practices with learners with ASD from birth to 22 years of age.

Autism Internet Modules

http://www.autisminternetmodules.org/

Autism Internet Modules is designed to provide high-quality information and professional development for anyone who supports, instructs, works with, or lives with someone with autism. Each module guides you through case studies, instructional videos, pre- and post-assessments, a glossary, and more. AIM modules are available at no cost. If you would like to receive credit for your time on AIM, certificate and credit options are available for a fee.

Autism Navigator

http://www.autismnavigator.com/

Autism Navigator is a collection of web-based tools and courses developed to bridge the gap between science and community practice. This site has an extensive video glossary with clips of toddlers at 18 to 24 months of age showing behaviors that are hallmarks of ASD, alongside video clips of typically developing toddlers in similar settings. These videos may help parents and healthcare providers distinguish between sometimes-subtle behavioral differences and identify children who may benefit from ASD screening. This group also offers online training to support families and professionals.

The Autism Program of Illinois

https://www.tap-illinois.org/resources/

The Autism Program of Illinois maintains a large collection of resources to provide information about autism spectrum disorder (ASD), as well as tips and tools for use by those who care for and work with individuals with ASD. A number of these resources are available on their website for you to download and use immediately, most in English and Spanish, and many more are available in the Family and Community Resource Rooms.



Autism Society

https://www.autism-society.org/about-the-autism-society/publications/resource-materials/

In 2006, the Autism Society launched *Living with Autism*, which presents user-friendly information in an accessible location. The series was developed to provide easy-to-understand, practical information related to the autism spectrum for a broad audience on a wide range of topics. The series will continually evolve, adding new pieces on a regular basis, and address topics across the spectrum and lifespan. Emphasis of all pieces in the series is on living successfully with autism, so articles will provide useful information, helpful tips and additional resources provided by those with expertise on the particular topic. The *Living with Autism* series is designed for individuals on the autism spectrum, their families, friends and concerned professionals.

Different Roads to Learning

https://difflearn.com/

Different Roads to Learning is your one-stop shop for autism spectrum resources and teaching materials. With over 600 products, their carefully curated resources support the social, academic, and communicative development of children on the autism spectrum through Applied Behavior Analysis (ABA) and Verbal Behavior interventions.

Do2Learn

https://do2learn.com/

Do2learn provides thousands of free pages with social skills and behavioral regulation activities and guidance, learning songs and games, communication cards, academic material, and transition guides for employment and life skills. In addition, they offer premier products including View2do, JobTIPS, FACELAND, books, and apps for purchase.

ITaaLK Autism Foundation

https://www.itaalk.org/

iTaalk has the latest information on education for iPads and autism, as well as current grants and other funding sources.

Milestone Trackers

https://www.cdc.gov/ncbddd/actearly/milestones/index.html

The Centers for Disease Control and Prevention offers valuable descriptions of developing milestones in typically-developing children, ranging from 2 months to 5 years.

National Autism Center

https://www.nationalautismcenter.org/resources/for-families/

Everywhere they turn, parents of children with autism spectrum disorder are bombarded with treatment choices – all of which claim to be effective. This manual is designed to support parents as they make decisions about their child's treatment. It discusses the complexity of diagnostic evaluations for children on the autism spectrum, identifies and describes effective treatments, and outlines the importance of professional judgment and using data to guide treatment decisions. Other topics include the role of family preferences and values in the decision-making process, and how best to determine if a professional or organization has the capacity to provide evidence-based practice for a child with autism.

U.S. Department of Health and Human Services

https://www.acf.hhs.gov/ecd/child-health-development/watch-me-thrive

Birth to 5: Watch Me Thrive! is a coordinated federal effort to encourage healthy child development, universal behavioral screening for children, and generate support for the families and providers who care for them.



Watch Me Learn

http://www.watchmelearn.com/

Watch Me Learn is a video series that was developed by a mother to teach children on the autism spectrum critical everyday skills. Using an effective learning concept, this video series focuses on social interaction, attention skills, play, building language (especially labeling), understanding gestures and developing imitation skills. The program is approved by National Autism Association and ABLLS-R.

TRANSITIONING TO ADULTHOOD AND ADVOCACY

The Arc

https://thearc.org/

The Arc is the world's largest community based organization of and for people with intellectual and developmental disabilities. It provides an array of services and support for families and individuals and includes over 140,000 members affiliated through more than 780 state and local chapters across the nation. The Arc is devoted to promoting and improving supports and services for all people with intellectual and developmental disabilities.

Autism National Committee

http://www.autcom.org/

The Autism National Committee encourages its individual members and organizational partners toward self-direction and self-empowerment. They welcome the participation of all family members, people with autism/PDD, caring professionals, and other friends who wish to implement, not debate, the right to self-determination by hearing and heeding the voices of people with autism. This organization has joined together to provide information, support, networking, advocacy, a strong voice in federal legislation and policy, a newsletter, conferences and trainings, a bookstore, a variety of unique publications, and an ongoing reappraisal of fundamental research and treatment issues in the light of what people with autism themselves find meaningful and respectful.

Autistic Self-Advocacy Network

https://autisticadvocacy.org/

The Autistic Self-Advocacy Network is a nonprofit organization run by and for autistic people. ASAN's supporters include autistic adults and youth, those with other distinct neurological types and neurotypical family members, professionals, educators, and friends. ASAN was created to provide support and services to individuals on the autism spectrum while working to change public perception and combat misinformation by educating communities about persons on the autism spectrum. Their activities include public policy advocacy, community engagement to encourage inclusion and respect for neurodiversity, quality of life oriented research and the development of autistic cultural activities, and other opportunities for autistic people to engage with others on the spectrum.

Disability Rights Education and Defense Fund

https://dredf.org/

The Disability Rights Education and Defense Fund is a leading national civil rights law and policy center directed by individuals with disabilities and parents who have children with disabilities.

Got Transition

https://www.gottransition.org/

Got Transition offers guidance on making sure health care and insurance needs are being met as a child with autism transitions into an adult. This site is a national resource that supports optimal transitions from pediatric to adult models of health care for youth with and without special health care needs.



National Resource Center

https://www.ablenrc.org/

ABLE accounts are a tax-advantaged savings account for individuals with disabilities and their families. Eligible individuals and their families will be allowed to establish ABLE savings accounts that will not affect their eligibility for SSI, Medicaid, and other public benefits. The savings can be used for disability-related expenses on behalf of the beneficiary. Also, there is information on Special Needs Trusts which allows the accumulation of money for the use of disability related expenses without jeopardizing state and/or federal benefits. Differences between Able Accounts and Special Needs Trusts can be found on the website for the National Resource Center.

Social Security

https://www.ssa.gov/disability/

Social Security and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities.

Special Needs Alliance

https://www.specialneedsalliance.org/

The Special Needs Alliance is a national, not-for-profit organization of attorneys dedicated to the practice of disability and public benefits law, connecting individuals with disabilities, their families, and their advisors with nearby attorneys who focus their practices in the disability law arena.

The U.S. Department of Education

https://sites.ed.gov/idea/

When your child enters public school, he or she has rights under federal and state laws. The U.S. Department of Education has information about federal laws and state laws. The Department's Office of Special Education Programs (OSEP) supports projects that provide information and technical assistance to families of infants, toddlers, children and youth with disabilities. Families can also find a wealth of information about the Individuals with Disabilities Education Act (IDEA) at OSEP's IDEA website. The website contains the full text of IDEA and the regulations, as well as guidance documents and a wide range of other resources.

Wrightslaw Special Education Law and Advocacy

https://www.wrightslaw.com/

Wrightslaw offers a helpful site for accurate, reliable information about special education law, education law, and advocacy for children with disabilities. Early intervention is invaluable because it links parents to services in the community, but it can be hard to find services without a long waiting list. Families can search on their own for providers using the "Wrightslaw Yellow Pages for Kids with Disabilities."

NEWSLETTERS AND READING LISTS

Autism Parenting Magazine

https://www.ocali.org/up_doc/autism-resources-pdf.pdf

As part of an ongoing endeavor to provide families affected by autism with the latest information and advice, The Ohio Center for Autism and Low Incidence has compiled a list of autism-related resources and directories. Whether you are a parent, family member, caregiver, or teacher of someone with autism, or you are on the spectrum yourself, the websites and articles included in the Autism Parenting Magazine can help guide you in the right direction.



Autism Spectrum News

https://autismspectrumnews.org/

Autism Spectrum News is a nonprofit quarterly publication that provides readers with a trusted source of education, information and community resources on scientific research, evidence-based clinical treatment best practices, and family issues that are of vital interest to the autism community. Directed towards a broad audience of families, treatment professionals and service providers, Autism Spectrum News provides free and full readable copies of current and back issues on its website.

Disability Scoop

http://www.disabilityscoop.com/

You are able to sign up for Disability Scoop's e-mail news to receive the most current updates on developmental disabilities. Disability Scoop's experts have been cited by multiple online news sites.

Milestones Autism Resources

https://www.milestones.org/resources/recommended-reading-list#families

Milestones Autism Resources aims to improve lives through education and evidence-based strategies for school, home, community and at work.

MyAutismTeam

https://www.myautismteam.com/

MyAutismTeam is a free social network for parents of kids with autism. With over 30,000 parents registered on the site, you can find parents similar to you based on where you live, the age of your child, your child's sub-diagnosis and developmental needs, and gender. Parents share tips, support, and photos, as well as ask and answer each other's questions. In addition, there is a searchable provider directory of over 35,000 autism specialists and autism-friendly providers constantly updated by parents on the site.

COVID-19 CONCERNS

During the coronavirus crisis, many families who have children with autism spectrum disorder are coping with the suspension of both school and therapy services. Additionally, children with autism often have difficulty adjusting to disruption of their routine and environment. Many of the nation's top autism organizations understand the challenges families are facing, and offer resources to help parents and other caregivers support children with autism during this time.

American Psychological Association https://www.apa.org/topics/covid-19/autism-resources.pdf

Autism Focused Intervention Resources and Modules https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times

Autism Society https://www.autism-society.org/covid-19/

Child Mind Institute

https://childmind.org/autism-coronavirus-resources-for-parents/



Easter Seals

https://www.easterseals.com/explore-resources/living-with-disability/coronavirus.html

Milestones Autism Resources https://www.milestones.org/resources/covid-19-resources-for-families

National Autism Association

https://nationalautismassociation.org/covid-19-resources-for-families/

National Autistic Society https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx

Pathfinders for Autism https://pathfindersforautism.org/coronavirus/