



Home Consulting Program Summary

Introduction

Relate & Grow's Home Consulting Program is certified by the P.L.A.Y. Project®. Our program provides training and support for families of children with autism right in their home. Trained consultants teach parents techniques that are effective, fun and useful in day-to-day interactions with their child. By providing training in the home, consultants see the family in an environment where the child feels comfortable, rather than in a setting unfamiliar and possibly intimidating to the child.

What is the P.L.A.Y. Project®?

The P.L.A.Y. Project® was created by Dr. Rick Solomon in Ann Arbor, Michigan. This program is a practical application of the DIR/Floortime model of Stanley Greenspan MD, a nationally-respected child psychiatrist. The P.L.A.Y. Project has been piloted with over 500 families in the Midwest and is currently offered by more than 30 agencies, schools and hospitals located in 11 states. The consultants have degrees in child development fields (for example Speech, OT, Psychology, Social Work or Education) and receive intensive training by Dr. Solomon and his supervisory staff in the DIR/P.L.A.Y. Project model, prior to working with families. After this training they then make 3-hour visits approximately monthly to families' homes to teach parents how to provide intensive, one-on-one, play-based services to their young children with autism.

First Contact

Parents typically look to join our Home Consulting Program because their child is either suspected of having an Autism Spectrum Disorder (ASD) or has been formally diagnosed with ASD. Formal evaluations are often performed by Early Intervention programs, school systems, or a knowledgeable professional.

Rationale for our P.L.A.Y. Project-Certified Home Consulting Program:

Parents spend more time with their children than all of their teachers and therapists combined. By training parents to be their child's best P.L.A.Y. Partner, the child receives intensive (more hours of), high quality intervention. It is recommended that parents and other caregivers, once trained by a Home Consultant, then apply themselves for 2 hours per day putting into practice the DIR model by playing with their child; this can usually be done in multiple 20 minute sessions. This can be a very enjoyable time with your child. Our Consultants show you practical ways





of making every interaction with your child a growing and learning experience. Bath-time, meals, outdoor play: each of these daily routines can be used to help your child build meaningful relationships.

Home visits allow the Consultant to see your child in the place where he/she acts most naturally. The Home Consultant will videotape segments of the home visits, to monitor your child's progress and give suggestions for more effective techniques. This allows the Home Consultant and your family to design and implement an individual Skill Sequence for your child.

Home Consultation typically includes:

- 10 to 12 visits per year
- 3 hour sessions roughly divided between 1 hour of modeling, 1 hour of coaching the family, and 1 hour of feedback.
- Selected videotaping of P.L.A.Y. interactions with written evaluations and feedback.
- Monthly Family Support and Education group with child care available.
- Subscription to the Relatenow.com Individual Communication Manager
- Assistance with IFSP or IEP Goals provided by a Special Educator

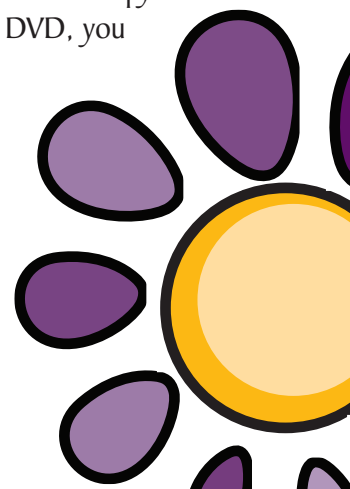
The Home Consulting Program has a thorough program evaluation that includes:

- Periodic surveys that assess family satisfaction with consulting services.
- Documentation of progress using a combination of family information, various questionnaires, assessments and video rating scales.
- Resources for families -- handouts and referrals to other types of comprehensive therapies (Speech and Language, Occupational Therapy, etc.) if needed.

The First Visit

The first visit provides an opportunity for the Home Consultant and your child and family to begin to get to know each other. The Home Consultant can explain some of the basic elements of what will occur during the home visits. Background information is collected to ascertain current services that the child is receiving, and to establish a baseline for autistic behaviors and level of cognitive, language, adaptive, social, and sensory functioning for your child. These assessment and intake forms can occupy 1.5 to 2.5 hours of the first visit. If you have not purchased and viewed the P.L.A.Y. Project DVD, you will be given an overview of the presentation (Approximately 1 hour).

After the completion of the assessments you will be asked to play with your child as you usually do. Your Home Consultant will videotape a 15-20 minute segment of you playing





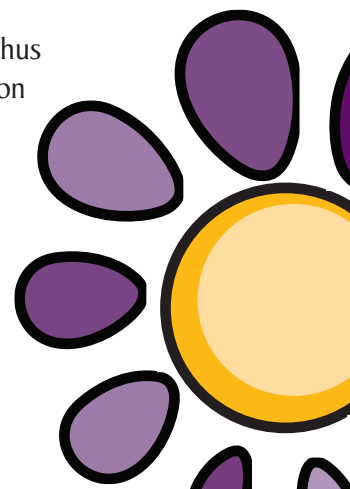
with your child. During this time you just play how you would normally play with your child. You will not be given any instructions during this segment of play. The purpose of this is to get an idea of how you naturally play with your child. If there is time after the assessment and filming, the Consultant will play with your child and model various techniques. One of the important benefits of the home visits is that your home consultant can model techniques with your child's own toys making it very easy for you to understand how to apply the techniques. After your visit, your Relate & Grow Consultant will send you a copy of the videotape taken at the time of this visit along with an assessment and any supplemental handouts that might be helpful.

Your second and subsequent visits will follow the guidelines described above, i.e. 3-hour sessions with videotaping. Home visits allow the Consultant to see your child in the place where he/she is most comfortable, so the Consultant can see how he/she acts most naturally. The Home Consultant will coach parents on how to apply the DIR model by playing more effectively with your child. This type of Play assists the child to work through the core deficits of autism. The Consultant may also videotape segments of the home visits, to monitor your child's progress and give suggestions for more effective techniques, followed by audio and written feedback reports.

Cost of Relate & Grow's Home Consultation:

Since the parents provide most of the hours of intensive intervention, the Relate & Grow Home Consulting Program can be offered at a cost that is affordable for many families. The following is a summary of typical expenses:

- Each family signs a formal contract that details the obligations and expectations for both the Home Consultant and the parents.
- Typically a family will sign up for one year initially; most families continue the contract for a second year.
- We usually plan for 10 visits per year; some families want 12 visits, 1 per month.
- We charge \$455 per visit including Support Group fees and the RelateNow online service.
- Since our home consultant will travel to your home we charge a travel fee based on distance; a travel fee schedule is provided as part of the contract; we do not charge for the Home Consultant's hourly fee during travel time.
- Thus for the typical 10 visit program, the charge for the year is \$4550 plus travel.
- We expect that \$910 plus the travel fee is to be paid at the time of signing the contract, coinciding with the first visit.
- A monthly payment of \$455 will then be invoiced until the total charge is paid, thus completing the annual obligation for these fees; number of months will depend on the number of visits planned under the contract.
- Cancellation of visits: We encourage families to keep their scheduled appointments. We have a firm policy around cancelling visits that are planned.





- Cancelled visits are often difficult to make up due to short notice and busy schedules.
- Cancellation of Contract: While we initially sign a contract for a one year period, we allow early cancellation for an administrative fee of \$100; a common reason why a family might cancel is if they move out of the region.
 - Any family who joins our program during 2008 will receive a 20% discount in fees.
 - We currently have limited funding options and are working on securing new ones.
- We also apply a sliding scale for families who cannot afford our regular fees. Please contact our office for more information.

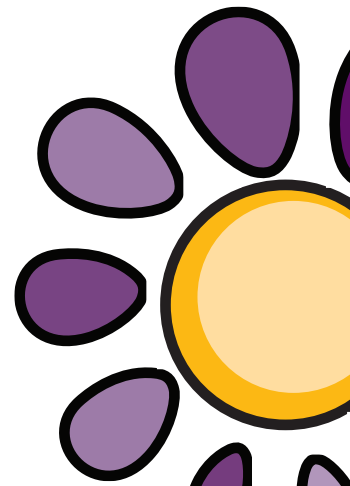
Research Evidence for The P.L.A.Y. Project

Dr. Solomon, creator of the P.L.A.Y. Project, has evaluated 68 children, each enrolled for 8 to 12 months of intervention in the P.L.A.Y. Project at the University of Michigan. The results showed that 47 percent of the children made good to very good progress (increasing 1 to 1.5 functional developmental levels during the study) and 32 percent made fair progress. The research paper was published in May 2007 by the peer-reviewed British journal, Autism.

Dr. Solomon is currently leading a second study of the P.L.A.Y. Project sponsored by the National Institute of Mental Health (NIMH). The study participants have been enrolled at Easter Seals community sites and the data are being analyzed independently by Michigan State University. The outcomes of this study will compare the development of children receiving The P.L.A.Y. Project intervention with those receiving standard interventions.

Comparison of Two Intensive Interventions

Research evidence shows that children with Autism Spectrum Disorders do best when they receive intensive intervention. There are two basic types-- behavioral, such as ABA (Applied Behavioral Analysis) and developmental, such as DIR/Floortime and The P.L.A.Y. Project. In general terms we recommend that younger children benefit most from DIR through the P.L.A.Y. Project approach which provides the opportunity for them to develop joyful engaging relationships and communication with their parents and peers. Once the child has reached a level of social and language development then we recommend adding ABA to strengthen skills and get ready for school. These approaches are complementary and many children can benefit from receiving both





Comparison of Developmental and Behavioral Approaches

Area	Developmental, The P.L.A.Y. Project Approach	Behavioral, ABA, IBI (Such as D.T.T.)
Parent Role	Parents as P.L.A.Y. partners	Parents as Program facilitators
Emphasis	Affect emphasized	Behavior emphasized
Initiation	Child Initiated	Program initiated
Philosophy	Follow child's lead	Program goals dominant
Structure	Strategic and flexible	More highly prescribed
Intensity	Flexible Intensity	Intensity prescribed
Interaction	Playful interaction	Teaching Drills and Skills
Repetitive Behaviors	Perseverations seen as useful guides	Perseverations extinguished
Environment	More naturalistic	More controlled
Generalization to Other Settings	Early generalization common	Later Generalization Typical
Outcome	Relationship, Social Skills, Language and feelings	Competence in varied skill areas

Chart from P.L.A.Y. Project literature, borrowed with permission.

The Parents as Experts

We consider you, the parent, to be the expert on your child. Our Home Consultants are experts in their field and on our developmental approach, they have been trained to guide you and teach you techniques so that you can more effectively assist your child's move up the developmental ladder, and increase language and social skills.

We hope that you will consider whether our Home Consulting Program is right for your child and for your family. Our goal is for you to help your child **Relate & Grow** by being his or her best P.L.A.Y. partner!

Contact Information

To enroll in Relate & Grow's Home Consulting Program or to sign up for an information session please contact our office:

- Phone: 614 856 9111 ext. 20
- Email: eddy@relateandgrow.com / info@relateandgrow.com

We look forward to supporting you, the parents, in helping your child flourish.

