



# Home Consulting Program Summary

## Written for Parents Considering Enrolling

### Introduction

The P.L.A.Y. Project® Home Consulting 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 with autism. 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.

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 thousands of families all over the world, and is currently offered by more than 100 agencies, schools and hospitals located in 24 states and 4 countries outside of the U.S. Home Consultants have degrees in child development fields (for example Speech, OT, Psychology, Social Work, or Special 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, The Home Consultant typically makes 3-hour visits about once monthly to families' homes to teach parents how to provide intensive, one-on-one, play-based services to their young children with autism. (Some centers provide 1-hour per week of training instead of longer monthly sessions, but usually the parents will travel to the agency for these alternative schedules.)

You can receive additional information about The P.L.A.Y. Project and Home Consulting Programs in your community by visiting our website at [www.playproject.org](http://www.playproject.org).

### Diagnosis

Before Joining the Home Consulting Program, the first step for parents is to establish the diagnosis of an Autistic Spectrum Disorder (ASD) for their child, by getting an evaluation, either by the school system or by a knowledgeable professional. Diagnostic office consultations with Richard Solomon, MD, the Medical Director of The P.L.A.Y. Project, or Mark Bowers PhD, a pediatric psychologist, are readily available through The Ann Arbor Center for Developmental and Behavioral Pediatrics. Dr. Solomon may also recommend preliminary screening with the Autism Diagnostic Observation Scale (ADOS) with Dr. Bowers which may be available sooner than waiting for an appointment with Dr. Solomon. ***Parents who have a firm diagnosis do not need to see Dr. Solomon to enroll in The P.L.A.Y. Project Home Consulting Program.***



## **Rationale for The P.L.A.Y. Project**

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. We recommend that parents and other caregivers, once trained by our Home Consultant, then commit to 2 hours per day of PLAY-time with their child; this can usually be done in multiple 15-20-minute sessions. Many families find it to be a very enjoyable time! 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 is most comfortable, so the Consultant can see how 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 P.L.A.Y. Skill Sequence for your child.

The P.L.A.Y. Project DVD is the best introduction to the P.L.A.Y. Skill Sequence (this can be purchased on our website: [www.playproject.org/dvd.php](http://www.playproject.org/dvd.php)). We recommend that families view the DVD as a first step in beginning The P.L.A.Y. Project.

## **Home Consultation typically includes:**

- Family support
- 10 visits per year (the range equals 8 to 12 visits)
- 3 hour sessions roughly divided between 1 hour of modeling, 1 hour of coaching the family, and 1 hour of feedback.
- 10 visit reports within 2 weeks of the home visit with detailed PLAY recommendations
- Assistance with IFSP or IEP Goals

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

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



## **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 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 attended a Level 1 seminar or viewed The P.L.A.Y. Project DVD, you will be given an overview of the presentation (approximately 1 hour). ***We highly recommend reviewing the DVD Workshop 1 before your first visit. It will save you time and money!***

P.L.A.Y. - 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, your P.L.A.Y. Consultant will play with your child and model various P.L.A.Y. 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 P.L.A.Y. 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 home 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 PLAY more effectively with the child – this type of PLAY assists the child to work through the core deficits of autism. The Consultant will also videotape segments of the home visits, to monitor the child's progress, review your videotape with you, and give suggestions for more effective techniques. Within 2 weeks you will receive detailed written recommendations that will help your PLAY.

## **Cost of The P.L.A.Y. Project Home Consultation:**

Since the parents provide most of the hours of intensive intervention, The P.L.A.Y. Project can be offered at a cost that is affordable for many families. For a 10 visit contract, the cost ranges from approximately \$3,500 to \$5,000 (depending on the area). Some agencies have scholarships and sliding scale pricing available.

The following summarizes an *EXAMPLE* of expenses for The P.L.A.Y. Project at the Ann Arbor Center (*this MAY BE DIFFERENT at other agencies*):

- Each family signs a formal contract that details the obligations and expectations for both the Home Consultant and the parents.

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- 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 (every month).
- We (at the Ann Arbor Center) charge \$390 per 3-hour visit. Again, this is only an example—**prices may vary**.
- 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 \$3,900 plus travel fee.
- 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.

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

Preliminary evidence shows that our parent-training model is effective and The P.L.A.Y. Project continues to scientifically evaluate the effectiveness of its program. In a pilot study of the model, 74 young children with autistic spectrum disorder (ASD) participated in a year-long PLAY Project Home Consultation (PPHC) program. Home consultants trained parents through structured monthly home visits to use social-pragmatic (play-based) methods of intervention. Videotapes of the children were rated at the beginning and the end of the PPHC intervention. The results showed that 47% of the children made good to very good progress (increasing 1 to 1.5 functional developmental levels during the study) and 32% made fair progress. The research paper has been published in May 2007 by the peer-reviewed British journal, *Autism*. A copy is available upon request.

### **Continuing Research**

With funding from the National Institute for Mental Health (NIH), research-design guidance from Michigan State University, and community-outreach support from Easter Seals, The P.L.A.Y. Project is conducting a three-year randomized, controlled, and blinded clinical trial. Drawing participants from five Easter Seals autism service locations, the study compares the outcomes of 60 children who participate in The P.L.A.Y. Project with the outcomes of 60 children who receive standard, community interventions, making it the largest study of its kind. Before and after the 12-month intervention, each child is assessed with a battery of tests to measure developmental level, speech and language, sensory-motor profile, and social skills. A successful trial would support efforts to encourage private insurers and government agencies to approve major increases in funding for autism intensive intervention services, resulting in wide dissemination of this model and significant social benefit.



## Two intensive Interventions - The P.L.A.Y. Project Compared with ABA

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 (also known as Applied Behavioral Analysis) and *developmental*, such as The P.L.A.Y. Project. Below is a chart that compares these approaches to assist parents in making the choice for their child. In general terms we recommend that younger children benefit most from PLAY 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.

<b>Comparison of Developmental and Behavioral Approaches</b>		
Area	Developmental, The P.L.A.Y. Project	Behavioral, ABA
Parent Role	Parents as PLAY 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 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 Skills especially cognitive, academic

### The Parent as Experts

We consider you, the parent, to be the expert on your child. Our Home Consultants are experts on autism and have been intensively trained to guide you and teach you techniques so that you can more effectively assist your child move up the developmental ladder, and increase language and social skills. We hope that you will consider whether The P.L.A.Y. Project is right for your child with autism and for your family. Our goal is for you to be your child's best P.L.A.Y. partner!