

AUTISM INTERVENTION SERVICES AT SETHU

A Handout for Caregivers

Thank you for placing your trust in Sethu to support your child and family. We hope you have read the Welcome Kit shared at your first visit, to know more about how we work with children and families.

This document should help you understand the various stages of autism intervention at Sethu. Each stage helps ensure that you receive adequate and appropriate support based on an individualised intervention (therapy) plan customised to your child and family's unique needs.

STAGE 1: Caregiver meeting with an autism clinician | Video call | 60 mins

When: Approximately two weeks after diagnosis.

Why: To introduce you to autism services, answer your questions and clear doubts.

Fees: Rs 600/-

About two weeks after receiving the diagnosis you will be referred for an online parent-only meeting with an autism clinician. The meeting will help you understand your child's condition better and discuss its impact on your child and family. Please ask questions freely and clear your doubts. You may be requested to share videos of your child at home. During this meeting it is ideal to have your child supervised by another adult or kept busy with their favourite toys, games or snacks. The caregiver meeting can be scheduled with the autism clinician by calling the front desk.



STAGE 2: Needs-Assessment with Family Coordinator | Telephone call | 60 mins

When: About three weeks after diagnosis.

Why: Gather information to plan an intervention best suited to your child's needs.

Fees: Nil

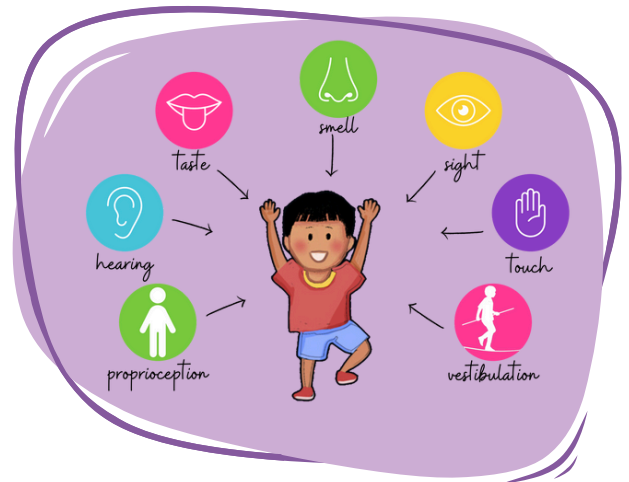
After the caregiver meeting, our Family Coordinator will speak to you to get information about your child's likes and dislikes, routine, strengths and challenges, and your family's concerns, availability and expectations. This will help us develop an intervention plan tailored to your child's needs. The Family Coordinator will contact you and schedule a convenient time for this session.

STAGE 3: Sensory assessment with occupational therapist

When: About three weeks after diagnosis.

Why: To understand your child's unique sensory experiences and preferences.

Our environment is filled with information – noise, people, light, clothing, temperature – that we process using our sense of sight, hearing, touch, smell, taste, balance and body awareness. Autistic children may process too much or too little information from their environment and within their bodies. Their speech, decision making, behaviour and ability to learn can be affected when their brain works overtime to process sensory information, thereby creating challenges in everyday situations at home, school or in the community.



The Sensory assessment will happen in three parts.

Part 1: Sensory Profile | Online | 45 mins | Fees: Rs 600/-

In this session, a Sensory Profile assessment will be conducted with you. The assessment form will be shared with you 24 hours prior. This session helps understand your child's responses to sensory inputs.

Part 2: Assessment of your child | In person | 60 mins | Fees: Rs 600/-

In this session, the occupational therapist will further evaluate your child's sensory responses highlighted in their Sensory Profile, along with their fine-motor and gross-motor skills.

Part 3: Report Discussion and Recommendations | In person | 30 mins | Fees: Nil

After the sensory assessment the occupational therapist will review your child's sensory sensitivities and develop a plan for managing them. They'll discuss the results and recommendations with you on a 30-minute online call two weeks later. The occupational therapist will contact you to schedule your child's sensory assessment session.

STAGE 4: Intervention plan meeting with autism clinician | Telephone call | 15–30 mins

When: Approximately four weeks after diagnosis.

Why: To finalise the intervention plan and schedule intervention sessions.

Fees: Nil



Our autism clinician (whom you met at stage one) will create an intervention plan which will be discussed and finalised with you over a brief telephone call. In this meeting, the types of intervention, dates, timings, frequency of sessions and other details will be explained to you. We recommend you schedule sessions in advance so that your child receives timely intervention. The clinician will contact you and schedule a convenient time to discuss the intervention plan. The intervention plan will be shared with you.

STAGE 5: Intervention begins | In person/ online/ hybrid | 45—60 mins per session

When: About eight weeks after diagnosis.

Why: To coach you in techniques to support your child.

Fees: Rs 600/- per session



Once your intervention plan is finalised, we're ready to get started! Most interventions are held between one to three times a week, for six weeks to six months depending on the intervention plan. Sessions are conducted online or in person, with the therapist guiding you on how to prepare for each session. It's very important that you attend sessions regularly. Let us know as much in advance as possible if you cannot. We expect that the strategies learnt are practised at home. All your intervention sessions will be booked by your therapists in advance.

Stage 6: Outcomes assessment with the Family Coordinator | Telephone call | 60—90 mins

When: After approximately 20 sessions OR six to twelve months.

Why: To review progress and plan further support.

Fees: Nil

It is important to review whether your child and family are benefitting and progressing from the support you receive. After attending intervention sessions, you will be referred for an outcomes assessment with the Family Coordinator. The purpose of this conversation is to find out how much your child has improved, whether your concerns have been addressed and to discuss any further support you may require.

We know that families prefer to begin intervention as soon as possible. However, since our small team supports over 450 autistic children every year, and we do our best to offer timely sessions, they may not be as frequent as some families prefer. Thank you for your patience and understanding.

With children and their families at the centre of our work, we place a strong focus on parent coaching and working together to succeed. We look forward to partnering with you for the wellbeing of your child and family!

References

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