

FSCD Specialized Services

Practices and Approaches

Specialized Services

Specialized Services is the term used in FSCD legislation to describe the array of integrated and coordinated services provided to children with severe disabilities and their families.

Specialized services can include many different ways of working with children and supporting families. Specialized services are individualized and acknowledge that each child and family is unique; services must fit your own family's strengths and needs, time and priorities, cultural context and values. This is why you are the driver of the planning and decision-making.

Your service provider will work with your child to determine the strategies and approaches that work best to help your child learn skills and participate in everyday routines. They will work with you to identify the approaches that fit best for your child and family.

You are not expected to provide direct services or intervention to your child, and are not required to be in the room or participating when services are being provided to your child.

Practices and Approaches

The FSCD program requires specialized services to be "based on established rehabilitative practices, strategies and approaches that are reasonable, least intrusive and demonstrated to be effective." Established practices are important in ensuring quality services to children and families.

Established practices are those that are determined through ongoing scientific research to be effective. As this research is always underway, what's understood about the best approaches for supporting children and families progresses over time. The FSCD program is dedicated to ensuring families and service providers have flexibility to use the most effective, evidence-based approaches.

Your service providers, as professionals in their areas of expertise, draw from the many different established approaches to provide individualized support to best meet your child's needs and your family's goals.

You can determine which service providers you want to work with by asking questions about how they deliver their services and considering how this fits for your child and family.

To ensure you understand how services are going to meet your goals and fit for your family, you can and should ask service providers about the approaches they use, what services will look like and how they will meet your priorities and goals. If you have heard about approaches and want more information about them, talk to the professionals on your team.

Each professional working on your team will contribute to the overall individualized service plan and each goal area, as applicable to support goal achievement. Your team uses an integrated and coordinated approach, meaning that strategies are not implemented in isolation from one another. Every member of the team contributes to provide a consistent, integrated approach in order to help your child learn skills and achieve your goals.

Your Service Plan

The Individualized Service Plan (ISP) that you develop with your team will focus on the priorities you have identified. The plan outlines the individualized goals and strategies that the specialized services team will follow as they work together to meet your child's needs and support your family. The ISP does not need to include goals for the parent, guardian or family.

For more information on effective practices, visit <http://www.humanservices.alberta.ca/document/s/Guidelines-for-Demonstrating-Effectiveness.pdf>

Practices and Approaches

The following are established practices for working with children with disabilities. This is an initial list and not exhaustive. This list will continue to be updated and shared with parents to ensure you have information about what approaches are available.

Practices that are scientifically based are considered to have demonstrated effectiveness for the purposes of the FSCD Program. Promising practices that are based on a strong well-articulated theory and widely accepted within the professional community may also be considered.

A group of health professionals and disability experts in Alberta are working together to develop information about best practices in disability supports. FSCD is in contact with this group and will work with them to make this information available to FSCD families.

Behaviour

- Applied Behaviour Analysis (ABA)/Intensive Behavioural Intervention (IBI)
- Cognitive Behaviour Intervention
- Treatment and Education of Autistic and related Communication Handicapped Children (TEACCH)
- Mandt System
- Parent Child Interaction Therapy (PCIT)
- Natural and Logical Consequences
- Supporting Individuals through Valued Attachments (SIVA)
- Behaviour charts
- Social Stories
- Visual Schedules
- Reinforcement
- Extinction
- Naturalistic Intervention

Physical and Motor Development

- Environmental modifications
- Visual Schedules and Strategies
- Backwards chaining
- Task Analysis
- Sensory diet
- Self-regulation, i.e. 1, 2, 3 Go!
- Range of motion exercises
- Cognitive Planning Strategies

Communication and Socialization Skills

- Social Stories
- Visual Schedules and Strategies
- Augmentative communication devices
- Social Skills groups
- Hanen's More Than Words
- PROMPT
- Picture Exchange Communication System (PECS)
- Pivotal Response Training (PRT)
- Joint Attention, Symbolic Play, Engagement & Regulation (JASPER)
- Social Communication/Emotional Regulation/Transactional Support (SCERTS)

Self-Help and Adaptive Functioning

- Environmental modifications
- Modeling
- Visual Schedules
- Arts Therapies
- Treatment and Education of Autistic and related Communication Handicapped Children (TEACCH)
- Joint Attention, Symbolic Play, Engagement & Regulation (JASPER)
- Do2Learn
- SCERTS