

Helping Parents and Caregivers to Make Informed Decisions about Services for Children with ASD

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Outcomes of this Presentation

Assist Parents and Caregivers to:

- **understand & value an evidence-based practice approach to making decisions about treatment**
- **support efforts to ensure that selected treatments can be put into practice correctly to meet a child's needs**
- **understand the importance of on-going monitoring of treatments**

Why are we concerned about treatment decisions and ASD?

The image shows a Google search interface. The search bar contains the text "Autism AND Treatment". Below the search bar, a dropdown menu lists suggestions: "autism and treatment", "autism and treatment options", "autism and treatment with therapeutic massage", "autism and treatment goals", and "autism and treatment and cure". Below the suggestions, it says "About 18,900,000 results (0.23 seconds)". The search results are displayed in a list format, including links to "Help For Autistic Kids | drugfreeadd.com", "Autistic Disorder Symptoms", "Autism is Treatable - Early identification changes lives", and "Scholarly articles for autism and treatment". On the right side, there are several advertisements for autism-related services, such as "Stem Cell Autism Protocol", "Autism Treatment Options", "Autism is Treatable", "Treatment for Autism", and "Autism Spectrum Therapies".

**Autism & Treatment
18,900,000 results**

Evidence-Based Practice Approach to Making Decisions about Treatment



What is Evidence-Based Practice?



Evidence-Based Practice

**Clinical /
Professional
Expertise**

**Individual /
Family Values &
Preferences**



Best Available Research Evidence

Benefits of Evidence-Based Practice

- **Increases likelihood for improved outcomes**
- **Reduces potential to rely on out-dated or anecdotal information**
- **Provides framework for discussion and decision making for families and professionals**
- **Encourages on-going data collection and monitoring of treatment**

Ensuring that Selected Treatments Can Be Put into Practice Correctly to Meet a Child's Individual Needs



Tips to Support Decisions about Services

- **What is the treatment and what *exactly* is it intended to do for someone with ASD? And, what is our goal?**
- **How strong is the scientific evidence about the treatment (are there documented risks)?**
- **What other treatment options could be used to address these goals?**
- **How well does the treatment align with the individual's strengths and the family's preferences and values?**

Tips to Support Decisions about Services (continued)

- **What are the training and competencies required to implement the treatment effectively?**
- **Who will deliver the treatment and how often? Who will interact with the child with ASD at each session?**
- **Where will the treatment be delivered (setting)? What resources are necessary to implement the treatment?**
- **How will the effectiveness of the treatment be measured for this child?**

On-going Monitoring of Treatments



Considerations for Monitoring Treatments

- **Developed with treatment plan or when any new treatment is introduced.**
- **Involves collecting objective data overtime. Data is specifically related to the identified goal(s) of treatment.**
- **Should NOT rely solely on indirect methods.**
- **Does NOT have to be sophisticated.**

Monitoring Treatments

(continued)

- **How will the effectiveness of the treatment be measured for this child? What tools will be used and how often?**
- **Who will collect data (will parents/caregivers be involved)? How will information be documented?**
- **How will parents/caregivers be informed?**
- **How will information be used to make decisions about treatment, including modification or discontinuation?**

Review

- **Use an Evidence-Based Practice Approach**
- **Ensure that the selected treatment can be put into practice correctly and can meet your child's strengths and needs.**
- **Develop and implement an on-going plan to monitor treatments**

Thank You!

Additional questions

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