



Parental Experience of Sessions

“I loved the one on one coaching in an area that my child was comfortable in. I found it allowed us to focus more on what we were doing.”

– QuickStart NS Parent

“Our Parent Coach was very non-judgemental and approachable. We loved working with her and learning all about helping (my child) be the best he can be.”

– QuickStart NS Parent

“Being able to watch and learn about what the team members were doing within the session without having the direct expectation and pressure at that earlier point of stepping in and practicing the strategies.” – ESDM Parent

“We have been seeing so much growth in XXX since he started the ESDM program and we could not be happier with his progress. I want to extend my most heartfelt thanks. XXX has really bonded with staff and looks forward to all our sessions. We look forward to the sessions to come and continue to express our gratitude for this opportunity.” – ESDM Parent

“The play box allowed us to explore new activities and the idea/instruction cards made it really easy to engage my child.” – Parent Report on Exploring Play Together; Play Box & Guide

“I was surprised by how much was included in the box and how much great information was provided in the guides.” – Parent Report on Exploring Play Together; Play Box & Guide

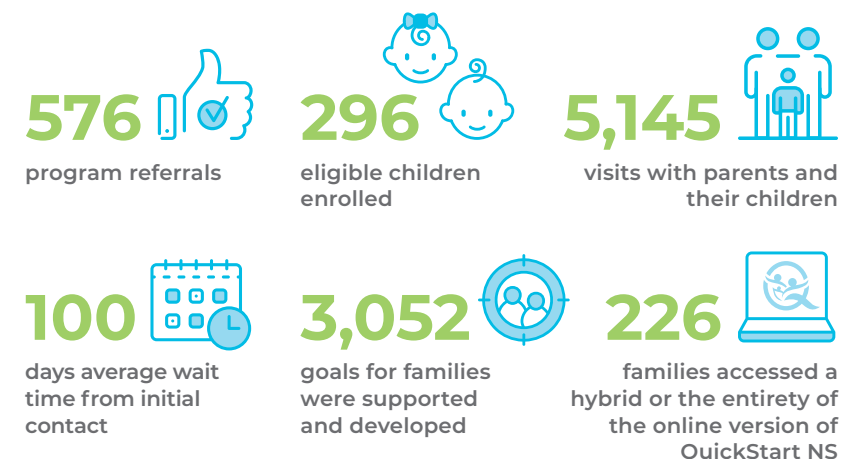


DEC 2021 – MARCH 2023

QuickStart Nova Scotia is a parent mediated coaching program designed to empower caregivers of toddlers with a suspected, provisional, or confirmed diagnosis of autism to teach and support their child's development. Utilizing an interdisciplinary team of Board Certified Behaviour Analysts, Speech Language Pathologists, Occupational Therapists, and Parent Coaches, this program involves an individualized approach unique to each family's needs and provides a naturalistic teaching framework that is flexible, accessible, collaborative and supportive.

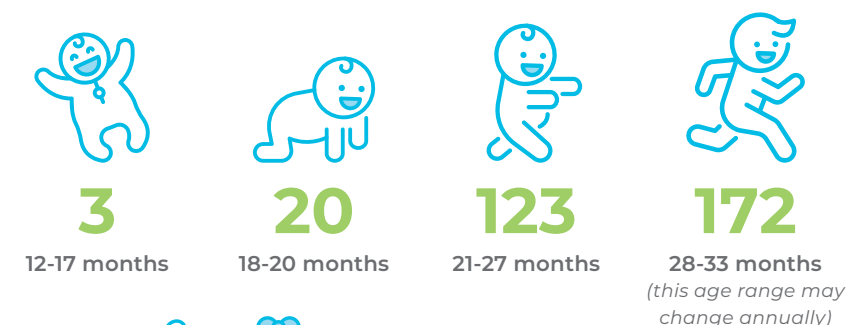
Summary of Program's Success

(from May 2019 - March 2023)



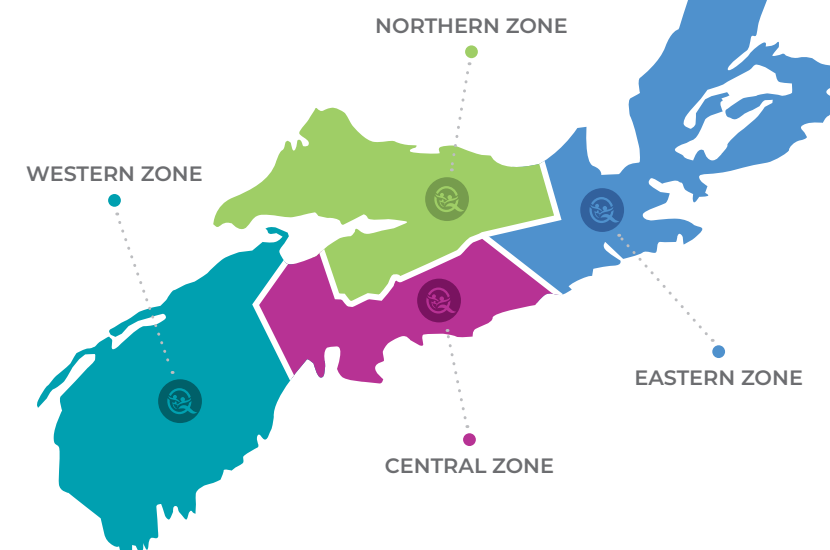
Age at Onset of Program

Overall



119
children enrolled this year across the province

QuickStart NS is available across Nova Scotia

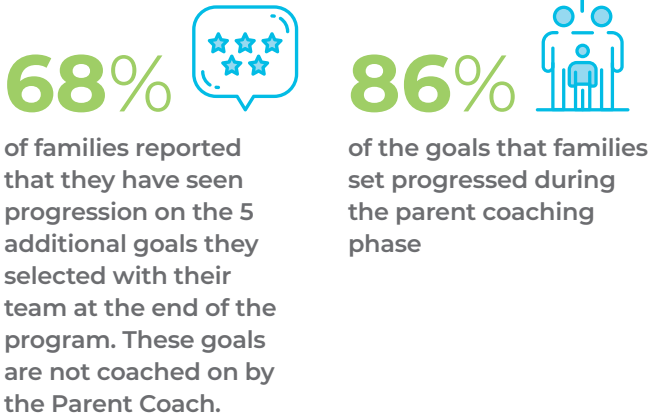


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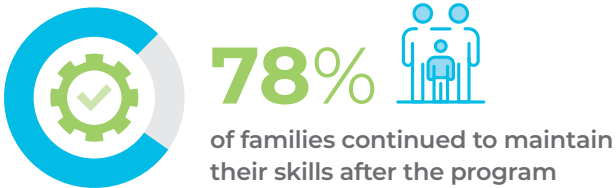
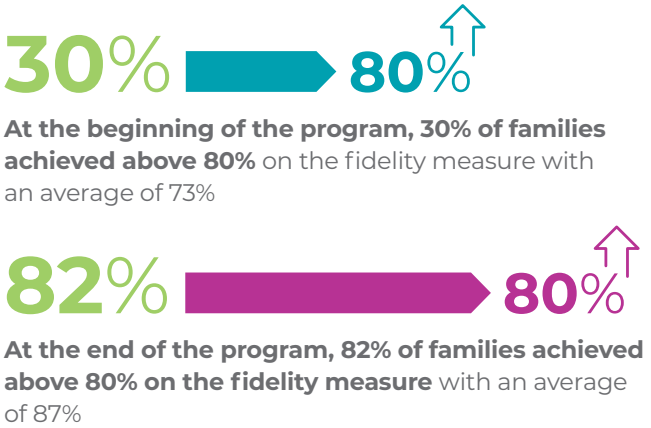


QuickStart Nova Scotia is made possible with support by the Government of Nova Scotia

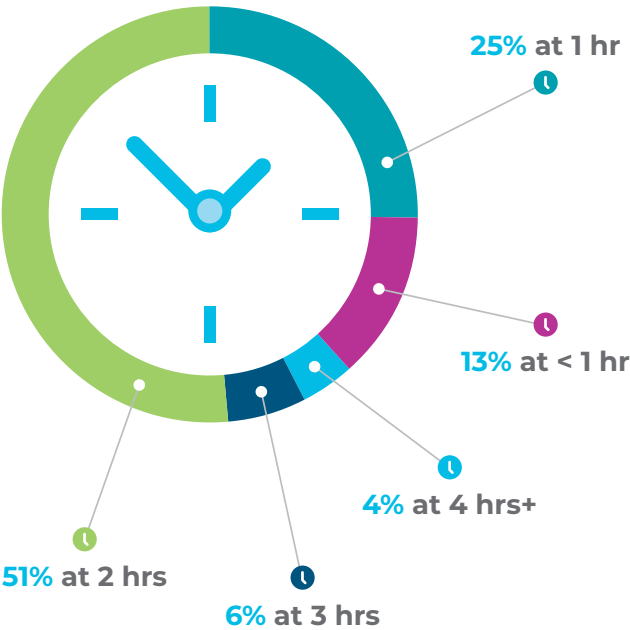
Goal Attainment



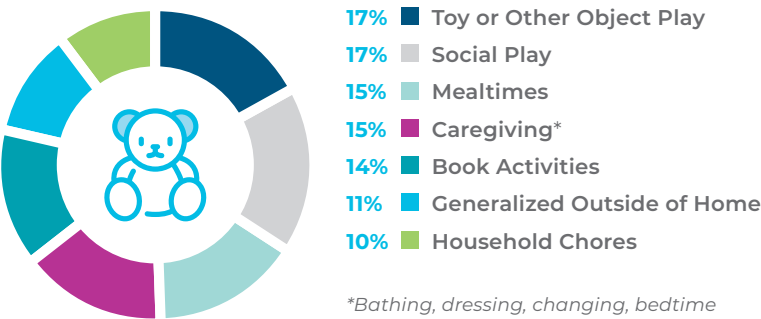
Parents' Skills & Growth



Average Number of Hours Parents Report Practicing Each Day



Activities Parents Reported Using the Strategies Within Their Everyday



Enhanced Supports

Enhanced supports have continued with a main focus on ESDM families to support staff training needs for the expansion of the program. This year alone the program has supported **56 families** with enhanced supports such as the ESDM service, targeted sleep and behaviour support.

The program has launched **'Exploring Play Together'**, providing 150 play guides and boxes in March 2022 and 400 in March 2023 to families across the province!



Provincial Expansion

QuickStart NS has expanded across Nova Scotia. It is offered in all four zones, Central, Eastern, Northern and Western. In the last four years, the program has enrolled **296** children and exceeded targeted outcomes of 225. This year **21 new staff** were added to the team across the province and the program actively started to see children as of January 2023. **Since January 2023, 32 children were seen in Eastern, Northern and Western.**



Prior to the expansion, QuickStart NS had 9 positions in management, administrative and SLP, OT, and Parent Coach roles. **With expansion, QuickStart NS currently has 30 positions.**

