

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."

- OuickStart 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

IN PARTNERSHIP WITH:











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



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)







visits with parents and their children



days average wait time from initial contact



goals for families were supported and developed



families accessed a hybrid or the entirety of the online version of QuickStart NS

Age at Onset of Program Overall



2



123

21-27 months

172

(this age range may

change annually)

119 🖑 🖑

children enrolled this year across the province

18-20 months



Goal Attainment

of families reported that they have seen progression on the 5 additional goals they selected with their team at the end of the program. These goals are not coached on by the Parent Coach.



of the goals that families set progressed during the parent coaching phase

Parents' Skills & Growth



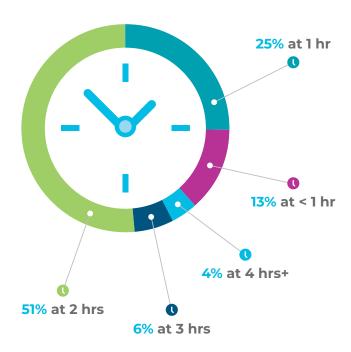
At the beginning of the program, 30% of families achieved above 80% on the fidelity measure with an average of 73%

At the end of the program, 82% of families achieved above 80% on the fidelity measure with an average of 87%

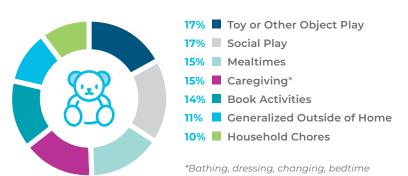


of families continued to maintain their skills after the program

Average Number of Hours Parents Report Practicing Each Day



Activities Parents Reported Using the Strategies Within Their Everyday







Ehanced 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!

children enrolled in ESDM training family program

children accessed targeted intervention supports



Play Boxes and Guides given 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.

CENTRAL ZONE

eligible children enrolled

EASTERN ZONE



eligible children enrolled

NORTHERN ZONE



eligible children enrolled

WESTERN ZONE



eligible children enrolled

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.



this year



increase of staffing this year







new staff trained in QuickStart NS this year