



“I’m no longer feeling as though I’m walking on egg-shells around my child.”

– QuickStart NS Parent

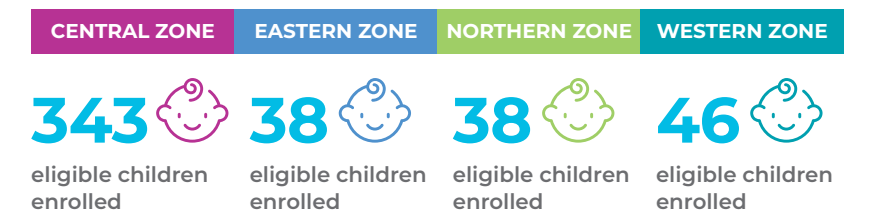


APRIL 2023 - MARCH 2024

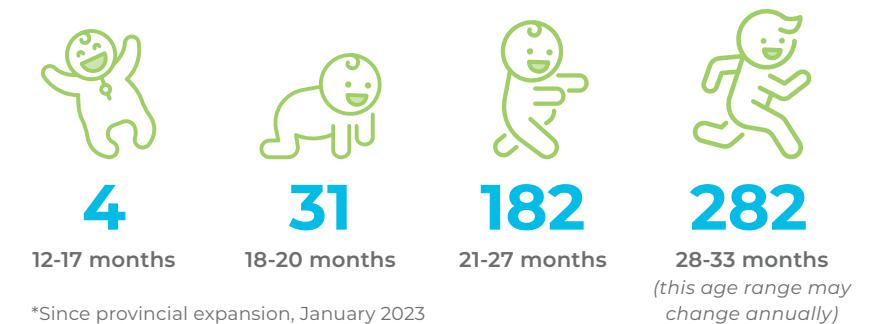
QuickStart Nova Scotia is a parent mediated coaching program designed to empower caregivers of toddlers with a suspected, provisional, or confirmed diagnosis of autism to teach and support their child’s development. Utilizing an interdisciplinary team of Board Certified Behaviour Analysts, Speech Language 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.

By May 2024, QuickStart Nova Scotia will mark its five-year milestone. Operating at full capacity this year, the program attained the 150 targeted outcomes of the expanded provincial model introduced last year. Across the province, the program achieved this goal with 165 families. As preschool autism services evolves this year, QuickStart NS eagerly integrates into the services provided by Provincial Preschool Autism Service (PPAS).

Summary of Program’s Success (from May 21, 2019 – March 31, 2024)



Age at Onset of Program (Overall)



*Since provincial expansion, January 2023

QuickStart NS is available across Nova Scotia



*All info in this section is total from all provincial zones, unless noted.

IN PARTNERSHIP WITH:

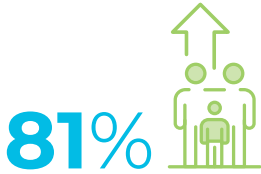


QuickStart Nova Scotia is made possible with support by the Government of Nova Scotia

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, 31 % of families achieve above 80% on the fidelity measure with an average of 71%.



At the end of the program, 75% of families achieved above 80% on the fidelity measure with an average of 85%.



of families continued to maintain their skills after the program

Average Number of Hours Parents Report Practicing Each Day



- 17% at < 1 hour
- 21% at 1 hour
- 53% at 2 hours
- 4% at 3 hours
- 4% at 4 hours+

Activities Parents Reported Using the Strategies Within Their Everyday

- 18% Toy or Other Object Play
- 17% Social Play
- 15% Mealtimes
- 16% Caregiving*
- 14% Book Activities
- 11% Generalized Outside of Home
- 10% Household Chores



*Bathing, dressing, changing, bedtime



“As parents, we can tend to be hard on ourselves, especially when navigating unfamiliar territory. However, the parent coach helps to dispel myths or false ideas about things, and keeps you focused on practical skills that will set you and your child up for success, which is very comforting.”

– QuickStart NS Parent

“I liked the fact that how engaging it is for parents to learn some of the basic techniques on how to play with my child by following the lead. It helped to understand my child better and lift their creativity.”

– QuickStart NS Parent

“I just want to say how thankful I am for a program like this. I am always a little nervous having strangers in my home, but (the Parent Coach) took that anxiety away immediately.”

– QuickStart NS Parent

Enhanced Supports

Enhanced supports remain focused on ESDM families, addressing staff training needs for program expansion. This year, 39 families received support, including ESDM services and targeted sleep and behaviour assistance.

Furthermore, the program piloted **Play and Connect**, a drop-in program for caregivers. With the support of funding from the Public Health Agency of Canada, through Société Santé en français and Fédération des parents acadiens de la Nouvelle-Écosse, the play guide is nearing completion for release in French.



children enrolled in ESDM training family program



children accessed targeted intervention supports



French play guides were created with support of funding from the Public Health Agency of Canada



“The support and progress have helped with a lot of anxieties.”

– QuickStart NS Parent