

# Footsteps of Change



## In-Home Therapy

### What Does the Service Look Like?

In-home therapy begins with a comprehensive skill assessment to identify areas of need and particular skill deficits. These results are then used to create numerous goals across various skill areas (e.g., communication, daily living, attending, social skills, community skills, etc.) and a plan for how to meet those goals. Once this information is reviewed with parents, regular home sessions are scheduled with a therapist to implement the plan. Therapists may be BCBAs (Board Certified Behavior Analysts), BCaBAs (Board Certified Assistant Behavior Analysts), or RBTs (Registered Behavior Technicians). RBTs are trained/supervised weekly by either a BCBA or a BCaBA and data on each goal are analyzed weekly to ensure that progress is evident. These data are also reviewed monthly during team meetings, at which time parents may be trained on particular components of the plan. Services will continue in this fashion, with re-assessments at least annually, until predetermined criteria for fading services have been met.

### What is the Cost?

The cost of in-home therapy varies greatly from case to case depending on factors such as (a) the number of therapy hours/week, (b) the certification level of staff providing therapy, and (c) the specifics of each insurance plan. A Footsteps of Change clinician can call your insurance provider and discuss the details with you at your request.



### What can be Addressed?

In-home therapy can be used to intensively address many different goals at one time. Some examples include: attending, imitating, following instructions, tolerating difficult situations, communicating, playing & socializing, decreasing challenging behavior, engaging in hygiene and safety skills, preparing for a job, among many others.

### How Long Does it Take?

Given that the goal of in-home therapy is to intensively address numerous needs, this is a longer-term model. At the beginning of services, criteria will be set and agreed upon for when services will be faded; however, these criteria vary greatly across clients.

### Contact Us for More Information

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Injigorating hope, one step at a time