



Helping Hands

A new program for families of children with autism

We at Arizona Autism United believe that the keys to having a successful home-based habilitation program are well-trained staff, parent participation, and ongoing professional supervision and consultation. *Helping Hands* is a unique program that offers families an affordable way to put together all three critical pieces.

How does *Helping Hands* work?

Each month, parents conduct a planning session with their personal consultant (Program Coach) to collaboratively plan support strategies and therapeutic interventions based on current needs. The Program Coach is then available to conduct home visits or provide other supports that are chosen by the family, using a **monthly allotment of available consulting hours**. Parents can select one of their habilitation therapists to be trained as a Team Lead, who will have regular contact with the Program Coach and help make sure that all program materials are organized and up to date.



What can a Program Coach do?

Program Coaches hold a degree in a related field as well as extensive experience in habilitation, training, and developing programs. Examples of monthly support services include planning daily routines and habilitation activities, habilitator training and shadowing, team meetings, creating visual support systems, and developing interventions to reduce problem behaviors or teach new skills. Program Coaches are directly supervised by a licensed and Board Certified Behavior Analyst (BCBA).

Who qualifies for *Helping Hands*?

Helping Hands is intended to help **families who do not have funding available for a supervised home program**. Therefore, families are not eligible if they qualify for the ABA insurance benefit under Steven's Law or if the child is currently approved for "Hab-M." Additionally, children must receive a **minimum number of hours per month of habilitation** through AZA United so that planned strategies and interventions can be delivered effectively. The program is available for children **ages 5 to 18**, as well as for families needing individualized programs for more than one child.

Is there a cost to participate?

AZA United is able to offer this program to families at a low cost because of multiple funding sources, including grants and donations. At this time, the monthly fee for families to participate at this time is \$90 per month per child, or \$1080 per year. The program can continue for as long as the family qualifies. Scholarships are available based on financial need so that all families have the opportunity to participate. There are no additional fees for *Helping Hands*.



How to get started:

Helping Hands is currently a pilot program. The next round will begin in the spring of 2012. **All families must attend a Parent Orientation before applying**, which explains the details of the program so that you can decide if it is a good fit for your family. There will be a limited number of available spots for this pilot phase. See details below to sign up.

To sign up for a Parent Orientation, please contact Aaron Blocher-Rubin, Executive Director:

602-773-5774 or Aaron@AZAUnited.org



Arizona Autism United

5025 E Washington St

Suite 212

Phoenix, AZ 85034

Parent Orientation for *Helping Hands*

All families who are interested in applying for the *Helping Hands* program must first attend a Parent Orientation class. A variety of days and times are available to meet different scheduling needs. See below for a list of available orientations.

During the orientation, parents will learn how the program works and what is required to make it successful. After completing the orientation, parents will be given all of the necessary materials and information to apply for the program.

Orientation Schedule:

- Wednesday, January 11: 6:00 – 7:30 pm
- Tuesday, January 24: 3:30 – 5:00 pm
- Saturday, January 28: 2:30 – 4:00 pm

To sign up for any one of the above classes, please contact Aaron Blocher-Rubin, Executive Director, at aaron@azaunited.org or 602-773-5774.

(602) 773-5773 [office]
(602) 273-9108 [fax]
www.AZAunited.org