

ATTENTION AUTISM FAMILIES! NEW SERVICE PROGRAM AVAILABLE!

LIFE-FIT: FAMILY INTERACTION TRAINING FROM LIFECOURSE CARE

LIFE-FIT is a program designed to strengthen the bond between families and their autistic child by promoting positive interactions and reducing challenging behaviors. LIFE-FIT uses supportive, therapeutic strategies to help autistic children, and their families connect in more meaningful and productive ways, while supporting the autistic child's growth and development. Families will gain a better understanding of their child's unique need and learn strategies to interact with them in ways that nurture them and contribute to the family's overall well-being

LIFE-FIT is a 12-week program with families committing to two (2) hours a week of face-to-face meetings (in-person or virtual) with a Board-Certified Behavior Analyst (BCBA). The BCBA guides the program working closely with your family to develop goals and provides coaching and feedback related to skills in each session. Between sessions, the family practices the strategies discussed, allowing you to actively implement the skills you've learned throughout the program.



THE PROGRAM PROCEEDS IN FOUR PHASES:

Phase 1: Assessment

We will begin with interviews and assessments, observing the child, and guiding families in understanding positive behavior change, communication skills, and learning theory, while family feedback helps personalize the process.

Phase 2: Formulation

Based on your family's preferences and the BCBA's expertise, 2-5 goals are set. The BCBA then coaches family members on the interactions needed to achieve those goals.

The final week of the cycle is for reassessment, family feedback, and evaluating program impact. Next steps may include transitioning to intensive therapy, continuing another cycle, or completing treatment.

Phase 4: Appraisal

After training, families apply their skills toward the goals, documenting their observations and the child's reactions. The BCBA meets with the family twice a week for feedback, observations, coaching, and program adjustments.

Phase 3: Implementation

Ready to Learn More & Get Started?

To learn more about how the Life-Fit Program can benefit your child and family, or to register for a Life-Fit screening interview, please email us at Care@lifecoursecare.com or visit www.lifecoursecare.com