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## The BAE Family Connection



Dear BAE Family,

I hope you and your loved ones are healthy and well. These have been difficult times, and our hearts go out to those who have been personally affected by COVID-19.

It looks like this way of life will be our "new normal" for a while longer. The good news is that social distancing seems to be working to flatten the curve and save human lives. For us, that means that we have to be uncomfortable for a little while longer. We have to learn new ways to connect. And we need to adapt. All of this is change, and change is hard.

Social isolating means that we are choosing bigger reinforcers later (saving lives) over immediate reinforcers now (socializing). Parenting a child with unique needs has prepared you for this. You are used to seeing the greater good and letting that drive your actions today. Every day, you make sacrifices so that your child will have a better future. Your commitment to ABA is proof of that.

BAE parents - you got this.

During our time of social distancing, it is more important than ever that we find ways to connect and support each other. That we try to make life as normal as possible. And that we make the most of this precious time.

Our team has been hard at work transforming our services to meet the needs of our families as we experience these changing circumstances together. This is new for all of us and we will keep learning. We have been on a steep learning curve these past weeks, and we wanted to take a moment to share with you some of the ways that we can be helpful with BAE tele-Therapy.

With much gratitude,  
your BAE Therapy team

# BAE Tele-Therapy in Action

Technology has made it possible for us to continue providing you and your family with behavioral services during these extraordinary times. This looks different for everyone and is individualized for you.

Here are the Top 10 ways that we are supporting families through BAE's Tele-Therapy services:



1. **Help with home-schooling.** Homeschooling is a new challenge for students and their parents. We can help carry out lesson plans, teach complex learning objectives, help with attention and focus, and a variety of other behaviors that can make homeschooling more manageable and effective.
2. **Support IEP Goals.** Let's not lose ground on your child's behavior IEP goals. Even when the goal requires a classroom setting, there is often an underlying skill that we can train or strengthen through one-on-one.
3. **Tele-direct 1:1 Skills Training.** We can keep your ABA program going through tele-therapy! We are finding that many of our programs can still be run using video technology. Prioritize your top areas for learning, and our clinical team will tailor programming to keep your child learning and developing during these valuable days.
4. **Manage challenging behaviors and teach positive replacements.** Are you struggling with behavior management? Whether there are new behaviors that have popped up due to all of the change around us or behaviors that we've been targeting already, our clinical team can support you through a step-by-step approach to lasting behavior change.
5. **Tackle a tricky behavior.** Behavior change requires consistency. The more we can control an environment, the easier a behavior is to change. Our shelter-in-place order creates an excellent opportunity to address behaviors that you may have been putting off until now. This could be anything from "bad habits", stereotypy, inflexibility, food refusal, and more. We can help develop a plan and implement that plan right alongside you.
6. **Toilet Training.** Have you been waiting for the perfect time to stay at home and make toilet training a priority? With us all at home in the weeks ahead, there's no time like the present to jump full force into toilet training! We can assist with setting up the schedule, reinforcement plan, offering tips, and troubleshooting issues.
7. **Help create organization and structure.** Has your family lost track of time of day and day of week? We know that routine and predictability are important, but this creates some up-front planning. We can help to structure your stay at home life and bring organization to reduce the chaos in your home.

8. Morning and Nighttime routines. It can be tempting to stay up late and sleep in during these unusual times, but that can create challenges with behavior and learning. We can help with the morning routine and/or the nighttime routine to keep your child on track and in a good rhythm at the start and end of every day.

9. Communication Temptations. Let's get our kids talking! There are so many more hours in the day available for communication training while we are educating from home. What a great opportunity to increase communication and language expression! Our clinical team can help identify opportunities for this and train your household to tempt communication to occur all day every day.

10. Parent Training. ABA is so effective and we want to share our amazing science with you! Our clinical team can identify and train you in a variety of ABA techniques that will make your life easier while helping your child to reach their fullest potential.

If you haven't started your tele-therapy sessions yet, give us a call and we'll design a program that will work best for you. We look forward to seeing you soon!

## Q & A

Q: What is Tele-Therapy?

A: Tele-therapy is when therapy is provided using a live video connection over the internet. Tele-therapy can also be provided over the phone in some cases when internet isn't an option. Give it a try if you haven't yet! We may surprise you.

Q: What technology and materials will I need for my tele-therapy session?

A: You'll need a phone, tablet, or computer so that we can connect "virtually". Internet access is preferred so we can video in using FaceTime, Zoom, AnyMeeting, or other secure video technology. Our clinical team will let you know if there are other materials you'll need for sessions.

Q: Do I have to be present during tele-therapy?

A: That depends on your child and the specifics of their program. There may be times when you should be present and participating, and other times where your child can work independently with their BAE team member during a video session. For some clients, a parent or other helper will need to be present 100% of the time for your child to benefit. You can talk with your clinical team about how this can look for your child.

Q: What does a typical tele-therapy schedule look like?

A: This can vary from one client to another. Tele-therapy services can be provided daily, up to the total number of hours that your child typically receives. Consideration is given to how long of a tele-therapy session is appropriate for your child and for the goals within the session. An exact schedule with the number of days per week, hours, and schedule will be discussed with you when coordinating tele-therapy services. This service delivery could change over time and will be discussed ongoing with the clinical team.

Q: Is tele-therapy covered by my funding source?

A: Most of our funding sources are authorizing tele-therapy (i.e., Telehealth) during the COVID-19 state of emergency. Please check with us for specific information about funding for your services.

Q: Can I have my behavior technician provide tele-therapy?

A: Yes! Our clinical team is working to customize your child's program to prepare our behavior therapists for tele-therapy. Let us know if you are interested in this and we'll add you to the list!

Do you have other questions or would you like more information about a particular topic? We want to hear from you. You can call us toll free at (833) BAE-TEAM or email any of us and we are happy to assist.



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