



How RethinkCare Can Support You

Scenario 1

Who: Kristy is a mother of 3 children. Her oldest son, Timmy, is 9-years-old and diagnosed with autism spectrum disorder. He is struggling with making friends, and his teacher reports he doesn't seem to know how to start or maintain conversations with peers. Kristy is worried this will only get worse as he gets older.

How RethinkCare can provide support: Kristy can access a variety of lessons in the RethinkCare lesson library to learn how to teach Timmy stronger social skills (sample lesson titles include: sustaining conversation on a topic, introducing yourself, and joining an ongoing conversation). She can watch short how-to videos, read lesson plans, and print out materials to help her feel confident teaching these skills and providing him with extra practice at home.

Scenario 2

Who: Mohammad has a 12-year-old son, Tarek, who is struggling to start and stay focused on homework after school. Mohammad is spending more than 2 hours a night sitting next to Tarek, trying to keep him working on his homework, which is causing a lot of stress. Tarek's teacher is now reporting his inability to focus at school, as well. Mohammad is afraid that Tarek's grades will fall as he gets further into middle and high school.

How RethinkCare can provide support: Mohammad can take advantage of the hundreds of visual supports and printable resources RethinkCare has to offer to help Tarek organize himself and stay motivated for homework time (resources include: homework schedules, organizers, behavior contracts, etc.). Mohammad can also schedule free teleconsultations to discuss how these supports are going, troubleshoot, and gain additional strategies from a skilled behavior expert (RethinkCare's board certified behavior analysts are masters and doctoral level clinicians).

Scenario 3

Who: Raj and Priya recently picked up their youngest daughter, 10-year-old Zara, from summer camp. They notice she's acting very differently than before she went to camp. She's no longer following their rules and is talking back to them. This catches them off guard, and they are not sure how to handle this new behavior.

How RethinkCare can provide support: Raj and Priya can take advantage of RethinkCare's free teleconsultations services to speak with a behavior expert about how to address these new behavior challenges in the home. They can learn why these new behaviors are occurring, create a behavior plan (for example, provide Zara with positive reinforcement for following rules and refraining from talking back) learn how to stay consistent with a behavior plan, and how to fade the plan out over time.

Scenario 4

Who: Ramon and Christina have just received the diagnosis of intellectual disability for their daughter, Maria. They are not sure where to begin. They were given a list of places to call but need help getting organized, identifying support, and finding someone to talk with about how to best help their daughter.

How RethinkCare can provide support: Ramon and Christina can take advantage of RethinkCare's free teleconsultation services. They can speak with behavior experts who will provide them with guidance and someone to listen to their concerns, as well as suggesting RethinkCare lessons to begin working on while they await direct services for Maria.



For support, contact 800-714-9285 or [email support@rethinkcare.com](mailto:support@rethinkcare.com)