



# OASIS

## Frequently Asked Questions



**Q: What is Applied Behavioral Analysis?**

**A:** ABA is an organized way of observing and understanding behavior. It is designed to promote learning new skills while decreasing problem behaviors (i.e. tantrums, not following instructions, etc.) It is the preferred treatment for children with autism.

**Q: What is the OASIS Parent Training Program?**

**A:** The OASIS Parent Training Program is a research project that teaches basic Applied Behavioral Analysis skills to parents of young children with autism. This is not designed to be a direct intervention for your child but instead is designed to teach you more effective ways to interact with your child.

**Q: What is a Parent Training Coach?**

**A:** Parent Training Coaches are qualified individuals with experience and/or education in behavioral analysis, psychology, or other related fields. They will help you to complete the training and be available to answer any questions you may have.

**Q: What is involved in the OASIS Parent Training Program?**

**A:** Prior to beginning the training program, you will complete an initial baseline assessment in your home to evaluate the skills you and your child already have. This typically lasts about 2 hours and includes a series of activities and surveys. We will provide the toys and supplies necessary to complete these baseline activities.

Since this is a research project, you will begin the training immediately or approximately 4 months after completing the baseline assessment. The parent training program consists of both an online component and video conference (telemed) sessions.

**Online Components (approximately 1 hour per week)**

- 1) *Tutorials*- There is a total of 8 tutorials. The first two focus on introducing the research project, basic terms, and information regarding autism. The remaining tutorials will provide you with detailed information on a variety of techniques and skills that you can use with your child.
- 2) *Quizzes*- After each tutorial you will complete a quiz over the material.
- 3) *Recording forms*- Additional forms are available for you to communicate with your coach. These will be explained in further detail in the training.

## Video Conference (Telemed) Sessions (one 2 hour session per week)



- You will attend video conferences at a site near your home with your child. The expected commute to your telemed site is typically 10-15 miles away from where you live depending on the availability of video conferencing in your community.

- Your parent training coach will be at KU Medical Center and you will discuss the training material over video conferencing which allows for live video and audio communication.

- Your parent training coach will review the information from the online tutorial and answer any

questions you may have.

- You will complete an activity with their child to practice the skills you read about online.
- Coaches then give you feedback on your performance and will provide guidance on how to apply the skills you learned.
- Your coach will also help you with any specific questions or concerns you'd like to address regarding your child's progress or behavior.

### **Q: What happens if I have to miss a session?**

**A:** We understand that illnesses, vacations, and other commitments are bound to come up. We ask that you give us at least 24 hours notice of any cancellations if possible.

### **Q: How many weeks does it usually take to get through the program?**

**A:** It typically takes families anywhere from 12 to 16 weeks to complete the training.

### **Q: How do I qualify?**

**A:** You must meet the following qualifications:

- Your child must be between the ages of 2 years and 5 years 11 months at the time you sign up for the research project.
- You must have access to a computer with internet access.
- You must be able to travel to telemed site in your community (typically 10-15 miles away from your home).
- Your child must have a diagnosis of an autism spectrum disorder received within the last 18 months.
- You must be willing to commit to 2 hour weekly sessions for a period of 12 to 16 weeks.
- Your child can be receiving no more than 10 hours of ABA therapy services per week.