

# Footsteps of Change



## Intensive Toilet Training

### What Does the Service Look Like?

Footsteps of Change, Inc.'s (FOC) intensive toilet training services are available for families and schools, both for children and adolescents, particularly for those who have had or are expected to have difficulty with conventional toilet training. Services begin with an assessment of toileting behavior, history of toileting issues, and previous interventions used to determine the most necessary components of the treatment package (all of which are supported by 50 years of research and use) for each individual case. Caregivers are trained to run component prior to the beginning of "toilet training" then the clinician spends the first full ("intensive") day with the team to provide coaching and feedback and to ensure the program starts smoothly and effectively. Following the intensive day, the clinician follows up with the team daily until the child is successfully initiating use of the toilet. Consultation is slowly faded as independence increases.

### What is the Cost?

Intensive toilet training services are billed with a one-time fee of \$750.00 following the initial intensive day. This fee includes all assessment and intervention services, including post-intensive day follow-up and consultation. There is also a \$100.00 refundable deposit to rent the toilet training alarm.

### How Long Does Toilet Training Take?

The timeline for training varies greatly from person to person; however, there are some factors that lead to quicker success: 1) strict adherence to the plan and 2) strong reinforcers. Following the plan is the greatest indicator of speedy and lasting success. If the program is not followed consistently, it becomes increasingly difficult to anticipate the time required and the likelihood for overall success. Having strong reinforcers that are restricted as "bathroom success only" items also greatly impacts the success of toilet training.



### Contact Us for More Information

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Invigorating hope, one step at a time