

# Footsteps of Change



## New Skill Development

### What Does the Service Look Like?

New skill development services begin with an assessment of the current skill level in the target area. The assessment includes interviews with primary caregivers and direct assessment with the client. Once the current skill level is determined, the Footsteps of Change clinician develops treatment components to teach new skills within the family's daily routine. After the plan is reviewed with the family, the clinician provides training to the family members on how to run the programs and provides on-going coaching and feedback sessions until the family is comfortable with the plan and positive behavior change has been observed. Once the plan is shown to be effective, the clinician fades the frequency of coaching and follow-up consultation until the family is able to maintain the program without assistance.

### What is the Cost?

Skill development services are billed at \$135/hour for direct services only. Direct services include activities such as meetings, trainings, and observations. Indirect services, such as report writing and data analysis, are provided free-of-charge. Costs are typically highest during initial months and decrease as progress is made.

### How Long Does it Take?

Services typically last 3 to 6 months; however, the amount of time varies greatly due to the wide range of needs across clients. Some factors that impact the length of services include complexity of the plan, adherence to the plan, & quality of reinforcers.

### What can be Addressed?

Skill development services can be used to address a wide range of skills/skill areas across individuals with & without diagnoses. Target skills may include communication, daily living skills (such as feeding, dressing, etc.), academic skills, social & play skills, or safety skills, though this is not all inclusive.



### Contact Us for More Information

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Invigorating hope, one step at a time