

Ummeed Parent Program for Autism

The duration of a UPPA program is six weeks. Each UPPA program comprises six training sessions (2 hours duration each) and five individual coaching sessions (1 hour duration each), as well as one assessment.

The first session includes an introductory talk on autism. For the next five weeks, there are two sessions (Training + Coaching) per week.

During the training sessions, therapists take parents through the strategies that are used to engage with their children in the coaching sessions, and most importantly at home. Simple strategies are discussed such as making small changes in the home, following their child's lead and building the child's language through the use of prompts. After each session, parents are given homework assignments, which they discuss with the therapist and carry out at home with their child.

Parents bring the child for the individual coaching sessions, where they receive guidance from therapists on how to work with their child. During these sessions, parents try out the strategies they have learned during the coaching sessions under the guidance of the therapist, who makes suggestions from time to time to increase engagement, attention and the child's response.

At the end of 6 weeks, the program concludes with a summary and a question and answer session to clarify doubts. This program is conducted in English and Hindi and is offered thrice annually.