

Meet Sonia

(5-year-old son has autism)

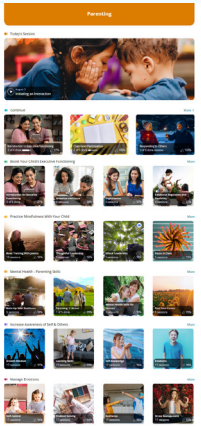
Overwhelmed with new diagnosis of 5-year-old, non-speaking son

Sonia's son Samuel received an autism diagnosis a few months ago; she's overwhelmed with potty training, therapies, future school services, waitlists, and his tantrum behavior.



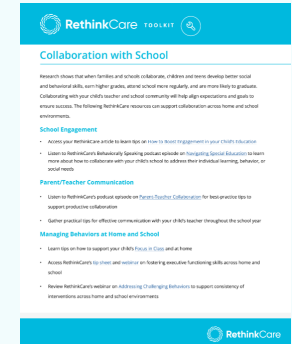
INTAKE

A RethinkCare Expert worked to understand where Sonia is in her process, educate her on her rights and range of services, her goals, and main concerns (specifics around tantrums); encouraged her to take Rethink's stress and self-efficacy assessments.



REFERRAL

During one consultation, Sonia's RethinkCare Expert heard Sonia discuss childcare barriers and referred her to Chevron's childcare provider.



PROGRESS

Sonia meets every 2 weeks with her RethinkCare Expert, tantrums are reducing, her son is now potty trained on a schedule, she feels more confident, and she is collaborating well with school and therapists.

STRATEGIES

RethinkCare helped Sonia collect data to determine why tantrums occur (to get attention) and taught her how to empower her son with appropriate ways to get his needs met; helped her create a potty protocol; recommended RethinkCare's Behaviorally Speaking podcast, parent groups, and videos

