

Aisling Discoveries: Autism Services

About Aisling Discoveries' Autism Services

Aisling Discoveries has been providing evidence-based interventions for autism spectrum disorder (ASD) with successful results for close to 20 years. As a trusted agency in Toronto, we also support information sharing and collaborative care among services at Aisling Discoveries and in the community. Our service offerings are flexible and consider individual child and family needs. Individualized assessments are completed to help determine a plan for service. Upon completion of a service, each family receives a report with progress and future recommendations for service.

Behavioural interventions and family services are integrated and coordinated with other services, such as speech and language or children's mental health, which a child, youth or their family may be receiving. A high degree of interprofessional partnership is in place to support information sharing and collaboration among services and the community.

The wide range of services available to children, youth and their families are frequently evaluated and monitored in order to be flexible and responsive to changing evidence and practice.

It has been our privilege to serve families in Scarborough, East York and beyond for almost 20 years. We are proud of the high-quality, evidence-based services our staff have provided to children and youth with ASD, and their families.

Please contact us to get started and to learn more about our Autism Services.

Contact

Website: www.AutismHelp.ca

Email: autism@aislingdiscoveries.ca

Phone: (416) 321-5464, ext. 236

Autism Services Locations

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| Milner Avenue 325 Milner Ave., Suite 110 Scarborough, ON Canada M1B 5N1 Click here for map | Middlefield Road 120 Middlefield Rd., Unit 2 Scarborough, ON Canada M1S 5E2 Click here for map | Eglinton Avenue East 2206 Eglinton Ave. East, Suite 140 Scarborough, ON Canada M1L 4S7 Click here for map |
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Getting Started

1. Contact Aisling Discoveries' Autism Services to schedule a free phone consultation. Our staff will guide you to the right service based on your goals and needs.
2. Call Autism Intake at (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca.
3. Pay for services in person or over the phone.
4. Attend a general autism services orientation and selected service orientation.

Family Orientation and Service

Family-centred care is the fundamental basis of service delivery within Aisling Discoveries' Autism Services. This approach values parents and caregivers as experts on their child and as key decision makers in their child's interventions. It also recognizes their lifelong commitment to their child's learning and wellness.

Families will have the opportunity to participate in a range of parent and family supports, including parent support groups, connection to relevant community-based programs and services, and access to parent and family education opportunities. Because family members are key partners in determining their child or youth's care, they will be actively engaged to enable them to acquire skills that support their child's development.

Autism Services Orientation

This group-based orientation will provide an overview of the science of applied behaviour analysis (ABA) and how it is applied in a treatment context to children and youth with ASD. An introduction to Aisling Discoveries' Autism Services options will be provided, as well as an orientation to the Ontario Autism Program and how it relates to our agency's programming.

This group session is for: All families new to Aisling Discoveries' Autism Services

Duration: 1.5 hours

Locations: Milner Avenue, Middlefield Road, Eglinton Avenue East; webinar

Fee: No cost

Navigating the Autism System

This individualized session guides families through the continuum of supports and services available. These include funding options and application support, school transitions and preparedness, as well as other community resources that families may have questions about. Individualized support can be added as required upon completion of the session.

This group session is for: Families that want more information and support about resources available to them

Duration: 1.5 hours

Locations: Milner Avenue, Middlefield Road, Eglinton Avenue East; webinar

Fee: One-on-one session available upon request and based on an hourly rate. Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca

Introduction to Service Orientation

This session provides specific information and describes what families can expect regarding the behaviour service they have registered for. Participants will learn about the treatment approach, objectives of the service and expectations of parents while their child is in treatment.

This group session is for: Families that are registered and about to begin a behavioural service

Duration: 1 hour

Locations: Milner Avenue, Middlefield Road, Eglinton Avenue East; webinar

Fee: Included in service registration

Introduction to Autism Spectrum Disorder and Applied Behaviour Analysis

Parents will attend four workshops and have an opportunity to learn about ASD and the foundational principles related to applied behaviour analysis (ABA) and how they apply to the treatment process.

Workshop topics include:

- Introduction to ASD
- Understanding ABA: Key Terms
- Building ABA into Routines
- Prevention and Redirection.

This training program is for: Parents and caregivers who want to learn about ASD and the principles of ABA that are used to support and teach children and youth with ASD

Duration: Four weeks – two-hour group sessions, once per week

Locations: Milner Avenue, Middlefield Road, Eglinton Avenue East

Fee: Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca

Individual Consultation Service (ages 0–18)

Individualized consultation services are provided by a Board Certified Behaviour Analyst and are for families looking for support in a specific area. Coaching is available to support parents and caregivers in implementing recommended strategies to help with long-term outcomes and to help transfer skills to different settings. Phone consultation will also be available following the coaching sessions to give parents the opportunity to ask questions and receive additional support.

Brief Individual Consultation

In this service, parents will have the option to select a specific area of concern to focus on. This option includes an individual assessment of the child's skills and needs with relation to the specific area of concern, a one-on-one consultation session related to the concern, and three sessions in-home or in the community. Following the individual consultation, parents will have access to a behaviour therapist for three months to respond to questions that may arise about the targeted concern.

Topics may include:

- behaviour reduction
- toileting
- sleep
- community outings
- specified goal.

This individual service is for: Parents and caregivers who want individualized support for a specific skill set to support their child within the home or community. Parents attend all sessions.

Duration: Six weeks – two-hour parent/caregiver/child/therapist sessions, once per week (Week 1: assessment; Week 2: consultation on area of concern; Weeks 3, 4, 5: in-home or community consultations; Week 6: summary, maintenance plan and report)

Locations: Milner Avenue, Middlefield Road, Eglinton Avenue East; your home or community location

Fee: Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca

Individual Consultation

Families will receive an individualized assessment and behaviour support plan, followed by ten two-hour treatment/consultation sessions with a behaviour therapist in a convenient location such as our centre, at home or in a community setting. Families will receive a maintenance plan to promote the retention of skills they have acquired. Follow-up coaching and consultation will be available for three months following treatment.

This individual service is for: Families looking for individual behavioural service and consultation to address a specific area of concern

Duration: 12 weeks – two-hour sessions, once per week (Week 1: assessment; Weeks 2–11: parent/caregiver/child/therapist sessions; Week 12: summary, maintenance plan and report)

Locations: Your home or community location; Milner Avenue, Middlefield Road, Eglinton Avenue East

Fee: Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca

Early Behavioural Intervention (ages 0–6)

Treatment is planned, individualized, implemented and continuously reviewed by the clinical team, comprised of a supervisor and therapist. The family is a key partner in the treatment process, and parental involvement is required through all stages of the child’s program to identify goals and generalize skills.

Improving Parents as Communication Teachers (ImPACT)

This evidence-based intervention combines direct parental involvement with developmental perspectives and applied behaviour analysis (ABA) in teaching children social and communication skills. Parents attend all sessions. Opportunities to participate in evidence-based parent training interventions will support families in helping their child to learn and use new skills in their everyday lives.

This individual and group service is for: Parents and their children up to age 3 who demonstrate signs of autism or have a diagnosis of autism

Duration: Twelve weeks –six two-hour parent sessions; six one-hour child sessions, once per week (Parents/caregivers attend six sessions without the child and six individual coaching sessions with the child. Parent group sessions and individual coaching sessions alternate each week).

Locations: Milner Avenue, Middlefield Road, Eglinton Avenue East; your home

Fee: Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca

Early Social Communication

This behaviourally based early intervention is co-led by a behaviour therapist and a speech and language pathologist. Goals are discussed from a multidisciplinary perspective and implemented using a combination of behaviourally based and speech and language approaches. The format of the group includes circle time, movement breaks, arts and crafts, and group activities. Parents are required to support learning with homework and coaching components. Attendance at an orientation session is required. Parents attend all sessions.

This group service is for: Parents and their children up to age 4 who demonstrate signs of autism or have a diagnosis of autism

Duration: 12 weeks – two-hour sessions, once per week (Week 1: assessment; Weeks 2–11: group sessions; Week 12: summary and report)

Locations: Milner Avenue, Middlefield Road, Eglinton Avenue East

Fee: Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca

Learning to Play

The primary focus of this early-learners group is to develop skills related to the development of solitary and parallel play, which are foundational skills for later social skill development. Because this group is for early learners, parents are required to participate in a homework and coaching component. Prior to the initial group, parents will be required to attend a group orientation, which will describe strategies to be used in sessions, homework expectations and anticipated outcomes.

This group service is for: Parents and their children up to age 5 who demonstrate signs of autism or have a diagnosis of autism

Duration: 12 weeks – two-hour sessions, once per week (Week 1: assessment; Weeks 2–11: group sessions; Week 12: summary and report)

Locations: Milner Avenue, Middlefield Road, Eglinton Avenue East

Fee: Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca

Early Behavioural Intervention

This service teaches essential skills, including communication, social/play skills, learning readiness, daily living skills, self-regulation and management of challenging behaviour. The service involves one-on-one sessions with a behaviour therapist and small group activities and range from early foundational skills to school readiness and transition skills.

This individualized service is for: Children up to age 5 who require intensive skills building across multiple learning domains

Sessions run: Monday–Friday, 9:00 a.m. – 12:00 p.m.; or 1:00–4:00 p.m.; or full day, 9:00 a.m.–3:00 p.m.

Duration: Five days per week, available three or six months at a time

Locations: Middlefield Avenue, Eglinton Avenue East

Service options/fees: Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca

- 12 weeks, 15 hours per week
- 12 weeks, 30 hours per week

- 24 weeks, 15 hours per week
- 24 weeks, 30 hours per week

Time for School

This service focuses on building skills that will allow children to be successful in school settings, childcare and/or in the community. Goals include enhancing school readiness and promoting a smooth transition into the school system by encouraging small group learning and independence. The treatment environment is structured and predictable, with daily opportunities for play, socialization, language development and acquisition of developmentally appropriate academic skills. Programs are individualized and focus on the strengths and needs of each child. A transition plan to support a move into a school placement will be provided, and staff can be available to support school board case consultations and/or the development of an individual education plan (IEP).

This small group service is for: Children approaching school age who need readiness and transition support to promote a successful school experience

Sessions run: Monday–Friday, 9:00 a.m.–12:00 p.m.; or 1:00–4:00 p.m.

Duration: 12 weeks – five three-hour sessions per week

Locations: Middlefield Road, Eglinton Avenue East

Fee: Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca

Focused Behavioural Service (ages 0–18)

Using principles of applied behaviour analysis and established teaching methods, this service will provide one-on-one and small group instruction covering four key areas:

- behaviour management / emotional regulation
- communication
- social/interpersonal
- daily living skills.

Based on a brief preliminary assessment, an individualized behaviour plan will be developed for each child/youth. When appropriate, groups may also be established based on gender and age.

The service curriculum will be designed to build the skills needed for success in the home, community and school setting. There will be an enhanced child-to-therapist ratio, providing transition services, speech and language pathology consultation and ABA-based clinical supervision from a Board Certified Behaviour Analyst.

Introduction to Communication

This service uses a functional communication training approach to increase the frequency of desired communication. An introduction to communication is provided in which children/youth can learn to ask for desired items. Goals of this service also include working toward an increase in the number of items your child will request, as well as generalization of the items they can request. A maintenance plan will be developed and shared with family members to support communication in other settings and to encourage ongoing development.

This group service is for: Children and youth who require support with communication skills

Duration: 12 weeks – two-hour group sessions, twice per week

Locations: Milner Avenue, Middlefield Road, Eglinton Avenue East

Fee: Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca

Social Communication 1

In this service, participants increase the complexity of their communications, including requesting, naming and responding to other people. Goals include:

- being able to request items to meet basic needs and wants
- making requests using two or more words (e.g., pour juice, open door)
- using generalized responding and verb/noun or noun/verb combinations.

This group service is for: Children and youth with some early communication skills

Duration: 12 weeks – two-hour group sessions, twice per week

Locations: Milner Avenue, Middlefield Road, Eglinton Avenue East

Fee: Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca

Social Communication 2

In this service, participants develop conversation skills as they relate to greeting peers, initiating and maintaining play and participating in cooperative play including turn-taking and reciprocal imitation. The session uses a functional communication training approach to increase the frequency of desired communication. Goals include:

- greeting people and returning greetings
- initiating a conversation
- joining in play.

Participants also practise group skills such as singing, participating in gross motor games and activities, transitioning between activities, taking turns, following group rules, responding to delayed reinforcement and following a schedule.

This group service is for: Children and youth with early communication skills

Duration: 12 weeks – two-hour sessions, once per week

Locations: Milner Avenue, Middlefield Road, Eglinton Avenue East

Fee: Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca

Children's Friendship Training

This evidence-based social skills intervention is for motivated children who are interested in learning ways to help them make and keep friends. During each group session, children learn important social skills and get the opportunity to practise these skills during real play activities (e.g., playing sports, board games).

Parents learn how to help their children make and keep friends by providing feedback through coaching during weekly socialization homework assignments. Parents also participate in concurrent parent sessions to effectively coach and support their child.

Group topics include:

- sustaining two-way conversations
- engaging in active listening
- making new acquaintances
- entering and exiting conversations.

This group service is for: Parents and their children aged 7–12 who can communicate and interact with peers on a regular basis.

Duration: 12 weeks – 2 hour sessions with parents and children attending sessions each week

Locations: Milner Avenue, Middlefield Road, Eglinton Avenue East

Fee: Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca

Making and Keeping Friends– PEERS

PEERS (Program for the Education and Enrichment of Relational Skills) is a 14-week social skills program that teaches middle- and high-school students (grades 7–12) with high-functioning autism or Asperger's syndrome about how to make and keep friends. Created by Dr. Elizabeth Laugeson and her colleagues at the University of California at Los Angeles, PEERS is the only evidence-based social skills intervention for adolescents and young adults that has resulted in significant gains in knowledge and use of social skills. It is taught in weekly small-group settings, using techniques that include didactic instruction, modeling,

coaching, behavioural rehearsal, performance feedback and weekly homework assignments supported by parents/caregivers.

This group service is for: Middle- and high-school students (grades 7–12) who have high-functioning autism or Asperger’s syndrome

Duration: 14 weeks – two-hour group sessions, once per week

Locations: Milner Avenue, Middlefield Road, Eglinton Avenue East

Fee: Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca

Preparing for Adulthood

This group-based program for youth who are approaching age 18 promotes independence and builds skills related to community safety, involvement and transportation; money management; and pre-vocational and/or vocational skills. Goals are individualized based on the youth’s prerequisite skills and parent and youth expectations. Upon completion of the program, youth will have access to a behaviour therapist/coach for up to three months.

This group service is for: High-school students (grades 9–12)

Duration: 12 weeks – two-hour sessions, once per week

Locations: Milner Avenue, Middlefield Road, Eglinton Avenue East

Fee: Contact (416) 321-5464, ext. 236, or email autism@aislingdiscoveries.ca