

Starting a conversation with your provider, about treatment

Care planning should always integrate

- ü Professional expertise and judgment
- ü Consumer and family values and preferences
- ü Best research evidence on the effectiveness of services

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| <p>What specific service(s) are being recommended? Why?</p> <p>How often does the treatment work?</p> | <ul style="list-style-type: none"> ü <i>Look for a specific service that is unique to the issue you/your child needs to address</i> ü <i>Look for reference to evidence of effectiveness</i> ü <i>Look for a clear rationale, often involving learning new skills</i> ü <i>Look for specific rates of success and reference to controlled studies or local evaluations</i> |
| <p>What is expected from your child and yourself?</p> <p>What can you expect from the treatment provider?</p> <p>What outcomes are expected to be achieved?</p> | <ul style="list-style-type: none"> ü <i>Is this something you/your child/family/ can do?</i> ü <i>Are these the outcomes you have wanted/hoped for</i> ü <i>Look for clear and reasonable expectations around participation</i> ü <i>Look for reference to proficient use of the service</i> ü <i>Look for reference to meaningful and observable goals</i> |
| <p>How long before the first signs of improvement are expected?</p> <p>Are there alternative treatment approaches?</p> <p>What happens if this treatment does not work for your child/family?</p> | <ul style="list-style-type: none"> ü <i>Look for a specific timeframe or range</i> ü <i>Look for at least one other alternative, and a reasonable rationale for the relative merits of the recommended service</i> |
| <p>Has this practice been evaluated with controlled research? <i>If yes, what is the provider doing to insure fidelity?</i> <i>If no, are they conducting a local evaluation?</i></p> | <ul style="list-style-type: none"> ü <i>If yes, look for a description of the research and results, and look for reference to training and supervision to insure fidelity</i> ü <i>If no, look for a description of local evaluation efforts and results</i> ü <i>How will you and the provider know if its working for you/your child</i> |