

# How Rethink Can Support You

## Use Case Scenarios

### Scenario 1

**Who:** Kristy is a working mother of 3 children. Her oldest son, Timmy, is 9 years old and is diagnosed with autism spectrum disorder. He is struggling with making friends and his teacher reports he doesn't seem to know how to start or maintain conversations with peers. Kristy is worried this will only get worse as he gets older.

**How Rethink can provide support:** Kristy can access a variety of lessons in the Rethink lesson library to learn how to teach Timmy stronger social skills (sample lesson titles include: sustaining conversation on a topic, introducing yourself, joining an ongoing conversation). She can watch short how-to videos, read lesson plans, and print out helpful materials so she will feel confident about how to teach him these skills and provide him with extra practice at home.

### Scenario 2

**Who:** Ramon and his wife have just received the diagnosis of Intellectual Disability for their 2 year old daughter, Maria. They are not sure where to begin. They were given a list of places to call but need help getting organized, support, and someone to talk with about how to best help their daughter.

**How Rethink can provide support:** Ramon and his wife can take advantage of the free telecon-



sultation services that are paid for by his employer. They can speak with behavioral health experts with many years of experience supporting individuals with intellectual and developmental disabilities and their families. They will be provided with guidance, someone to listen to their concerns, and receive suggestions on Rethink lessons to begin working on while they await direct services for Maria.

### Scenario 3

**Who:** Mohammad had a 12 year old son, Tarek, who is struggling to start and stay focused on homework after school. His teacher reports he has difficulty paying attention in class and it is becoming more apparent at home as well. Mohammad is afraid that his grades will fall as he gets further into middle and high school.

**How Rethink can provide support:** Mohammad can take advantage of the hundreds of visual supports and printable resources Rethink has to offer to help Tarek organize himself and stay motivated for homework time (e.g., homework schedules, token boards, etc.). Mohammad can also schedule teleconsultations to discuss how these supports are going, troubleshoot, and gain additional strategies from a behavioral health expert.

