

# THE TECH-SAVVY PLAN

**CLIENT:**

**DATE:**

## PURPOSE

The Tech-Savvy Plan is designed for parents who want to integrate technology into their child's ABA routines. This plan provides structured strategies for using apps, visual schedules, and data tracking tools to support communication, skill-building, and behavior management. Parents will learn how to select and implement technology that enhances learning and independence while making ABA strategies more efficient and accessible.

## SPECIFIC NEEDS FOR THIS FAMILY:

(Use the space below to document the unique characteristics or challenges of the family you are working with.)



## FAMILY PROFILE

Typical Characteristics of Families Who Need This Plan:

- ☐ Parents want to use technology to support ABA strategies but are unsure where to start.
- ☐ Parents need guidance on selecting and setting up apps that promote skill-building.
- ☐ Child benefits from visual supports, communication apps, or digital tools for learning.
- ☐ Parents are looking for ways to generalize ABA strategies across different environments using technology.
- ☐ Family wants to improve consistency in tracking progress and reinforcing skills using digital tools.

# GOAL SETTING

## RECOMMENDED AND EXAMPLE GOALS

### Select or Customize Goals

Choose from the recommended goals below or write your own to align with the family's specific needs.

#### Supporting Communication Through Technology

- ☐ Parent will introduce and model the use of an AAC or communication app during at least 3 communication opportunities per day.
- ☐ Parent will reinforce their child's use of a selected communication tool in at least 80% of opportunities.

#### Tracking and Adjusting Strategies with Digital Tools

- ☐ Parent will log data using a tracking app at least 3 times per week.
- ☐ Parent will review and adjust technology use based on progress, ensuring apps and tools remain effective in supporting ABA strategies.

#### Integrating Technology into Daily Routines

- ☐ Parent will introduce and use a visual schedule app with their child for at least one daily routine for two weeks.
- ☐ Parent will implement a selected ABA-related app during a structured routine and ensure consistent use for at least 10 minutes per day.

#### Using Technology for Skill-Building and Generalization

- ☐ Parent will support their child in using a skill-building app for at least 10 minutes per day.
- ☐ Parent will introduce a digital reinforcement system (e.g., token board app) to support behavior and track progress over two weeks.

**Customized Goals for This Family:** (Write additional or revised goals specific to the family.)

# RECOMMENDED LESSONS

Below is the recommended sequence of lessons for a family who fits this profile. As they gain skills and confidence, you can add new lessons or move to a different plan.

## **1. Using Technology to Support ABA**

Technology can enhance communication, reinforcement, and data tracking in ABA routines. This lesson teaches parents how to select and use apps and digital tools to improve consistency and support their child's progress.

## **2. Reinforcement**

Consistent reinforcement is crucial for skill acquisition and behavior change. This lesson teaches parents how to use technology-based reinforcement systems, such as token board apps and behavior tracking tools, to maintain motivation and progress.

## **3. Introduction to Expressive Communication**

For children with communication challenges, AAC devices, speech-generating apps, and visual supports can be powerful tools. This lesson helps parents understand how to introduce and reinforce digital communication tools in daily interactions.

## **4. Ethical Considerations for Parents**

As parents integrate technology into their child's learning, it's important to consider privacy, screen time balance, and ethical use of behavior tracking tools. This lesson provides guidance on making informed, ethical decisions when using digital ABA supports.

## **5. Troubleshooting ABA Strategies**

Technology can streamline ABA implementation, but parents may encounter challenges with consistency, engagement, or technical issues. This lesson helps parents identify barriers and adjust their use of technology to fit their child's learning needs.

## **6. Using Task Analysis to Teach Skills**

Breaking skills into smaller, teachable steps increases success in skill-building. This lesson helps parents integrate technology, such as digital checklists, video modeling, or step-by-step guides, to support task analysis and promote independence.

# RECOMMENDED LESSONS

## 7. Sustainable Parenting

Using technology effectively requires balance and realistic expectations. This lesson teaches parents how to integrate tech-based supports into daily routines without becoming overwhelmed, ensuring ABA strategies remain practical and sustainable.

**Additional Lessons to Include (if applicable):** (Add or adjust lessons to match family needs.)

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# Engagement Tips

## Keep Technology Use Purposeful and Balanced

Technology can be a powerful tool, but it should enhance learning rather than replace natural interactions. Encourage parents to use technology with clear goals in mind while ensuring their child still engages in hands-on learning and social experiences.

## Introduce One Tech Tool at a Time

Parents may feel overwhelmed by the number of apps and digital supports available. Encourage them to start with one tool, such as a visual schedule app or reinforcement tracker, and build from there to ensure consistency and success.

## Adapt Tech Use to Fit the Child's Needs

Not every child benefits from the same tools in the same way. Encourage parents to adjust settings, simplify features, or explore alternative tech solutions if an app or device isn't working well. Customizing the approach keeps technology engaging and meaningful.

**Family-Specific Engagement Notes:** (Write strategies for engaging this family, considering their strengths and concerns.)

## Model and Use Technology Alongside Their Child

Parents should actively use technology with their child, rather than expecting them to engage independently. Modeling how to use an app, navigating a schedule together, or tracking progress as a team increases engagement and ensures success.

## Reinforce Engagement with Digital Tools

Children may initially resist using AAC apps, schedule tools, or behavior trackers. Parents should reinforce their child's participation by praising effort and providing motivation, making tech-based interventions feel rewarding rather than forced.



# COMMON OBJECTIONS AND SOLUTIONS

**Step 1: Identify Objections** (Check or write in objections that apply to the family.)

<input type="checkbox"/>	"I'm not good with technology."	<input type="checkbox"/>	_____
<input type="checkbox"/>	"My child just gets distracted."	<input type="checkbox"/>	_____
<input type="checkbox"/>	"Screens make things worse."	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

### Step 2: Write Solutions (Document strategies to address the identified objections.)

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# PROGRESS TRACKER

**Parent Goals:** (Outline specific goals for parents based on the lessons and their needs.)

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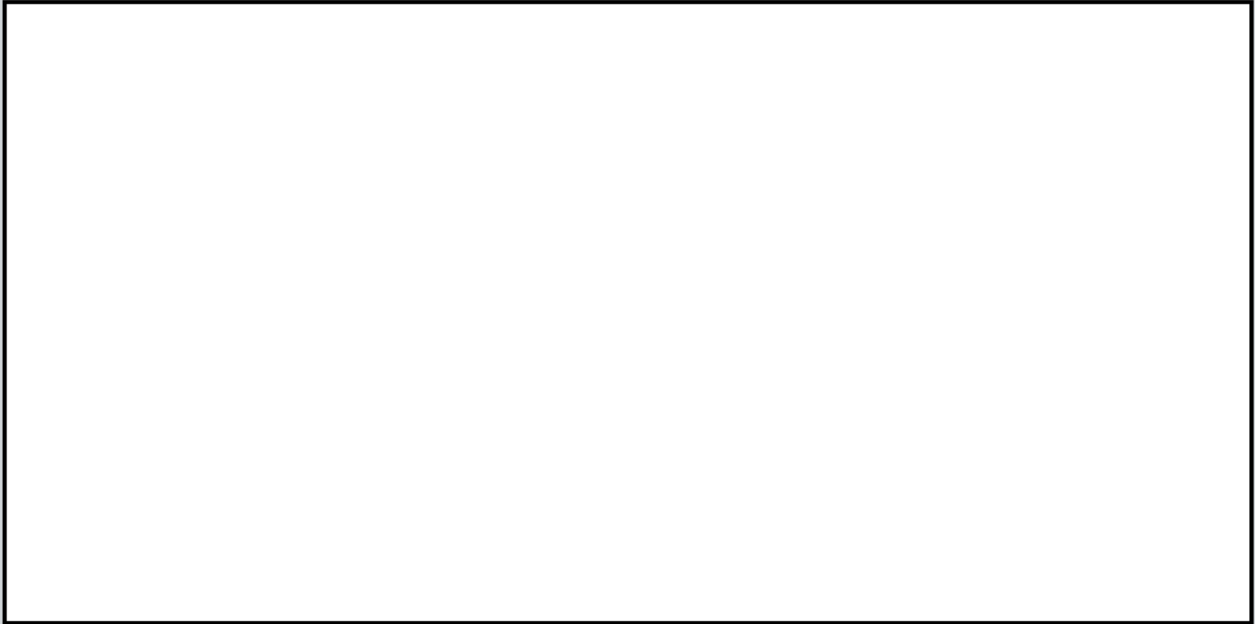
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**Weekly Progress Notes:**(Record observations and data to track parent engagement and skill implementation.)

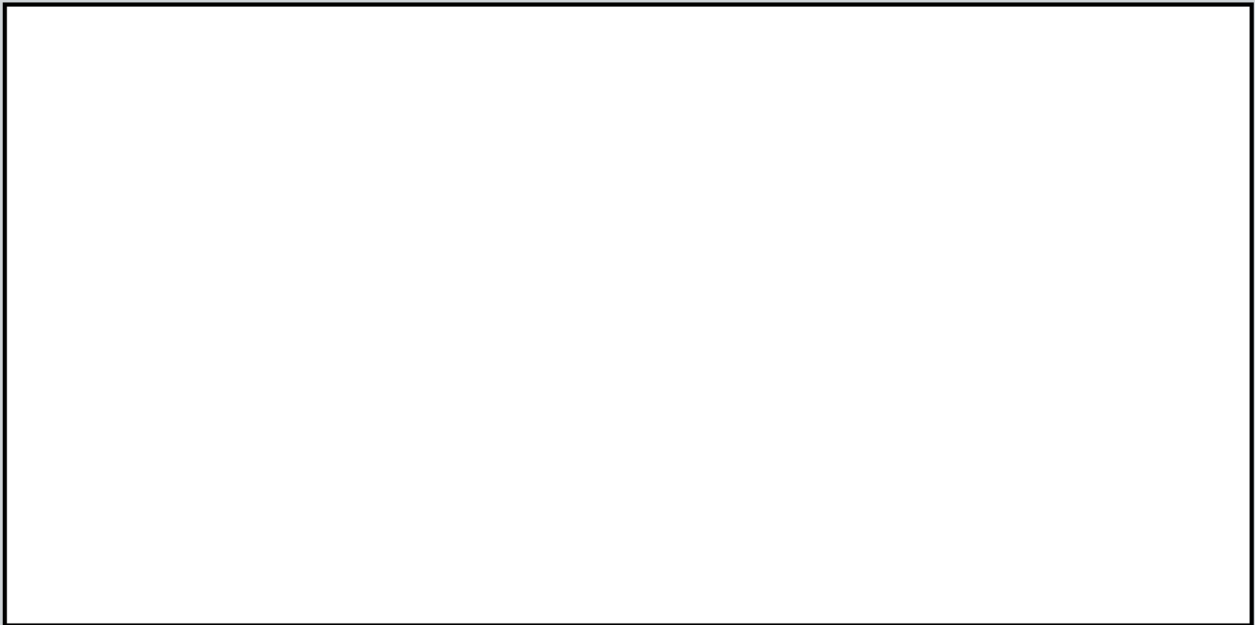
Week	Parent Goal	Progress	Notes
Week 1			
Week 2			
Week 3			

# Reflection Log

What went well this week?

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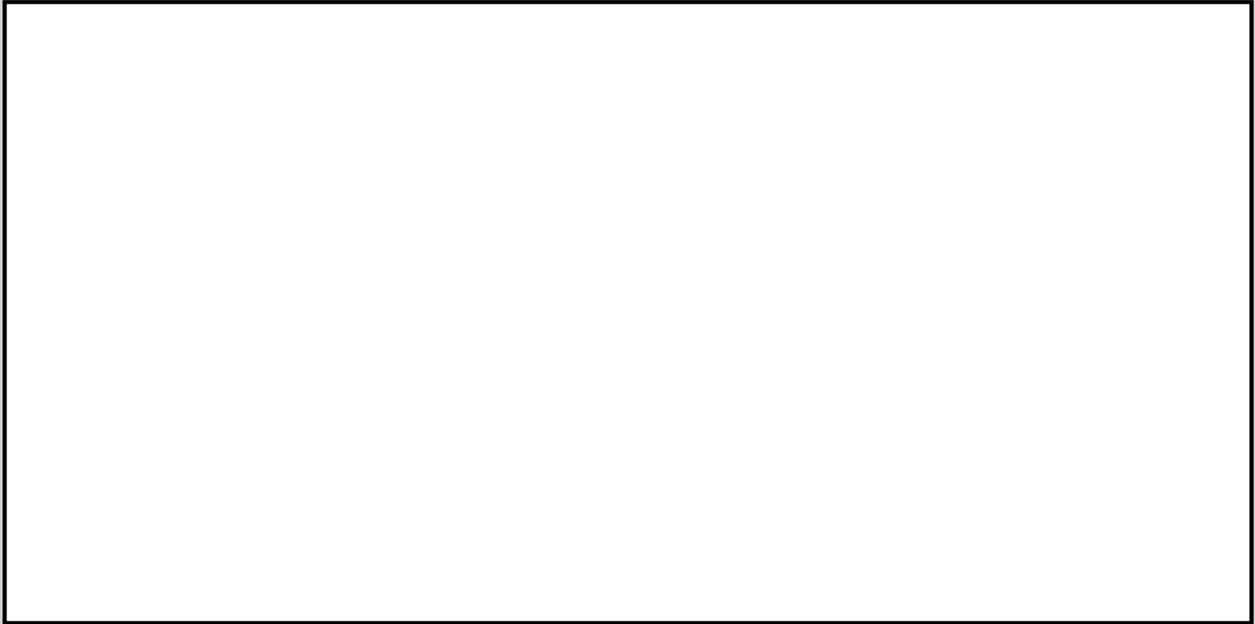
What challenges did you face?

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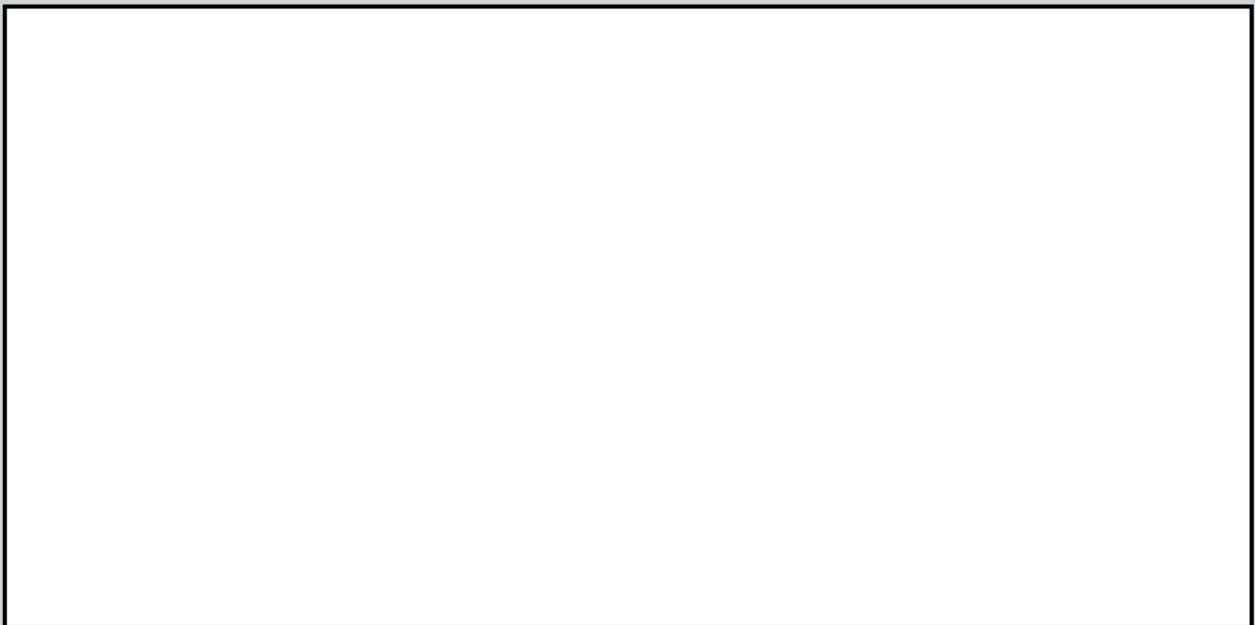


# Reflection Log

What adjustments need to be made?

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Additional Notes

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