

Introduction

There is well established evidence on the benefits of Naturalistic, Developmental, Behavioral Interventions (NDBIs) for autistic children.

For specialized populations like children with dual diagnoses of Down syndrome (DS) and autism spectrum disorder (ASD; DS-ASD), these interventions are often offered late, if at all, (Spinazzi et al., 2023 ; Nunnally et. al, 2021).

Our study explored caregivers' satisfaction with a hybrid (in-person and telehealth) Project IMPACT intervention.

Project IMPACT (Improving Parents as Communication Teachers) is an evidence-based, parent-mediated social communication intervention designed for autistic children (Ingersoll & Wainer, 2013).

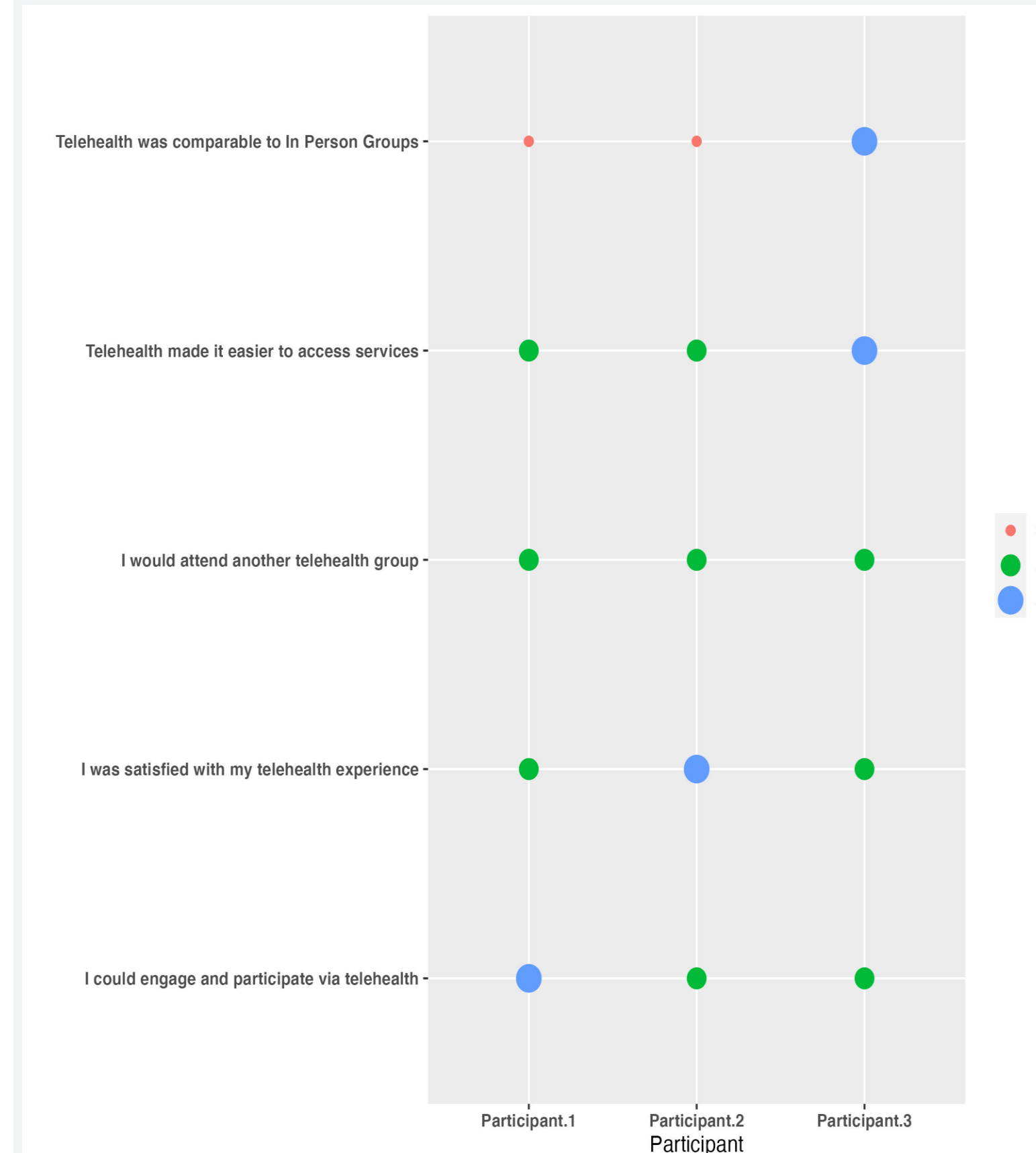
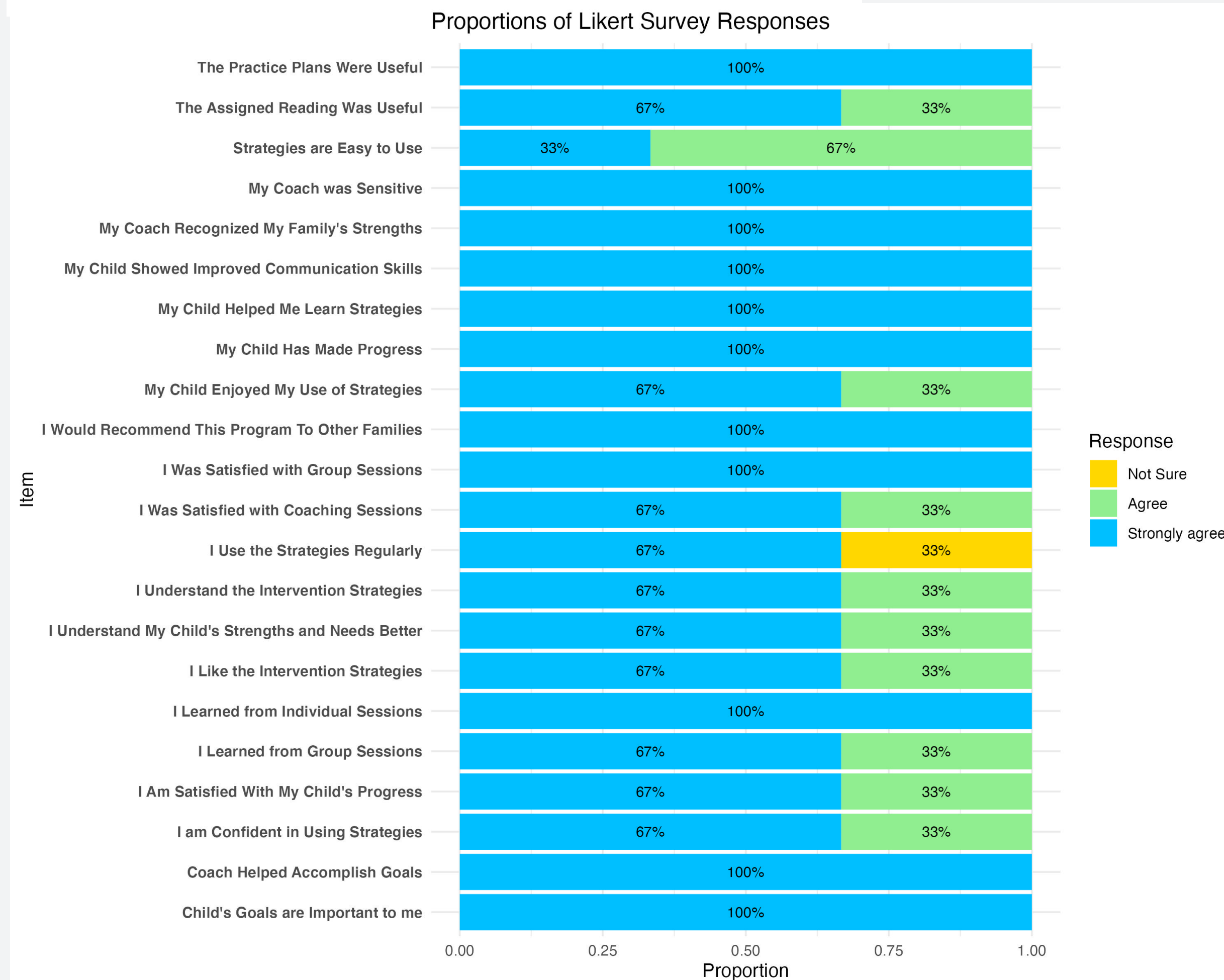
Methods

3 preschool children (Mean Age = 4.3 years, SD = 4.4) and their caregivers participated in an 18-week hybrid curriculum

- Participants attended an average of 16 out of 18 sessions
- Telehealth sessions **were better attended** than In-Person (17 out of 18).
- Caregivers were surveyed regarding their degree of satisfaction with the intervention, including the mode of delivery, as well as its perceived efficacy, using a Likert scale (1- strongly disagree; 2- disagree; 3- not sure; 4- agree; 5- strongly agree).

Results

- **HIGH Treatment Satisfaction (mean ratings ranging from 4.3 – 5 for all survey items)**
- **BENEFIT with Hybrid Service Model**



Acknowledgments
Patient and families of UCSF Benioff Children's Hospitals

References

- Spinazzi, N.A., Velasco, A.B., Wodecki, D.J. et al. Autism Spectrum Disorder in Down Syndrome: Experiences from Caregivers. *J Autism Dev Disord* **54**, 1171–1180 (2024).
- Nunnally, A., et al. Symptoms of Autism Spectrum Disorder in Individuals with Down Syndrome. *Brain Sciences*. 2021; 11(10):1278.
- Ingersoll, B., & Wainer, A. (2013). Initial efficacy of Project IMPACT: A parent-mediated social communication intervention for young children with ASD. *Journal of autism and developmental disorders*, 43, 2943-2952.

Conclusions

To our knowledge, this is the first study examining parental satisfaction with a Project IMPACT intervention for children with DS-ASD.

Strong endorsement for a telehealth and in-person hybrid model

This is important given difficulties accessing services for those residing in underserved and rural communities.

Next Steps

- Measure caregiver treatment fidelity
- Compare satisfaction related to specific treatment modules or topics
- Explore insurance coverage and funding