



PRESS RELEASE

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Launch of Service to Equip Parents Facing Persistent Challenging Behaviours in Children and Youths with Autism

Rainbow Centre (RC) launches the Family Empowerment Programme (FEP) to support parents and caregivers of students with autism with persistent challenging behaviours on 26 March, 2018.

The FEP goes beyond the usual practice of working with the client in school and clinic settings. Our therapists and psychologists work with caregivers in their homes to equip them with skills and resources to manage current and potential future challenging behaviours of their child.

Challenging behaviours (e.g. aggression) in students with autism surface at various life stages. This can impede their learning at school, daily living, and at its worst, potentially harm the student, others or cause damage to property.

Behaviour management strategies can only be successful when it is implemented holistically, at home and at school. The FEP aims to empower parents with skills through coaching, to address and manage behaviour issues which arise through the different life stages of their child.

Executive Director of Rainbow Centre, Ms Tan Sze Wee says, "Through the course of working with families of our students, we realised that some of them struggle with unresolved challenging behaviours despite intervention. The FEP expresses our desire to see these families and our students move towards a better quality of life by learning to manage these behaviours. As we work hand-in-hand with them to manage their current challenges, we hope this builds a strong foundation for the future."

The FEP is supported by the Hong Kong-based Koo's Giving Charitable Foundation, which has committed to fund the programme for the first year. Ms Lydia Koo, founder of the foundation, says, "The Koo's Giving Charitable Foundation is supporting the FEP because we, together with Rainbow Centre, believe in its potential impact. We share the vision and conviction that programmes designed to help parents be better caregivers are critical to the holistic development of children with autism. It is important that what happens at home is consistent with the coaching and routines at the centre."

The FEP comprises a customised structured package of maximum 10 sessions over six to eight weeks. Designed to serve families of students aged 19 months to 18 years, the programme begins with observations and assessments by the FEP team of allied professionals, followed by goal setting and implementation of strategies. To ensure long-term follow-up, the FEP team works closely with Rainbow Centre's schools and advises the families about community resources for times of crisis. There are seven families in the new programme.