



FAB Scheduling

Tips And Tricks

Try these tips and tricks to overcome the challenges of flexible, activity-based scheduling that accommodate bursts of support when needed.

Challenge: Going during naturally occurring times of the routine/activity setting.

Try: Planning with the caregiver(s) around multiple activity settings/routines that support their desired priorities. This provides flexible options for scheduling based on your and the family's availability.

Challenge: Family struggling to keep track of visits.

Try: Problem-solving with the family to figure out what best helps them keep track of appointments (e.g., setting reminders, text from provider).

Challenge: Reflecting with caregivers during busy routines/activity settings.

Try: Using a variety of coaching strategies: reflection-for-action (before the activity occurs), reflection-on-action (after the activity has occurred), or video reflection with caregivers (recorded prior to visit or during visit).

Challenge: Balancing family-driven scheduling with work and personal calendar.

Try: Setting boundaries based on your program's guidelines and personal commitments that you have (e.g., block calendar for times you are not available, only offer times that you can do).

Challenge: Knowing when to use a burst of support.

Try: Providing a burst of support when a new or particularly challenging priority arises, multiple caregivers need support, or progress has stalled.

Challenge: Knowing how to best make a burst fit a family's individual needs.

Try: Thinking about the different ways a burst might look: a couple of shorter visits in a week, having one visit in an activity and one focused on resource supports, and having visits with each caregiver you are supporting.

Challenge: Knowing when to end a burst of support.

Try: Discussing with the family their confidence and need for on-going support based on progress made on IFSP outcomes.

Visits that occur during the routine the family wants help with are efficient, reduce missed visits, and increase caregiver buy-in and participation.