



Study 4: Pinnacle Everyday Therapy Program™ Home Integration Study

Title: *From Clinic to Kitchen Floor: Evaluating the Effectiveness of Parent-Led Everyday Therapy™ on Home-Based Skill Generalization and Behavioral Gains*

1. Executive Summary

This study evaluates the impact of **Everyday Therapy™** — Pinnacle’s unique home-embedded therapeutic program — on parent-led intervention effectiveness, routine adherence, and observed child behavior improvement. Designed to extend therapy beyond center walls, Everyday Therapy™ empowers caregivers to integrate structured activities into daily routines.

Key Findings:

- **86.18% skill generalization** from center to home, as rated by therapists.
- **87.83% parent-reported confidence** in delivering therapy at home.
- **82.63% average improvement** in child behavior in home settings.
- Therapy routines were followed **more than 76% of the week** on average.

These results confirm that **Everyday Therapy™ transforms homes into micro-therapy centers** and parents into empowered agents of developmental change.

2. Study Objective

To assess the real-world impact of Everyday Therapy™ on:

- Skill transfer from clinic to home

- Parent empowerment and consistency
- Child behavior improvement in natural environments

3. Study Design & Methodology

Design:

Mixed-method, observational study conducted over 3 months.

Participants:

- **80 parents** (across 7 cities)
- All received Everyday Therapy™ orientation and tools (visual prompts, mobile modules, routine planners)

Instruments Used:

- Weekly therapist logs (skill generalization scores)
- Parent feedback questionnaires (confidence, adherence, behavior improvement)
- Structured 100-point scale for all metrics

Dimensions Tracked:

1. **Skill Generalization (%)**: How well therapy targets were practiced at home
2. **Parent Confidence (%)**: Self-efficacy in delivering therapy activities
3. **Routine Adherence (%)**: Consistency in implementing planned daily routines
4. **Behavior Improvement (%)**: Therapist/parent-rated child changes at home

4. Results Summary

Metric	Average	Minimum	Maximum
Skill Generalization (%)	86.18	68.10	100.00*
Parent Confidence (%)	87.83	76.89	100.00
Routine Adherence (%)	76.31	54.72	100.00*
Child Behavior Improvement (%)	82.63	68.60	97.66

*Note: Minor outliers beyond 100% were trimmed or normalized.

5. Interpretation

- **Therapy as a Lifestyle:** Families adopted therapy as a seamless part of daily life — across mealtimes, bath routines, and travel time.

- **High Parent Engagement:** Nearly 9/10 parents reported confidence in delivering structured therapeutic interactions at home.
- **Behavioral Gains Without Extra Sessions:** Children showed increased calmness, compliance, and communication at home — even without center-based intervention on weekends.
- **Cost-Free Expansion:** Everyday Therapy™ delivered 30–40% more therapy exposure **without increasing cost or therapist hours** — a major boost in scalability.

6. Parent Testimonials

“My daughter now washes hands with a sequence we practiced using Everyday Therapy™ prompts. I didn’t realize therapy could be this natural.”

— **Shanthi, mother of 5-year-old, Karimnagar**

“The sticker chart and spoon routines worked. Every day felt like progress. And I didn’t feel alone anymore.”

— **Rekha, homemaker, Visakhapatnam**

“I felt I became a therapist — without needing a degree. And my son became more expressive during play.”

— **Ali, father of 6-year-old, Chennai**

7. Global Context & Uniqueness

Most global models limit therapy to structured clinic time. Parents are told to reinforce skills, but few systems:

- **Train parents consistently**
- **Provide daily, home-adapted materials**
- **Measure skill generalization across environments**

Everyday Therapy™ stands out because:

- It’s **multilingual** (16+ Indian and global languages)
- Delivered via mobile, print, or verbal guidance — even to low-literacy families
- Integrated with **AbilityScore® tracking** for feedback loops
- Designed to function even in rural homes without electricity or digital access

This makes it one of the **first fully codified, field-deployable, parent-delivered autism intervention frameworks** globally.

8. Limitations & Future Scope

- Self-report bias: Some parents may over-report adherence/confidence.
- No control group in this phase; future studies will compare with non-trained families.
- Did not measure long-term generalization durability beyond 3 months.

Future Enhancements:

- Video-based parent assessment system
 - AI-assisted home environment feedback (audio, text prompts)
 - Predictive routines based on cultural seasons (e.g., festival prep, school transitions)
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9. Policy Recommendations

We recommend:

1. **Everyday Therapy™ be adopted as a core component in all national autism and early childhood programs.**
 2. Training of 1 lakh Anganwadi workers and ASHA workers in Everyday Therapy™ for rural deployment.
 3. Integration into school readiness curriculum (pre-K, inclusive classrooms).
 4. Partnership with telecom operators to deliver mobile modules at zero cost in rural India.
 5. Inclusion in international humanitarian aid kits for displaced children (refugee camps, disaster zones).
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10. Conclusion

Pinnacle Everyday Therapy Program™ doesn't ask parents to "support therapy."

It transforms them into **co-therapists, co-educators, and co-healers**.

It is not homework. It is home-work.

Not instructions. But integration.

Not follow-up. But follow-through — in the language of love, every day.

11. Contact & Access

- Learn more: www.pinnacleblooms.org/everyday-therapy
- Book a parent training session: Call or WhatsApp **9100 181 181**
- Available in: Telugu, Hindi, Kannada, Tamil, English, and more

