

Routines-Based Interviews

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What is an RBI?

- ▶ A standardized approach (McWilliam, 1992, in press) for asking caregivers about routines, summarizing their concerns, and gathering the family's priorities for intervention.

Why do we do them?

- ▶ Good list of **functional** outcomes and strategies
- ▶ Establish good relationships with parents
- ▶ Rich understanding of the family function

Who should do them?

- Ideally, the Primary Service Provider and the Service Coordinator would do the visit together. There will be plenty of good information for both of them!

Where do you do them?

- At a location convenient to the family.
- Preferably when the child is napping. You want the parents undivided attention as much as possible.

When do you do them?

- As early in the process as possible for your County.

RBI Skills

Knowledge of child development – To be able to ask sensible follow-up questions

Knowledge of family functioning – To be able to ask sensible follow-up questions

Interview skills – To be able to keep an easy conversation going

The Routines-Based Interview

- ▶ Who Lives in the home
- ▶ Why is your child in EI?
- ▶ What are your main concerns?
- ▶ Go through each "routine" (i.e., time of day or activity)
- ▶ What is everyone doing
- ▶ Write down significant information
- ▶ Star concerns
- ▶ Rate all times of day on a 1–5 for parent satisfaction

RBI Continued

- ▶ Ask what would make it better
- ▶ **When you lie awake at night, what are you worried about?**
- ▶ **If you could change one thing in your life, what would it be?**
- ▶ Recap concerns with the family
- ▶ Ask what the family would like to concentrate on
- ▶ Write down these outcomes on a new paper
- ▶ Ask them for the priority order

RBI PROTOCOL

Video Clip of RBI

The RBI and Outcome Functionality

- ▶ The RBI does lead to more functional outcomes, meaning:
 - They **specify** what the child or family will do
 - The contextual need has been identified (i.e., what makes it functional)
 - It's important to the primary caregivers

Let's look at an IFSP.....

- ▶ Without the RBI.....Johnny will use a pincer grasp to obtain objects. (Assessment based)
- ▶ With the RBI.....Johnny will finger feed himself one item every day at lunch. (parent driven)
- ▶ Which one is more functional?

Challenges with RBI

- ▶ Time commitment
- ▶ Staff scheduling and availability
- ▶ Cost to pay staff

Benefits of RBI

- ▶ Families make a connection with their PSP and SC.
- ▶ Families feel valued and "heard"
- ▶ Staff have a good understanding of family relationships and priorities
- ▶ Outcomes are family driven – more buy in and less no shows.
- ▶ Fits with coaching practices

When will RBI training be available?

- ▶ I will be doing a one day training 4 times in 2011 around the state.
- ▶ You will receive information when dates and locations have been finalized.

- ▶ What questions do you have?

My Information

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