



PACT video 1: <https://www.dropbox.com/s/94ib1zx7jfv17hy/PACT%20Video%20v1.1.mp4?dl=0>

PACT demonstration video 2: <https://youtu.be/DYgAGXkpFIU>

Links to PACT flyers:

Professional: https://issuu.com/hogrefeltd/docs/pact_flyer_issuu?fr=sZjBiZDI3MDA4NQ

Parent: https://issuu.com/hogrefeltd/docs/pact_parents_flyer_issuu?fr=sNzMzMzI3MDA4NQ

What is PACT?

The Paediatric Autism Communication Therapy (PACT) is a therapy (for autistic children aged 2-11 years) where parents/caregivers and therapists work together to identify individual child communication using video feedback. Adults who know the child well adapt interactions with their child to match the individual style. PACT has shown that by supporting the alternative ways autistic children learn, we can help them build stronger social communication and language skills, help parent/caregivers feel more empowered, and increase families' resilience. PACT is a progressive approach to support and embrace autistic people's differences as opposed to attempts to 'normalise' or 'mask' atypical behaviour. Crucially, PACT has strong evidence that it is acceptable, feasible, and effective. PACT is currently one of the only early interventions directed at autistic children and families that has demonstrated efficacy through high-quality Randomised Control Trials. NICE recommend a generalised version of PACT and Autistica recommend PACT in their Autism Plan (2021). Other trials have since replicated evidence for PACT applied to different age groups, countries and contexts.

An important feature of PACT is the way it links the familiarity and skills of adults who know the child best – their parents and carers with the specialist knowledge of therapists. PACT is a tool kit with a structured manual guided by inherent individual measures, building a profile of the child through a collaborative approach with parents/ carers. PACT aims to achieve long-term adjustment and support to the child, infiltrating the child's daily experiences.

PACT implementation has been successfully tested in local services, working within existing organisational frameworks and community services e.g. NHS community clinics/ centres, family/ Nursery/ school/ social care centres and within the child's home.

PACT is relatively low cost and effectively modelled to NHS clinical practice by transferring skills to adults (parents/ carers). Thus professional therapists skill and time is efficiently cascaded to upskill adults who have prominent roles in the daily lives of the children at risk of or with a diagnosis of autism.

PACT is adapted to online delivery with the use of video feedback, making the intervention accessible to all children independently of geographical locations and increasing efficiency.

How does PACT work?

1. At each session the parent/ caregiver and therapists review the best clips of a video recording and identify individual step by step goals following the six steps of the PACT manual.
2. Parent/caregivers receive 1 ½ hour sessions alternate weeks for 6 months and monthly maintenance sessions for 6 months (a total of 18 sessions) with 30 minutes daily interaction or play. PACT is then generalised in everyday natural interactions of the child.