Autism Support & Regulation

Board & Train Program Overview

PROGRAM OVERVIEW

The Autism Support & Regulation Board & Train Program is designed for individuals living with autism spectrum disorder and related disabilities who already own a suitable dog.

Dogs accepted into the program participate in a structured professional training program focused on public access skills, obedience, environmental stability, handler engagement, and disability-mitigating task development. Training plans are individualized based on the handler's disability-related needs and the dog's aptitude, temperament, and learning ability.

PROFESSIONAL DEVELOPMENT PROCESS

Dogs accepted into the program undergo structured development including suitability assessment, obedience training, socialization, environmental exposure, confidence building, public access preparation, disability-mitigating task development, real-world application, and handler transfer training.

PUBLIC ACCESS SKILLS

Training includes loose leash walking, public settling, neutrality to people and animals, stores, restaurants, medical facilities, elevators, automatic doors, vehicle travel, crowded environments, and extended public outings.

CARE, OBEDIENCE & CONTROL

Training includes marker-based communication, sit, down, place, recall, loose leash walking, greeting manners, impulse control, crate training, household manners, vehicle manners, social skills, and cooperative care procedures.

SPECIALIZED TASK DEVELOPMENT

Task training is individualized to the handler's disability-related needs. Not all dogs will perform all tasks listed within the Autism Support & Regulation Service Dog Program Task Specifications.

Training may include Alert Tasks, Tactile Grounding Tasks, Interruption Tasks, Regulation Tasks, Transition Support Tasks, Routine Support Tasks, Navigation Tasks, Safety Tasks, Retrieval & Assistance Tasks, and Response Sequences.

Response Sequences are multi-step trained behaviours designed to assist the handler through specific disability-related events or episodes.

- Sensory Overload Response Sequence
- Transition Support Response Sequence

HANDLER DEVELOPMENT & TRANSITION SUPPORT

• Twelve (12) individualized follow-up training sessions
• Twelve (12) weeks of written guidance and reintegration support
• Written command list and handling reference guide
• Homework plans and skill maintenance exercises
• Video demonstrations
• Access to Puppy FUNdamentals 2.0
• Access to Life Skills Level 1
• Access to Service Dog Foundations and Public Access skills online resources

TRAINING HOURS & DEVELOPMENT SUMMARY

Dogs complete a minimum of sixteen (16) weeks of foundational training, obedience development, public access preparation, and environmental exposure, followed by an additional eight (8) to twelve (12) weeks of individualized task training and real-world application.

• Minimum Professional Training Hours: 336 hours
• Maximum Professional Training Hours: 392 hours

Training hours do not include routine care, feeding, exercise, transportation, veterinary appointments, or other management activities.

PROGRAM SUMMARY

The goal of this program is to develop reliable, highly trained service dogs that provide meaningful disability mitigation while increasing handler independence, emotional regulation, confidence, accessibility, participation in daily activities, and quality of life.