



PERSONALIZED WHOLE-PERSON WELLNESS SUPPORT

Autism Wellness & Support

*Your child is more than a diagnosis. Their wellness
deserves the whole picture.*

Supporting the whole person. Strengthening the whole family.

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Plainview, Long Island · Virtual wellness support available

You're already doing so much. You shouldn't have to connect every piece alone.

Doctors. School. OT. Speech. PT. Behavioral or mental health support. Specialists.

Each may be helping with an important part of your child's needs. But you're often the one trying to understand how all the pieces fit together.

Sleep. Eating. Movement. Sensory needs. Transitions. Stress. Daily routines. Family life.

Maybe bedtime has become difficult. Maybe meals revolve around the same few foods. Maybe certain environments or transitions make the entire day harder. Maybe your child holds it together all day and comes home completely overwhelmed. Or maybe things are going reasonably well, but you're wondering:

"Is there anything else we should be paying attention to?"

That's where HolistIQ comes in.

The missing piece may not be another therapy. It may be seeing how the pieces already in front of you connect.

HolistIQ looks at the broader everyday wellness picture around your child and family. Together, we look for patterns, identify practical areas that deserve attention, and decide which few priorities make the most sense to work on first.

The goal isn't to change who your child is. It's to help your family better understand the wellness picture surrounding them. You know your child. I help you step back and see the whole picture.

Start with the person, not a protocol.

Autism looks different in every person. One child may struggle most with sleep. Another may eat only a small range of foods. Another may seek frequent movement. Another may find certain environments, routines or transitions particularly demanding. And the priorities of every family are different too.

That's why there is no one-size-fits-all HolistIQ autism protocol.

THIS PROGRAM MAY BE A FIT IF...

- ☐ Sleep or bedtime routines are difficult.
- ☐ Mealtimes are stressful, food variety is limited, or hydration is a concern.
- ☐ You want to support movement and physical wellness in everyday life.
- ☐ Certain routines, transitions or environments seem to make the day harder.
- ☐ Your child has several providers, but you still feel responsible for connecting everything.
- ☐ You're overwhelmed by conflicting wellness information.
- ☐ You want practical priorities rather than another long list of things to try.
- ☐ You want your family's routines and caregiver wellbeing considered too.
- ☐ You keep wondering, "What should we actually focus on next?"

HolistIQ does not treat or cure autism. The program focuses on modifiable wellness factors and everyday routines that may support wellbeing, participation and family life.

I don't just look at the pieces. I help you see the pattern between them.

Depending on your family's priorities, your personalized wellness plan may explore:

SLEEP

Bedtime, overnight sleep, morning routines and everyday habits surrounding rest.

NUTRITION & MEALTIMES

Food variety, hydration, mealtime patterns and practical strategies within appropriate scope.

MOVEMENT & PHYSICAL WELLNESS

Activity, strength, mobility, posture and opportunities for movement and participation.

DAILY & SENSORY ROUTINES

Environments, transitions and routines that appear to support comfort and participation.

STRESS & REGULATION

Patterns surrounding demanding parts of the day, transitions, downtime and recovery.

FAMILY & CAREGIVER WELLNESS

Because one person's needs can affect the rhythms and wellbeing of the entire household.

You don't need 20 more things to do.

You need help figuring out which few things matter most right now.

We begin with your family's priorities, look across these areas for meaningful everyday patterns, choose realistic places to start and adjust the plan as needs evolve.

Where HealthPrint™ fits

When appropriate, HolistIQ HealthPrint™ may be offered as an optional complementary wellness assessment tool. It is not an autism test, does not diagnose medical conditions or measure autism severity, and does not replace laboratory testing, medical evaluation or evidence-based autism services.

You don't need to know what you need before you begin.

Autism Wellness Discovery Assessment

Your first step is a focused conversation with me. Before recommending a program, I want to understand your child, your family, what's already working, what feels difficult and what support is already in place.

Your Discovery Assessment may explore:

- Current concerns, strengths, interests and family priorities
- Sleep and daily routines
- Movement and physical wellness
- Current medical, school and therapy supports
- Health and developmental history
- Nutrition, hydration and mealtime patterns
- Sensory and environmental considerations
- Caregiver and household routines

Then we step back and ask:

What patterns are showing up? What deserves attention now? What can realistically wait?

From there, I help identify a small number of practical wellness priorities and recommend the level of support that best fits your family.

Optional HealthPrint™

When appropriate and desired, HealthPrint™ may be added as a complementary wellness assessment. It is not an autism diagnostic or treatment tool. For eligible remote clients, the assessment process may be available using submitted hair and nail samples.

Three paths forward

You don't choose based on how "severe" things are. You choose based on how much support your family needs.

After your Discovery Assessment, I'll recommend the path that fits where your family is right now.

FOUNDATION

3 Months · \$1,495

"Help us figure out where to start."

For families who want to identify their most important wellness priorities and begin making realistic changes.

- Personalized wellness roadmap
- Focused follow-up support
- Practical priorities for home routines
- Plan adjustments as needed

SUPPORT

6 Months · \$2,495

"Help us work through several priorities."

For families working across several areas such as sleep, mealtimes, movement, routines or caregiver wellbeing who want more time to implement, observe and adjust.

- Everything in Foundation
- More time to refine multiple wellness areas
- Ongoing progress review
- Continued personalized guidance

PARTNERSHIP

12 Months · \$3,995

"Stay with us as our family's needs evolve."

For families who want an ongoing whole-person wellness relationship as routines, needs and developmental stages change.

- Longer-term personalized guidance
- Evolving family wellness priorities
- Regular progress reviews
- Ongoing plan refinement and support

Not sure which fits? That's exactly what the Discovery Assessment is for. You don't have to choose before you talk to me.

One child. One family. One connected wellness picture.

Your family's journey may include:

- Personalized wellness roadmap
- Nutrition and mealtime wellness guidance within scope
- Sensory and environmental routine considerations
- Family and caregiver wellness strategies
- Follow-up consultations and progress review
- Coordination with appropriate professionals when needed
- Sleep and daily-routine support
- Movement and physical wellness strategies
- Stress and regulation-supportive routines
- Educational resources
- Adjustments as needs and routines change
- Optional HealthPrint™ assessment when appropriate

Your existing team stays your team.

HolistIQ doesn't replace the people already caring for your child. It's designed to work alongside appropriate medical, developmental, therapeutic, nutritional, behavioral, mental health and educational services. When appropriate, wellness priorities can be coordinated with the professionals already supporting your child.

Your child doesn't need to become someone different.

The goal is to support wellbeing, participation and everyday life while respecting the person they already are.

YOUR FIRST STEP

You don't need another list of things to try.

You need to know what deserves attention first.

Start with what's happening right now.

What's going well?

What's difficult?

What's already being addressed?

And what could make everyday life a little easier for your child and your family?



YOUR FIRST STEP

Book Your Autism Wellness Discovery Assessment

\$299

You don't need to arrive with all the answers. This is where we step back, connect the everyday wellness pieces and identify what deserves attention first.

Enroll in a program within 14 days and \$199 of your Discovery Assessment is applied toward your program.

In-person: Plainview, Long Island · Virtual consultations available beyond Long Island

BOOK YOUR DISCOVERY ASSESSMENT

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PRECISION WELLNESS THROUGH HUMAN PATTERN INTELLIGENCE™

HolistIQ Autism Wellness & Support is a supportive wellness program. It is not intended to diagnose, treat, cure, or prevent autism or any disease or medical condition. It is designed to complement, not replace, appropriate medical, developmental, therapeutic, nutritional, behavioral, mental health, or educational care. Families should continue to work with their treating professionals regarding medical conditions, medications, therapies, diet changes, and other clinical decisions.