



Choosing an ABA Provider: A Family's Guide

Before You Call:

- Identify if the provider accepts your insurance, or offers transparent self-pay options.
- Look at the provider's website to see if services offered in settings that work for you (home, clinic, school, or community-based)
- Identify the treatment radius for the provider.
- Identify your insurance providers coverage for ABA services and identify the out-of-pocket cost

What to Look For in a Provider:

- The provider focuses on meaningful, functional skills that benefit the child in a variety of settings
- Emphasis on quality of life and autonomy over simply following an assessment protocol
- Willingness to collaborate with other providers or schools
- Openness to questions and feedback
- Respect for neurodiversity and individual differences

After Services Start Ensure:

- Goals are clearly explained, and make sense for your child's daily life
- Progress is shared regularly and transparently-you should have access to ALL of your child's medical records
- Adjustments are made when something isn't working
- You feel heard and respected as part of the treatment team-you are essential!
- Meetings in the form of "parent trainings", "caregiver meetings", or any other phrasing of the meeting occurs at least monthly

Questions To Ask About Their Approach:

- How do you individualize goals for your clients?
- How are parents and other caregivers involved in the treatment process?
- How do you support communication?
- How do you approach behavior that is unsafe or limiting?
- How do you ensure services are respectful and affirming?

Red Flags to Notice

- Promises of quick or guaranteed outcomes
- One-size-fits-all programs or goal lists
- Discouraging caregiver involvement
- Focus on compliance without context
- Unwillingness to answer questions
- A requirement of hours without an individualized clinical rationale explaining why this is required

Important Reminders!:

You are ALWAYS allowed to:

- Ask questions
- Take your time in deciding if you would like to move forward
- Change providers if you feel that is best for your child
- Understand what your child's treatment plan is

Support should feel collaborative, respectful, and empowering.

