

STARTING YOUR ABA *Journey:*

A GUIDE FOR FAMILIES

"Autism Doesn't Come With An Instruction Guide.
It Comes With A Family Who Will Never Give Up".
- Kerry Magro



WELCOME

aboard

We are delighted to welcome you to our organization!

We understand that each family is unique, and we are committed to providing personalized and compassionate care to improve your family's quality of life. We believe in the power of working together and building strong connections. Our mission is to help your child thrive and reach their full potential while making a positive impact on your family and community.

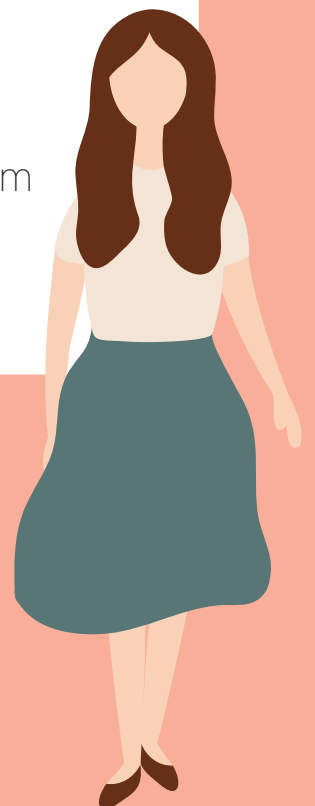
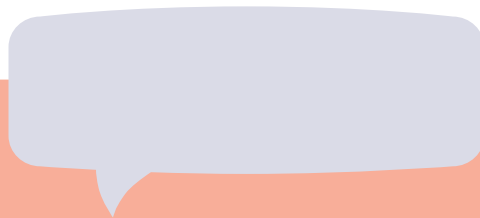


WHAT IS ABA

therapy?

Applied Behavior Analysis (ABA) helps us understand why behavior happens in daily life. It focuses on building positive behaviors and reducing those that may hinder your child's development and progress.

Backed by over 50 years of research, ABA is a proven approach that enhances language skills, cognitive abilities, everyday tasks, and social skills while reducing challenging behaviors. It is recognized as the gold standard of care for supporting individuals on the autism spectrum.



How much

ABA THERAPY WILL MY CHILD NEED?

Every child is unique, so the number of ABA therapy hours will be tailored to meet your child's specific needs. This is determined during the initial assessment and is reviewed regularly throughout the course of services. If you have questions on the number of recommended hours, please don't hesitate to ask your BCBA!



OUR THERAPY *Process*

INTAKE PROCESS:

Here's what to expect during the intake process:

Confirm Enrollment

We will let you know if your child is eligible for enrollment and inform you of any waiting lists or delays.

Verify Services and Insurance

We will check eligibility for services and confirm insurance coverage.

Complete Paperwork

You will be asked to fill out some detailed forms required for the assessment.



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INITIAL ASSESSMENT

DURING THE INITIAL ASSESSMENT PROCESS:

Request Insurance Authorization

Once we have completed intake, we will request authorization from your insurance provider to conduct an initial assessment. This can take up to 14 days.

Meet with a BCBA

A BCBA will conduct the assessment to learn more about your child.

Assessment Steps

- We will talk with your family to gather important information.
- Review any previous records about your child.
- Observe your child to understand their behavior.
- Use specific methods to assess your child's needs.





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INITIAL ASSESSMENT

Continued...

ONCE THE INITIAL ASSESSMENT IS COMPLETE

Develop a Treatment Plan

The BCBA will review the data and create a treatment plan.
This can take up to 14 days.

Sign the Report

Once the report is complete, we will provide you a copy to sign. This allows us to submit it to your insurance provider for approval.

Wait for Insurance Authorization

It can take up to an additional 14 days for your insurance provider to approve the plan.

Plan for Therapy

After authorization is received, your Case Manager will contact you to discuss your child's schedule and plan to begin therapy.



What

DO THESE MEAN?

BCBA BOARD CERTIFIED BEHAVIOR ANALYST

RBT REGISTERED BEHAVIOR TECHNICIAN

ABA APPLIED BEHAVIOR ANALYSIS

ASD AUTISM SPECTRUM DISORDER

BIP BEHAVIOR INTERVENTION PLAN

FBA FUNCTIONAL BEHAVIOR ASSESSMENT



WHAT TO EXPECT

during sessions

Your child will have a unique session schedule that has been customized for their goals. Typically, your child's session will include a combination of play-based, natural environment teaching and more focused instruction. Your child will work one-on-one with their RBT.

During some sessions, your BCBA will join to provide training, support, and to ensure programs are implemented as intended. All goals and programs are based on your child's unique needs; however, our goal is to have fun and make progress!



Understanding



ABA THERAPY LIMITATIONS

HERE ARE SOME THINGS TO KEEP IN MIND ABOUT ABA THERAPY SESSIONS:

Academic Skills

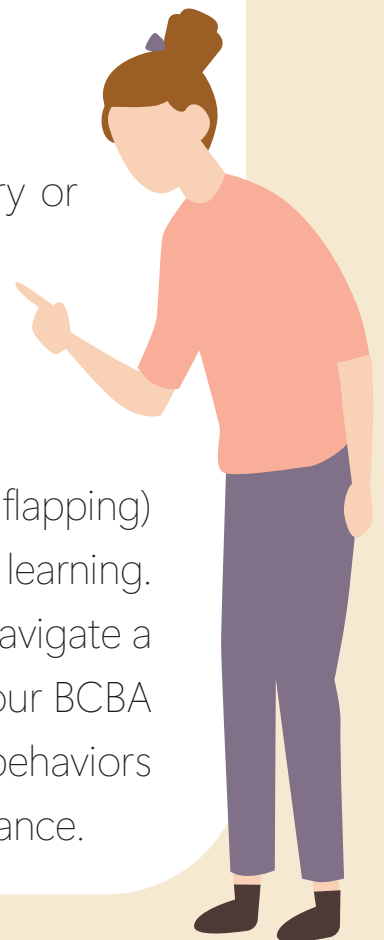
We usually can't work on academic skills like tutoring or homework help during sessions.

Certain Daily Living Skills

We won't focus on daily tasks like folding laundry or ironing unless they're directly related to autism's core challenges.

"Stimming" Behaviors

We may not work on reducing stimming (i.e., hand flapping) that is not harmful or interfering with your child's learning. These behaviors often help your child cope and navigate a world that can feel overwhelming or confusing. Your BCBA will help you understand your child's stimming behaviors and provide appropriate support to foster acceptance.



AUTHORIZED CAREGIVER

during sessions

An authorized caregiver over the age of 18 must be present and readily available for the entire therapy session. This is to ensure the safety of your child and provide support when needed during the session.



Attendance and THERAPY SCHEDULING

Your Case Manager will help set up a weekly therapy schedule. It is important to keep to the schedule on a consistent basis. We understand that unexpected situations happen. If you need to make changes, please let us know as soon as possible. We'll do our best, but we can't guarantee that we will be able to accommodate all changes.



MY ROLE IN ABA

therapy

Family training is a required part of therapy. Please share your goals and let us know who will be involved!

Regular participation in family training helps ensure the strategies we use work well for your child. We are here to support your family and child to receive the best possible care.

If there are any special considerations or concerns, please feel free to discuss them with us.



MY INVOLVEMENT IN

Therapy Sessions

We encourage parents and caregivers to observe and even join therapy sessions when possible.

However, there may be times when it's better not to be directly involved. Your child's team will let you know if it's best for you to step aside during a session.



COORDINATION OF *Care*

We believe therapy works best when everyone involved in your child's care works as a team. This includes their Primary Care Provider (PCP), teachers, speech therapists, occupational therapists, and anyone else supporting your child.

With your written consent, coordination of care will be included as part of your child's treatment plan.



HONORING YOUR

Family's Culture

We respect and value the cultural, linguistic, and social diversity of every family we work with. Understanding what matters to you is key to providing the best care.

We are committed to doing everything we can to ensure that all your cultural needs are considered and accommodated. Please share with us what is important to you. This may include family values, personal goals, religious beliefs, linguistic preferences, or other cultural factors that may impact your family.



Your JOURNEY AT A GLANCE

Intake

- Confirm enrollment
- Verify services and insurance
- Complete paperwork

Begin Therapy Sessions

- Direct 1:1 ABA therapy begins
- Caregiver training begins
- Coordination of care begins

Initial Assessment

- Request insurance authorization
- Meet with a BCBA
- Conduct assessment

Treatment Plan

- Develop a treatment plan
- Sign the report
- Wait for insurance authorization
- Plan for therapy

