Getting Started with ABA Therapy

A Simple Checklist for Families

Starting ABA therapy can involve several steps. Use this checklist to help organize the information and documents you may need as you prepare to begin services. Requirements can vary by provider, insurance plan, and your child's individual needs.

Before You Get Started

- **Check your insurance coverage**
  Confirm whether ABA services are covered and ask whether your plan requires prior authorization or other documentation.
- **Have your child's diagnostic evaluation available**
  Keep a copy of your child's diagnostic report and other relevant evaluations, if available.
- **Ask whether a referral or prescription is required**
  Requirements can vary by insurance plan and individual circumstances, so your provider can help you identify what is needed.
- **Gather previous therapy or evaluation reports**
  Speech, occupational therapy, school, psychological, or previous ABA reports may provide helpful background information when applicable.

Think About Your Child & Family

- **Write down your main concerns and priorities**
  Think about the skills, routines, or daily situations in which your child and family would most like support.
- **Think about your family's schedule**
  Consider school, daycare, other therapies, family routines, and your child's typical schedule when discussing availability.
- **Prepare questions for your BCBA**
  Writing questions down ahead of time can make it easier to discuss what matters most to your family.

If Services Will Take Place at Home

- **Identify an appropriate area for therapy**
  You do not need to create a special therapy room. Your BCBA can help determine how your child's natural home environment and everyday routines can be incorporated into treatment.

You're Ready to Take the Next Step

You do not need to have everything figured out before contacting an ABA provider. Your ABA team can help explain the process, answer questions, and identify what information may be needed to move forward.

Remember

Every child's path to ABA services may look a little different. Insurance requirements, documentation, assessment procedures, and treatment recommendations should reflect the child's individual circumstances and applicable requirements.

Educational resource for families. This checklist provides general information and does not replace individualized clinical, medical, or insurance guidance.