

Questions to Ask an ABA Provider

A Parent's Guide to Making an Informed Decision

Choosing an ABA provider is an important decision, and it is normal to have questions before beginning services. These questions can help you understand how services are provided and whether a provider is a good fit for your child's needs and your family's priorities.

1. Who will be responsible for my child's treatment?

Knowing who oversees treatment helps you understand who develops the plan, monitors progress, and makes clinical decisions.

2. How will my child's goals be chosen?

Goals should be individualized and informed by assessment results, your child's needs and strengths, and meaningful priorities for your family.

3. How will my child's progress be measured and shared with our family?

Ask how progress is tracked and how the team will explain changes, challenges, and next steps to you.

4. How will you communicate with our family throughout treatment?

Clear and ongoing communication helps families stay informed and participate in decisions about treatment.

5. How are parents and caregivers involved in therapy?

Ask how the provider will support caregivers in learning strategies that can be used during everyday routines.

6. What should we expect during the first few weeks of ABA therapy?

Understanding how services begin can help your family know what to expect while the team gets to know your child and establishes treatment routines.

7. How will therapy be adjusted if my child's needs or progress change?

ABA treatment should be monitored and modified when data, clinical needs, or meaningful family priorities indicate that changes are needed.

8. What can we do at home to support our child's progress?

Your provider can help identify practical ways to support skills during natural family routines without turning every moment into therapy.

9. Can our family help identify goals that are important to us?

Family priorities are valuable and should be considered when developing socially meaningful and individualized treatment goals.

10. How can we help our child use the skills learned in therapy in everyday life?

Ask how skills will be practiced across people, places, activities, and routines—an important process in ABA called generalization.

Remember

A good ABA provider should be willing to answer your questions clearly, honestly, and respectfully. You should feel comfortable asking questions, sharing concerns, and participating in decisions about your child's care. Open communication and collaboration are important parts of building a strong partnership between your family and your child's ABA team.

Educational resource for families. This guide provides general information and does not replace individualized clinical recommendations.