

# Your Voice In ABA Services

## A SIMPLE GUIDE FOR CAREGIVERS

You have the right to ask questions, share priorities, and make decisions at every stage of services.

### CHOOSING A PROVIDER

#### WHERE SERVICES HAPPEN



Look for providers that offer services where you need them (home, school, or clinic), who can provide you with services your child needs (PT, OT, SLP), and you can request to have providers that match your needs (bilingual). Not all providers will have these options.

#### OTHER SERVICES OFFERED



#### CULTURAL MATCH



**YOUR PROVIDER SHOULD INCLUDE FAMILY INVOLVEMENT. YOU CAN REFUSE SERVICES AT ANY TIME.**

YOUR BCBA SHOULD CLEARLY EXPLAIN **WHY** A TREATMENT IS RECOMMENDED AND **WHAT THE SCOPE** OF THEIR PRACTICE IS

→ ABA CAN HELP YOUR CHILD TOLERATE A HAIRCUT, THEY DON'T PROVIDE THE HAIRCUT.

## STARTING SERVICES

Common questions:

Do I have input on goals?



YES! Suggest goals that matter to your family, ask for changes, and help decide priorities for your needs

Can I say no to something?



Always. You can refuse strategies and ask for alternatives.

Will I know how my child is doing?



You should! Expect regular updates, clearly explained data, and ask questions anytime

Can I observe?



Absolutely.

### AT THE START OF SERVICES YOU SHOULD RECEIVE

A clear explanation of the assessment process

A copy of the treatment plan **before** it begins

An explanation of what is submitted to insurance

## MY CHILD IS RECEIVING SERVICES, WILL I KNOW WHAT THEY DO ALL DAY?

**Absolutely!** You should expect to have a clear picture of your child's goals, progress, and barriers.

*That looks like:*

- Receiving regular updates (daily notes, scheduled meetings)
- See data and have it explained clearly (being handed a graph is not enough!)
- Be able to ask questions anytime.

Caregiver training should be part of your services.

**Do:** have a clear picture of how often it will occur, telehealth or in person, and the goals.

**Don't:** Expect caregiver training to replace updates on your child. You can request separate meetings to discuss your child's goals.

## Monitoring Progress

Progress is not going as expected (or promised or hoped). What happens now?

Progress is rarely linear, but you do not have to fear discussing your child!

Your BCBA should make feedback and questions welcome. If you are unhappy with services you can:

1. Request meetings to discuss the goals, treatment methods, and outcomes.
2. Request adjustments
3. Ask for clarification on how the goals are being met.

This IS the goal!

- Ask for a clear transition plan.
- Be involved! You are a huge part of that plan!
- Expect gradual fading, you don't have to "cold turkey" ABA services.

Things are going amazing! Can we transition out of ABA?

ABA works best when families and clinicians collaborate.

If something feels unclear — ask.

**Your voice matters.**