

10 ESSENTIAL QUESTIONS TO ASK BEFORE CHOOSING A THERAPY PROVIDER

ABA • SPEECH THERAPY • OCCUPATIONAL THERAPY



These questions will help you find a team that understands your child, values your family, and provides high-quality, individualized care.

1		What experience do you have working with children with needs similar to my child's? Ask about age, communication needs, behaviors, sensory needs, and developmental level.	☐
2		Who will work directly with my child, and what are their qualifications? Know who provides the therapy and who supervises the treatment.	☐
3		How will you assess my child's individual needs and create treatment goals? Goals should be individualized—not the same program for every child.	☐
4		How will you measure my child's progress? Ask how data is collected, reviewed, and used to make treatment decisions.	☐
5		How often will you communicate with me about my child's progress? Parents should receive clear and understandable updates.	☐
6		How are parents and caregivers involved in therapy? Ask about parent training, coaching, home strategies, and opportunities to observe or participate.	☐
7		What happens if my child is not making progress? A good provider should explain how goals, strategies, or treatment plans are reviewed and adjusted.	☐
8		How do you respond when my child is upset, refuses, or shows challenging behavior? Ask about safety, dignity, regulation, communication, and behavior support procedures.	☐
9		How do you coordinate care with my child's other providers? ABA, Speech, OT, school teams, and caregivers may need to collaborate when appropriate and authorized.	☐
10		What should I expect regarding scheduling, cancellations, insurance, and additional costs? Understand the practical details before services begin.	☐

LISTEN FOR...



INDIVIDUALIZED GOALS

Treatment is tailored to your child's unique strengths and needs.



DATA & PROGRESS

They collect data and use it to guide and adjust therapy.



PARENT INVOLVEMENT

They include you as a partner in your child's success.



COLLABORATION

They communicate and collaborate with other providers and caregivers.



SAFETY & RESPECT

They prioritize your child's safety, dignity, and emotional well-being.



CLEAR COMMUNICATION

They explain things in a way you can understand and are always available to answer questions.



**YOU ARE NOT ONLY CHOOSING A THERAPY.
YOU ARE CHOOSING A TEAM THAT MAY BECOME AN IMPORTANT
PART OF YOUR CHILD'S DEVELOPMENT.**

Ask questions, observe, and choose a provider who communicates clearly, respects your child, and individualizes care.

