



Family guide · 2 of 5

How ABA works at ACT

There are a few steps between “we called” and “therapy started.” You don’t have to manage any of them alone — our team handles the paperwork with you and tells you what’s next at every stop.

The short version

- ✓ There are five steps: intake call, paperwork, insurance approval, assessment, and then sessions begin.
- ✓ Plan on keeping at least 10 hours a week open for sessions. Your exact hours come from the assessment.
- ✓ Your Board Certified Behavior Analyst reviews progress constantly and updates the plan — usually with a formal reassessment about every six months.
- ✓ The goal is for your family to need us *less* over time, not more.

That’s really all you need. The rest is here whenever you want more.

Getting started

Five steps to your first session

1

ABOUT 10 MINUTES

Intake call or form

We ask about your child, your insurance, and the days and times that realistically work. We won’t guess at a start date — as soon as we know, you’ll know.

2**DEPENDS ON YOUR STATE****Gather what's needed on file**

Colorado: no autism diagnosis needed — a letter from your child's physician recommending ABA is enough. **Oklahoma and North Carolina:** a diagnostic evaluation needs to be on file. No paperwork yet? We'll share our referral list and hold on to your information so you never start over.

3**DAYS TO WEEKS****Insurance check and approval**

We verify your benefits and ask your insurer to approve the assessment. With Medicaid, authorized services cost your family nothing. With a commercial plan, we tell you exactly what the plan said — no made-up numbers.

4**USUALLY 2-4 VISITS****Assessment**

A Board Certified Behavior Analyst gets to know your child and you, then writes the treatment plan. You read the goals before anything is final. (Guide 4 walks through this.)

5**ONGOING****Sessions begin**

We match your technician on availability, location and continuity — the same friendly face at the same times whenever we can. Family guidance goes on the calendar from day one.

Waiting is the hardest part. Timelines depend on your insurer, your area and staffing near you. We won't give you a date we can't stand behind — but we will keep you updated, and you can always call to ask where things are.

How many hours?

How many hours a week ABA takes

We ask families to keep **at least 10 hours a week** open for sessions — enough time for new skills to really take hold. Your exact number comes from the assessment: the Board Certified Behavior Analyst who assessed your child recommends hours based on your child's needs,

goals and daily life — including school, daycare and family time — and your insurer approves them.



About 10–15 hours a week

Focused programs

Aimed at a handful of specific goals — like toilet training, mealtimes or a particular challenging behavior.



About 15–25 hours a week

Broader programs

Several areas of development at once, built around school or daycare.



25 hours a week or more

Comprehensive programs

Support across many areas, usually for younger children who need help in lots of areas at once.



Sessions come in weekday blocks — mornings (8–12), afternoons (12–3) or after school (3–6) — scheduled around your family’s week.



Family guidance is extra time on your calendar: at least 2 hours a month with your Board Certified Behavior Analyst.



For in-home sessions, a parent or another trusted adult needs to be home.



Hours aren’t forever. As skills grow, hours usually come down, and we plan that step-down with you.

If the recommended hours don’t fit your family’s life, say so. The plan has to work in the real world — that’s one of our core values. Prefer to watch? [The 1-minute video on hours.](#)

How progress is tracked

You'll be able to see it, not just hear about it

- ✓ **Every session:** the technician records data as they go — what your child did independently, what needed help, and what happened around any hard moments.
- ✓ **Between sessions:** your Board Certified Behavior Analyst reviews the data. If a program isn't moving, it changes in weeks, not months.
- ✓ **During family guidance:** your Board Certified Behavior Analyst walks you through progress in plain language. Ask to see the graphs any time.
- ✓ **About every six months:** a reassessment updates goals and the hours request, and your insurer reviews it again.

A program that's working

Skills mastered, session by session

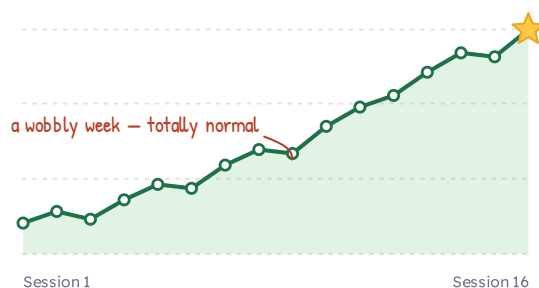


Illustration of how progress data looks — not a real child's chart.

Down the road

Where this is all headed

From the start, your child's plan includes what "ready to step down" looks like. As skills grow, hours usually come down, more of the work shifts to you and the other people in your child's life, and eventually your child graduates from ABA. We'll plan that transition with you, not spring it on you.

- ✓ Hours change as your child's needs change — up or down.
- ✓ Goals get handed over to caregivers on purpose, so they keep working after we step back.
- ✓ Transitions — to preschool, kindergarten, a new classroom — get planned ahead.