



Family guide · 4 of 5

The assessment: what to expect

The assessment isn't a test your child can pass or fail. It's how your Board Certified Behavior Analyst gets to know your child — and your family — well enough to write a plan that actually fits.

The short version

- ✓ It usually takes 2–4 visits with a Board Certified Behavior Analyst, at home or wherever therapy will happen.
- ✓ Your child doesn't need to “perform.” A normal day — even a hard one — tells us the most.
- ✓ You'll read the goals and the plan before anything is sent to your insurer.

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

Before the first visit

Helpful to have ready (but don't stress)

Pull together whatever you have. If you don't have something, that's fine — your Board Certified Behavior Analyst will work with what's there.

- ✓ A diagnosis report or evaluation, if your child has one — or, in Colorado, the physician’s letter recommending ABA
- ✓ Any IEP, IFSP or school/daycare reports
- ✓ Reports from speech, occupational or other therapists
- ✓ A list of medicines, allergies and anything medical we should know

- ✓ Your child’s favorite things: snacks, toys, shows, songs, activities
- ✓ The parts of the day that are hardest right now
- ✓ Your top two or three hopes — “I wish my child could...”
- ✓ Questions you want to ask (write them down as you think of them)

During the visits

What actually happens

1

TALKING WITH YOU

Caregiver interview

Your Board Certified Behavior Analyst asks about your child’s history, what a typical day looks like, what’s going well, what’s hard, and what matters most to you. This is the most important part — you’re the expert on your child.

2

WATCHING AND PLAYING

Observation

Your Board Certified Behavior Analyst watches your child play and go through normal routines, and plays with them too. No preparation needed.

3

SKILLS CHECK

Structured skills assessment

Play-based activities that check communication, play, self-help, social and learning skills. We often use tools like the ABLLS-R or VB-MAPP.

4

EVERYDAY SKILLS

Adaptive questionnaire

A standardized set of questions about everyday skills — like the Vineland-3 — that you answer with your Board Certified Behavior Analyst’s help.

5**IF NEEDED****A closer look at hard behavior**

If challenging behavior is a concern, your Board Certified Behavior Analyst looks at when it happens, what comes before and after, and what it might be doing for your child. That's how we find a kinder, more effective way to help.

A few tips**To get the most out of it****Honestly****A hard day is useful**

If your child melts down during the assessment, don't apologize. It shows us exactly what we need to help with.

**Really****No need to tidy up**

Your normal routines and your normal house are the most helpful thing to see.

**Please****Say what matters to you**

If something your Board Certified Behavior Analyst suggests doesn't fit your family, your culture or your priorities, say so. The goals are yours too.

After the visits**From assessment to approved plan****1****WRITING****Your Board Certified Behavior Analyst writes the plan**

It includes your child's goals, how each will be taught, how hard moments will be handled, goals for family guidance, and the recommended hours.

2**REVIEWING****You read it together**

Your Board Certified Behavior Analyst walks you through the plan in plain language. Ask questions, change what doesn't fit, and sign when you're comfortable.

3**APPROVING****We send it to your insurer**

We submit the plan and hours request for approval. This can take days to a few weeks, and we'll tell you as soon as we hear.

4**STARTING****Scheduling and your technician**

Once approved, we set your schedule and introduce your technician.

This happens again about every six months. A reassessment checks progress, updates goals, and renews the approval with your insurer. You'll be part of it every time.

Questions? Colorado (720) 432-8989 · Oklahoma (918) 764-8544 · North Carolina (336) 270-9453 · info@actaba.com · actaba.com/guide