

PARENT GUIDE

How to Choose an ABA Provider

Finding the right ABA therapy for your child is one of the most important decisions you'll make. Use this one-page guide to know what to look for, what to ask, and what to watch out for.

7-STEP ROADMAP

<p>1</p> <p>Confirm the diagnosis</p> <p>Get an official ASD diagnosis from a licensed psychologist or developmental pediatrician.</p>	<p>2</p> <p>Pick the setting</p> <p>Decide between center, home, or school-based — or a combination that fits your family.</p>	<p>3</p> <p>Verify insurance</p> <p>NJ plans must cover ABA. Confirm in-network providers and your out-of-pocket costs.</p>	<p>4</p> <p>Shortlist providers</p> <p>Use the ABA Options directory. Filter by setting, insurance, and parent reviews.</p>	<p>5</p> <p>Book consultations</p> <p>Most providers offer free intros. Tour the space and meet the team in person.</p>	<p>6</p> <p>Review the plan</p> <p>A BCBA should create a written plan with clear, measurable goals tied to your child.</p>	<p>7</p> <p>Track progress</p> <p>Attend parent training, request data reports, and stay in regular communication.</p>
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QUESTIONS TO ASK EVERY PROVIDER

- What are the credentials and experience of your supervising BCBA's?
- How many hours per week of direct BCBA supervision will my child receive?
- What's your ratio of BCBA's to Registered Behavior Technicians (RBT's)?
- How do you individualize the program to my child's goals and learning style?
- How will you involve our family and provide parent training?
- How often will you share progress data and update the treatment plan?
- What's your current wait time, and do you accept my insurance?
- Can I observe sessions? How do you adjust if progress stalls?

Green Flags

- Fully licensed BCBA's supervising every program
- Written treatment plans with measurable goals
- Regular parent training and family involvement
- Transparent data collection and reporting
- Low BCBA-to-child ratios (ask for specifics)

Red Flags

- Can't clearly explain their supervision structure
- Resistance to parent observation or involvement
- Generic plans not tailored to your child
- Pressure to commit before a formal assessment
- High staff turnover or dismissive of concerns

QUICK FACTS EVERY PARENT SHOULD KNOW

<p>10-40</p> <p>Typical hours per week of ABA, based on your child's BCBA assessment</p>	<p>NJ Law</p> <p>Requires most insurance plans to cover ABA therapy for autism</p>	<p>BCBA</p> <p>Board Certified Behavior Analyst — must oversee every program</p>	<p>170+</p> <p>NJ providers listed free at abaoptions.com — searchable by town</p>
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START YOUR SEARCH

Find trusted ABA providers near you — free

Search 170+ New Jersey providers by city, insurance accepted, and parent reviews. No signup, no fees.

abaoptions.com
VISIT TO START