

CHOOSING AUTISM THERAPY

Ten questions most parents don't know to ask.

Touring a therapy clinic, you'll hear about hours, insurance, and the waitlist. Those answers matter — but they won't tell you whether the care will be good. The questions below will. **Ask them anywhere, including places that aren't us.** A good clinic will be glad you did.

1 How many different people will work with my child in a typical week — and what happens when one of them leaves?

Young children learn through relationships. Every new face means starting trust over.

LISTEN FOR a real number, and a transition plan — not "we're like a family here."

2 How often will the supervising clinician actually be in the room with my child?

A board-certified analyst designs the program — but the design only holds if they regularly watch it being delivered.

LISTEN FOR hours per week, in session. Not "we review the data."

3 How many children is each supervising clinician responsible for at once?

The smaller the caseload, the more thought your child's plan actually gets.

LISTEN FOR a number — and whether it's capped on purpose, or grows whenever enrollment does.

4 How did you decide how many hours to recommend — and would you ever recommend fewer?

Hours should be justified by your child's needs, not by a default. The second half of this question is the revealing part.

LISTEN FOR reasoning about your child. A clinic that can explain when fewer hours are right is thinking clinically, not financially.

5 What happens when my child says no?

Children communicate refusal long before they have the words for it. What a clinic does in that moment tells you what therapy will feel like.

LISTEN FOR the word assent — and a concrete description of what stopping, and re-inviting, looks like.

TEN QUESTIONS · CONTINUED

6 Who chooses my child's goals — and where do our family's priorities come in?

Assessments generate goals. Families make them meaningful. Sleep, mealtimes, a little brother — the plan should know what matters at your house.

LISTEN FOR your priorities shaping the plan itself — not just a line on an intake form.

7 How will we know it's working? What do you measure, and when do we see it?

Progress should be visible to you, not just to the clinic.

LISTEN FOR data you'll actually be shown, on a schedule, explained in plain language.

8 How will the things my child learns here show up everywhere else?

A skill that only works in a therapy room isn't finished. Home, daycare, the grocery store, grandma's house — that's the real test.

LISTEN FOR a plan for life outside the building. The clinical word is generalization.

9 When something isn't working, what changes — and who decides?

Every child hits a plateau eventually. The difference is what happens next.

LISTEN FOR a process with a timeline — not "we'll keep an eye on it."

10 What will we be expected to learn — and who teaches us?

Your child spends most of their hours with you, not with a therapist. The clinics that change a family's life treat parents as part of the clinical team.

LISTEN FOR parent coaching as a scheduled part of the plan. If nothing is expected of you, that tells you something too.

One more thing: ask us, too.

We wrote this list knowing we'd have to answer every question on it. That's the point. **When our doors open in Oak Creek, bring it with you.**