

RESOURCES FOR PARENTS AND CAREGIVERS

INTERVIEWING

your child's therapist

Faith
& AUTISM





INTERVIEWING

your child's therapist

Finding the right therapist for your child is very important! As their parents or guardians, we must find the best ways to help them progress not only functionally, but also relationally.

Getting the right therapy team together can make or even break your child's progress. Familiarize yourself with specific techniques you believe would help your child the most.

Below, I have a section with questions you can ask any therapist and then other sections specific to the type of therapy. These are the most recommended therapy options for children on the autism spectrum, children with ADHD, sensory processing disorders, and other developmental delays.

QUESTIONS TO ASK

your child's therapist

- 1. How long have you been working as a (type of therapist)?**
2. What types of children do you work with the most?
- 3. What is your overall philosophy?**
4. What are your specialities?
- 5. What certifications do you have?**
6. What other techniques have you been trained in?
 - If this is something you have not heard of, do your research to make sure it aligns with what you want for your child.
- 7. How do you stay current with new research and advancements in the field?**
8. Do you allow parents to sit in on sessions to observe and learn? If so, is there parent involvement?
- 9. Can you explain to me exactly what you assess and how you come up with your treatment plan?**
10. Will you be providing me with a home program for me to work with my child at home?
 - Remember, the brain learns by repetition so daily exercises will help your child improve in the best way.

QUESTIONS TO ASK

your child's therapist

- 11. How do you involve the child in goal setting and treatment planning?**
12. What is your approach to addressing behavioral concerns or challenging behaviors that may be impacting my child's participation and performance?
- 13. How often do you reassess for tracking progress? Do I receive a progress report?**
14. Can you provide me with the assessment tools and measures you conduct with my child?
- 15. What are the specific functional tasks you are going to be working on with my child?**
16. Are you willing to regularly contact my child's teacher to collaborate on progress and goals?
- 17. What steps do you take when writing individualized education programs (IEPs)?**
18. Will you allow me to look at your documentation regarding my child?

QUESTIONS TO ASK

your child's therapist

19. Financial Considerations

- Does your insurance cover anything? Check with your insurance first!!
- **Are you going to pay out of pocket?**
- What are the fees?
- **Are there parental requirements to purchase equipment for therapy?**
- Are there any other expenses we should be aware of?

20. Are there any toys or games that you recommend to target meeting specific goals I can use at home?

21. What should I be avoiding at home for my child?

22. Will anyone besides the evaluating therapist be working with my child? You can then ask the same previous questions for them.

23. Are staff background checks conducted?

24. What measures are in place to prevent abuse?

25. What is the procedure for addressing parental concerns regarding safety?

QUESTIONS TO ASK

your child's therapist

26. How often do parents meet with the therapist to discuss progress or changes in therapy?

27. What happens if my child isn't making sufficient progress?

28. Can you provide me with references or testimonials from other parents whose children you have worked with?

29. How is infection control addressed for the facility and equipment they interact with?

- Important if you have taken steps to avoid toxic chemicals (think hand soap, cleaners, etc)

30. What other therapies would you recommend for my child to participate in? Where and who do you recommend?

Questions for...

01

An Occupational Therapist

1. Are you trained in primitive reflex integration?
2. Are you trained in sensory integration techniques?



02

A Physical Therapist

1. What manual techniques are you trained in to help my child?
2. What modalities can be safely used for my child to help alleviate pain?

03

A Speech Therapist

1. What AAC devices are you familiar with?
2. Do you apply Gestalt Language Learning?
3. If your child has apraxia, ask:
 - Are you trained in the Dynamic Temporal and Tactile Cueing (DTTC) method?
 - Are you trained in the Nancy Kaufman approach?

04

An ABA Therapist

1. Which approach do you use? Is it play-based? Is it heavy on compliance?
2. What reinforcement techniques do you use? Can you give me an example?
3. If there are certain reinforcements you want to avoid, be clear about those (no candy, non-approved food items, iPads, etc).
4. What is the session structure we can expect to observe?
5. Are group social skill sessions offered? If so, what size are the groups?

Types of Settings



Private Clinics

- **Benefits:** You have more control. You can pick your time, place, and therapist. Parent involvement is prioritized.
- **Cons:** Expensive. Insurance doesn't always cover services

Schools

- **Benefits:** Services are free. Goals align with school curriculum and grade level. Many professionals are on your child's team.
- **Cons:** You have less control over who is your child's therapist. It is harder and takes longer to qualify for services. Your child may be seen in larger groups for less amount of time.



In Home

- **Benefits:** Your child is in the environment they are most familiar and comfortable with. You can work on specific functional tasks at home. This offers more parent involvement.
- **Con:** You lose out on the social opportunities with peers-involved therapy.

ABOUT *Faith*

Hi! My name is Faith. I am a wife to a firefighter who is also a youth pastor and a mom to two beautiful children, including a son with autism. I began my career in physical therapy and now I have stepped into my calling to help other autism families. I offer Autism Parent Coaching with Biblical encouragement and Natural Health Education. I want families to know they can overcome challenges and help their child reach their full potential.



Follow Along!

You can find me on Instagram at @faithandautism2022 and on Facebook. Join our private Facebook group called Faith and Autism: Biblical Encouragement and Natural Health Education!

