



Your Journey.  
Our Care.

# Guide

## iCare Therapy Caregiver Guide

### A Handbook for Families in Their Own Homes

#### Welcome

When a child is first diagnosed with autism, families often wonder where to start. At iCare Therapy, we believe the best place to begin is home—the environment where your child feels safest and most comfortable.

This guide explains how Applied Behavior Analysis (ABA) therapy works when delivered right in your own home, using your child’s familiar toys, routines, and surroundings. You’ll also learn how your role as a parent, sibling, or caregiver makes you a central part of your child’s growth.

#### 1. Why Home-Based ABA?

##### Children learn best where they live, play, and grow. In-home therapy allows us to:

- Use your child’s own things — their favorite toys, pillow, books, and even their own potty.
- Practice in real situations — mealtime, bedtime, playtime, chores.
- Include family members — parents, siblings, and caregivers become partners in therapy.
- Build independence at home — skills are practiced in the same setting where they will be used.

##### Checklist: Advantages of Home-Based ABA

- ✓ Familiar surroundings reduce stress
- ✓ Natural routines become teaching opportunities
- ✓ Siblings and parents learn how to help
- ✓ Skills are more likely to “stick” because they are learned where they’re needed

#### Key Message

*The most effective therapy is rooted in daily life — using your child’s own space, routines, and relationships.*

#### CAREGIVER TIP

*Think of your home as a classroom. Every room, routine, and object can support learning.*

## 2. How ABA Works at Home

ABA therapy is a science-backed approach that uses positive reinforcement and step-by-step teaching. In the home setting, these principles are applied to everyday activities.

### Examples:

- Using the family kitchen to teach requesting food or utensils
- Practicing turn-taking with siblings during board games
- Building bedtime independence with your child's own pillow and blanket
- Learning self-care with their own toothbrush and potty

## 3. What to Expect

### Step 1: Initial Assessment

- A Board Certified Behavior Analyst (BCBA) visits your home.
- They observe how your child interacts with family, routines, and belongings.

### Step 2: Personalized Treatment Plan

- Goals are built around your child's real-world challenges—such as following bedtime routines or joining family meals.

### Step 3: Daily Sessions in Your Home

- A Registered Behavior Technician (RBT) works 1:1 with your child.
- Sessions happen in natural settings like the living room, bathroom, or playroom.

### Step 4: Parent and Sibling Involvement

- You'll learn how to use ABA techniques during regular routines.
- Siblings may join sessions to help practice sharing, turn-taking, and social play.

## 4. How Home-Based ABA Helps

- **Communication:** Asking for toys, snacks, or help during daily routines.
- **Daily Living Skills:** Brushing teeth in their own bathroom, using their own potty, helping with chores.
- **Social Skills:** Playing with siblings, greeting relatives, learning manners at the dinner table.
- **Independence:** Following bedtime or morning routines with less prompting.
- **Behavioral Support:** Managing meltdowns in the spaces where they usually occur.

## Checklist: Everyday Skills ABA Can Support

- ✓ Getting dressed in the morning
- ✓ Sitting at the table for family meals
- ✓ Playing with siblings without fighting
- ✓ Using the toilet independently
- ✓ Calming down after frustration

## 5. A Day in the Life: ABA at Home

### Morning

- **Dressing** > Choose between two shirts from their closet
- **Breakfast** > Request “juice” or “milk” using words, gestures, or pictures

### Afternoon

- **Playtime** > Take turns with siblings using favorite toys
- **Therapy Session** > Work on sharing, following instructions, or communication

### Evening

- **Dinner** > Practice sitting at the family table, passing food
- **Bedtime** > Use a visual schedule with their own pillow, blanket, and bedtime story

## 6. Your Role as a Caregiver

### At iCare Therapy, you are not just “involved”—you are part of the therapy team.

- **Parents:** Learn strategies to guide behavior during real-life moments.
- **Siblings:** Practice social skills like turn-taking and play.
- **Extended Family:** Grandparents, cousins, or babysitters can use the same approaches.

By practicing consistently at home, you help your child apply new skills right where they matter most.

### CAREGIVER TIP

*The goal is not to create “extra lessons” but to use daily routines as natural therapy opportunities.*

## 7. Building Support Around the Home

- **Medical Team:** Pediatrician, BCBA, therapists who visit your home.
- **School Team:** Teachers, IEP or 504 Plan, with strategies that mirror home routines.
- **Community Team:** Support groups, recreational programs, and respite care that extend your child's real-life experiences.

### Checklist: Home Support System

- ✓ Do I know how to reinforce therapy goals at home?
- ✓ Do siblings understand their role in helping?
- ✓ Are school strategies aligned with home routines?
- ✓ Do I have outside support for breaks when needed?

## 8. Caring for Yourself

### Caring for your child at home means you may also feel stretched thin.

Watch for burnout signs: exhaustion, irritability, or feeling isolated.

### Ways to Care for Yourself:

- Schedule small breaks during therapy sessions.
- Share responsibilities with siblings or relatives.
- Connect with other caregivers for advice and encouragement.

## 9. Frequently Asked Questions

### Why in-home therapy?

Because children learn best in their own environment, surrounded by their routines and family.

### What if my home is busy?

That's the point. Real life—with noise, siblings, pets, and activity—is where learning matters most.

### How will I know if therapy is working?

Your BCBA will show you progress data, but you'll also notice daily life getting smoother: fewer meltdowns, more words, easier routines.

## 10. Final Thoughts

At iCare Therapy, home is the classroom. Every meal, every game, every bedtime routine is an opportunity for learning.

With your child's own toys, their own space, and the people who love them most, therapy becomes part of everyday life. And that's what makes it stick.

### CAREGIVER TIP

*Remember—when you are rested, your child benefits too.*

### Connect with Us

Hello@iCareTherapy.com  
646 513•6690  
iCareTherapy.com