



Your Journey.
Our Care.

Timeline

iCare Therapy Journey | Timeline

From First Concerns to Long-Term Support

Step 1: First Concerns

Pediatrician (Primary Care Doctor)

- **What happens:** You share concerns about language, play, or behavior. The pediatrician may do a developmental screening.
- **Next step:** Referral to a specialist for a full evaluation.
- **Parents can expect:** Guidance, initial referrals, ongoing medical care.
- **Parents cannot expect:** A full autism spectrum disorder (ASD) diagnosis here.

Step 2: Evaluation and Diagnosis

Developmental Pediatrician (Specialist Doctor)

Child Psychologist/Neuropsychologist

- **What happens:** Detailed evaluation of development, communication, and behavior.
- **Next step:** If autism spectrum disorder (ASD) is confirmed, recommendations for therapies will be provided.
- **Parents can expect:** A written diagnosis, clear recommendations for therapy.
- **Parents cannot expect:** Therapy to begin at this stage—the focus is assessment and referral.

Step 3: Starting Therapy

Board Certified Behavior Analyst (BCBA)

Registered Behavior Technician (RBT)

- **What happens:** ABA therapy begins at home. The BCBA designs a treatment plan, the RBT delivers sessions with your child.
- **Next step:** Skills are practiced in your child's natural environment—using their own toys, routines, and family members.
- **Parents can expect:** Regular updates, data on progress, and coaching from the BCBA.
- **Parents cannot expect:** Overnight change—progress builds step by step, with consistency at home.

OUR PROMISE

We are committed to ensuring that care recipients and caregivers receive the best possible outcome through excellence, integrity and personal service.

Step 4: Adding Other Therapies

Speech-Language Pathologist (SLP) Occupational Therapist (OT)

- **What happens:** SLP helps with communication (spoken words, signs, or AAC [augmentative and alternative communication] devices). OT helps with motor skills, sensory needs, and daily living tasks.
- **Next step:** Therapies often run alongside ABA, coordinated to meet your child's goals.
- **Parents can expect:** Practical strategies that fit into daily routines.
- **Parents cannot expect:** ABA-style behavior plans from SLPs or OTs—their focus is communication and daily skills.

Step 5: School Support

School Team (Teachers, Special Educators, School Psychologists)

- **What happens:** Once your child enters school, the team evaluates for an IEP (Individualized Education Program) or Section 504 Plan.
- **Next step:** Supports are added to help with academics, socialization, and classroom routines.
- **Parents can expect:** Accommodations (extra time, visual supports, sensory breaks).
- **Parents cannot expect:** Full ABA therapy in school—school services are typically limited in hours and intensity.

Step 6: Insurance and Funding

Insurance Coordinator/Case Manager

- **What happens:** Works with your therapy team to secure insurance approvals for ABA, speech, or occupational therapy.
- **Parents can expect:** Help with paperwork, renewals, and authorizations.
- **Parents cannot expect:** Clinical advice—their role is administrative, not therapeutic.

Step 7: Long-Term Support

Family (Parents, Caregivers, Siblings)

- **What happens:** Parents and caregivers carry therapy into real life—mealtimes, play, bedtime routines. Siblings join in social play and learning.
- **Next step:** Ongoing practice at home, coordination with school, and continued therapy as needed.
- **Parents can expect:** A stronger family role in therapy over time; steady progress in communication, independence, and social skills.
- **Parents cannot expect:** ABA to end quickly—progress continues as children grow and new goals arise.

KEY TAKEAWAYS

Home is the best classroom
Therapy works best with your child's own toys, routines, and family.

Consistency is critical
The same words, cues, and routines across parents, siblings, therapists, and teachers make learning stick.

Progress is gradual
Every new skill—big or small—is a win worth celebrating.

Connect with Us

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