



The Parent's Guide to In-Home vs. Clinic-Based ABA

Making the right choice for your child
and your family.

Introduction

One Therapy, Two Settings

When starting ABA (Applied Behavior Analysis) therapy, one of the first decisions you'll make is where your child will receive support. The two most common settings are in-home and clinic-based therapy.

Both approaches are evidence-based and effective—but the setting can significantly impact your child's comfort, your family's routine, and how smoothly the therapy fits into daily life.

This short guide will help you weigh the benefits of each model and understand what might work best for your unique situation. At StarRise ABA, we specialize in in-home therapy because we've seen firsthand how powerful it can be when therapy meets a child exactly where they are—at home..



In-Home ABA

Familiar, Flexible, Family-Centered

What it looks like:

A therapist comes to your home several times a week to work with your child in a setting they know and trust.

Why Many Families Prefer It:

- **Comfort = quicker rapport:** Your child begins therapy in a space that feels safe and familiar.
- **Real-world skills in real-time:** Daily routines like brushing teeth, getting dressed, or mealtime become natural opportunities to learn.
- **Parent involvement is easier:** You can observe sessions, ask questions, and learn techniques that you can use beyond therapy hours.
- **Fits your lifestyle:** No travel, no waiting rooms—just support, right where you are.

Things to Consider:

- There may be more natural distractions, especially for younger children.
- Therapy space may need light setup (e.g., a table and a quiet corner).
- For some goals (like group socialization), additional planning may be needed.





**“Having therapy at home
has made such a difference.
My child feels comfortable,
and we’ve been able to see
progress in real-life
moments.”**

– Sarah, North Carolina Parent

Clinic-Based ABA

Structured and Resource-Rich

What it looks like:

Your child attends sessions at a therapy center with designated therapy spaces and access to a team of professionals.

Key Benefits:

- Structured environment: Ideal for highly focused sessions with minimal distractions.
- Access to specialized tools and therapy materials.
- Opportunities for peer interaction, especially in centers offering group sessions.
- Allows for multiple therapists and collaboration under one roof.

Considerations:

- Requires transportation and schedule coordination, which can be challenging for busy families.
- Less visibility into day-to-day sessions unless actively requested.
- Skills learned in clinic may require additional effort to generalize at home or school.

While clinic settings are well-suited for specific goals, many families find that translating those skills back into their daily environment takes time and effort which is why many opt to start at home.



How to Decide

It's About Fit, Not Just Format

There's no "right" answer—just the one that works best for your child and lifestyle. Here are a few guiding questions to help:

Ask Yourself...Lean Toward...

- Does my child struggle with new environments?
In-Home ABA
- Do I want to be more involved in the process?
In-Home ABA
- Are we managing multiple schedules or other siblings?
In-Home ABA
- Is my child very distracted at home?
Clinic-Based ABA
- Are social interaction goals a major focus right now?
Clinic-Based ABA or blended model



Final Thought

No matter which path you choose, what matters most is having a therapy team that listens, adapts, and cares.

At StarRise ABA, we've helped hundreds of families get started with in-home ABA—because when therapy meets your child in the comfort of home, the foundation for real progress begins.

**Curious
if in-home therapy could
work for your child?**

**We'd love to talk.
Book a free consultation
today.**

Why Choose StarRise ABA?

Choosing the right ABA therapy provider for your child is an important decision. At StarRise ABA, we are committed to delivering high-quality, personalized care that meets the unique needs of each child and family. Here's what sets us apart:



Personalized Approach

Our personalized ABA therapy programs are designed to address each child's individual needs and goals, ensuring the most effective and compassionate care.



Comprehensive Care

We take a holistic yet comprehensive approach to our ABA services, including individual therapy, social skills training, parent support, and school consultation.



Convenience and Comfort

By providing in-home ABA therapy, you receive professional services in the comfort of your home to help integrate therapy into daily routines for parents and their children.



Contact Our Dedicated Team Today

Contact us today to learn more about our services and how we can support your child's development.



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