

## ABA for People Age 21 and Older

**Before you do anything else, get on ABA providers' wait lists!**  
List of ABA providers is on next page.

**How can I get Applied Behavior Analysis (ABA) Services for my over-21-year-old child who hasn't had ABA?**

### **If your child is not a Developmental Disabilities Administration (DDA) client:**

Please see our handout on [DDA Services: Why and How to Apply](#). Having DDA services can be a huge help for individuals with developmental disabilities and their families.

### **If your child is a DDA client but is not receiving DDA paid services:**

Call DDA and ask for Behavior Management services. This handout, [DDA Services: Why and How to Apply](#), walks you through the steps of applying for services.

### **If your child is on a DDA Waiver:**

Call their case resources manager (CRM) and ask for Behavior Management services. The CRM will apply for prior approval to ask to use the waiver funding. If approved, the family chooses a contracted DDA behavior management provider. The contracted agency completes a Functional Analysis (FA) and Positive Behavior Support Plan (PBSP). The final step is for the CRM to ask the Waiver Committee for prior approval to implement the PBSP.

### **If your child is on private health insurance:**

If your child has a diagnosis of Autism, call your insurance company to verify that they cover Applied Behavioral Analysis (ABA) services. If they do, ask for pre-authorization for ABA. Ask your child's doctor to write a request to the insurance company for prior-authorization of ABA. If the insurer approves ABA services, ask your insurance company for a list of ABA providers contracted with them. Call providers on the list to schedule services.

**Don't give up if the insurer denies ABA services!** If ABA therapy is denied, ask your medical or mental health provider for a letter of medical necessity and contact Washington Autism Alliance & Advocacy (WAAA) at 425-894-7231 or [info@WashingtonAutismAdvocacy.org](mailto:info@WashingtonAutismAdvocacy.org), for help and information on how to go through the appeal process. They will help you, free of charge. See our [handout on Insurance Denials](#).

**Many families have received ABA therapy through the appeals process. See a parent's story on the back!**

## How can I get Applied Behavior Analysis (ABA) Services for my over-21-year-old child who was receiving ABA before age 21?

### If your child was already receiving ABA through Medicaid (Apple Health) before the age of 21:

Have your child's ABA therapist continue to bill Medicaid. There are those challenging the Medicaid age limit because Mental Health Parity doesn't have an age limit and Medicaid has expanded to cover adults. If Medicaid denies the coverage, contact Washington Autism Alliance & Advocacy (WAAA) at 425-894-7231 or [info@WashingtonAutismAdvocacy.org](mailto:info@WashingtonAutismAdvocacy.org), for help and information on how to go through the appeal process. They will help you, free of charge. See our [handout on Insurance Denials](#). WAAA may refer you to another agency (possibly the Northwest Justice Project (NJP)) for assistance with a Medicaid appeal (free of charge).

### If your child was already receiving ABA through private insurance before the age of 21:

Have your ABA therapist continue to bill your private insurance. If your private insurance denies the coverage, contact Washington Autism Alliance & Advocacy (WAAA) at 425-894-7231 or [info@WashingtonAutismAdvocacy.org](mailto:info@WashingtonAutismAdvocacy.org), for help and information on how to go through the appeal process. They will help you, free of charge. See our [handout on Insurance Denials](#).

"My son was receiving ABA through Medicaid until his 21<sup>st</sup> Birthday, the exact day he aged out and he was denied additional coverage. Through WAAA's help and this handout, we kept pursuing medical insurance coverage. We were denied again, but didn't let that stop us from advocating for our son's right to treatment/therapy of autism. Finally, we received the fabulous news that our private insurance will be covering our son's ABA therapy, giving him the services that he needs and deserves. Hang in there.....it's worth it!"

~Karlene Umbaugh  
Parent of Cameron

**Remember: First thing to do is get on wait lists!**

### Whatcom and Skagit County ABA providers:

[Blue Water Behavioral Consulting](#)

360-499-3508

[Pacific Northwest Autism](#)

360-348-6414

[Endless Potential, LLC](#)

360-930-6063

[Sendan Center](#)

360-305-3275