



Advocacy: How to Be an Autism Champion

Characteristics of an Effective Advocate

- Informed and prepared
- Person-focused
- Communicates clearly and assertively
- Proactive
- Asks questions
- Knows their rights
- Collaborative
- Seeks help when needed
- Advocates at home and school through modeling for system/social change

Teach Your Loved One Self-Advocacy Skills

Self-advocacy skills allow children and adults to understand how their disability affects them. It also allows them to explain their needs and request accommodations. An individual is also able to show their abilities to do tasks in different places, such as at school or in the workplace.

With self-advocacy skills, a child or adult with a disability can clearly communicate their needs. This sets them up for success in life.

Parent/guardian and member resources for teaching self-advocacy skills:

- [Parent Center Hub](#)
- [Exceptional Lives](#)
- [Child Mind Institute](#)

Advocate for Your Loved One in ABA Treatment

At the onset of ABA treatment, discuss your current and long-term goals for your loved one with your provider. As treatment plans are reviewed, ensure the concerns and desires you discussed are reflected within the plan.

If treatment has already started and the treatment is not aligning with your priorities, discuss with your provider. This should be an ongoing process, so voice your concerns at any point.

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ABA therapy is intended to create lifelong, lasting change. The goal is to increase the quality of life for the child and family. If this is not happening, it is important to address, as time is precious.

Speak openly with your provider regarding concerns.

Know that it is okay to speak up on behalf of your loved one.

Provide specific, data-driven examples to your provider to show lack of progress or regression.

Obtain resources about ABA and educate yourself on data collection to assist in this process. Locate advocacy resources in your area.

Propose a family member or friend as an advocate that can attend meetings with you and your provider for support.

If you have an insurance policy that is managed by Lucet, please call your assigned care manager or the Autism Resource Program at 877-563-9347 for any additional assistance.

Reviewed by Senior Director – Clinical Strategy, Research & Autism, LCSW, BCBA, CCM

◆ Let's connect you to mental health care, today.

Lucet's team of behavioral health professionals are here to help you navigate your mental health journey with confidence. Whether you are looking for immediate care or do not know where to start, we will guide you through every step.

For more resources:

lucethealth.com/autismchampions | lucethealth.com/autism-resource-center



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