
Funding Resources for Therapy Sessions

Last reviewed: May 2026

Criteria guidelines and eligibility requirements may differ for each application. The website link provided will direct you to an application for assistance.

Most applications require the following documents:

- Letter from a doctor that includes your child's diagnosis, history of illness, specific request for funding, and other relevant information
- Evaluation from therapist
- Documentation of insurance coverage or non-coverage
- Federal tax return or verification of income

Depending on the application requirements, your therapist can assist in providing necessary documents. Some organizations may require an inquiry email for further information. A template is available on the last page for your convenience. Please use the contact information listed for the organization to inquire about specific eligibility and application requirements.

Resources

Local Resources (DC, Virginia & Maryland)

The Arc of Northern Virginia: Provides advocacy, education, and support for individuals with intellectual and developmental disabilities and their families. Their extensive resource library includes detailed guidance on Virginia Medicaid Waivers, the Assistive Technology Loan Fund Authority, the Eric Fund, and other state-funded programs.

- Website: <https://thearcofnova.org/>
- Phone: (703) 208-1119

Autism Society of Northern Virginia (ASNV): Local nonprofit serving the autism community for over 60 years. Offers mini-grants twice a year (program typically opens in May and November) reimbursing families up to \$1,000 annually for autism-related services, including therapy. Also provides workshops, support groups, and an extensive resource directory.

- Website: <https://www.asnv.org/>
- Phone: (703) 537-9487
- Email: info@asnv.org

General Resources

Aid for Autistic Children Foundation: Provides financial assistance and charitable grants of up to \$150,000 in total debt relief per household for autism-related expenses.

- Website: <https://ollibean.org/aid-for-autistic-children-foundation/>

Alyssa V. Phillips Foundation: Provides financial assistance for services not covered by insurance for children with cerebral palsy.

- Website: <https://www.alyssavphillipsfoundation.com/application-for-grant>

Anchor of Hope Foundation: The Supplemental Care Scholarship provides financial assistance (up to \$250 per year) to help cover the costs of therapy, education, equipment, and other direct needs of the individual not covered by insurance or Medicaid.

- Website: <https://www.anchorofhopefoundation.org/scholarships>
- Phone: (478) 994-0438
- Email: aohfoundation@gmail.com

Autism Care Today (ACT Today): Offers grants up to \$5,000 with priority given to families with household income less than \$100,000. Funding may be used for occupational therapy, speech therapy,

ABA, and other autism-related needs. Quarterly grant deadlines. Additional grants and services available for military families.

- Website: <https://www.act-today.org/our-funds/>
- Phone: (818) 340-4010
- Email: info@act-today.org

Autism Speaks: Provides information for local funding resources and grant opportunities for children with an autism diagnosis.

- Website: <https://www.autismspeaks.org/individuals-and-families>
- Phone: 1 (888) 288-4762
- Email: help@autismspeaks.org

Bright Steps Forward: Provides funding for intensive pediatric therapy for financially disadvantaged children diagnosed with neurological disorders.

- Website: <https://brightstepsforward.org/>

Chive Charities: Provides funding for therapy equipment, sessions, and more for individuals with rare medical conditions, veterans, and first responders with medically-related needs.

- Website: <https://chivecharities.org/recipient>
- Phone: (512) 527-3511
- Email: support@chivecharities.org

Easter Seals: National organization providing services and financial resources for children and adults with disabilities. Includes evaluation services, therapy programs, and equipment assistance through a network of local affiliates.

- Website: <https://www.easterseals.com/>

First Hand Foundation: Offers funding and financial assistance for medical care, equipment, vehicle modifications, or displacement related to care.

- Website: <https://www.firsthandfoundation.org/request-funding>
- Phone: 1 (816) 201-1569
- Email: firsthandfoundation@cerner.com

Joni and Friends – Christian Fund for the Disabled: Faith-based nonprofit providing financial assistance and support for individuals with disabilities and their families. Offers grants for medical equipment, therapy, and other disability-related needs.

- Website: <https://www.joniandfriends.org/>

Kya's Krusade Financial Assistance Program: Provides grants for adaptive equipment, hippotherapy, physical, and occupational therapy not covered by insurance.

- Website: <http://www.kyaskrusade.org/info/programs-and-services/>
- Phone: (614) 750-2198
- Email: info@kyaskrusade.org | financialassist@kyaskrusade.org

Maggie Welby Foundation: Offers grants for children and families with financial need for medical bills, equipment, therapy, athletic opportunities, or other essential needs. Grants are awarded to the family but paid directly to the specific vendor or service provider.

- Website: <https://www.maggiewelby.org/>

Mike's Kids: Provides financial assistance to children with physical, mental, or learning challenges through direct financial assistance and access to educational materials.

- Website: <http://www.mikes-kids.org/donate.html>
- Email: info@mikes-kids.org

National Autism Association – Give a Voice Program: Provides communication devices (iPads loaded with AAC apps) at no cost to nonverbal or minimally verbal children and adults with autism who do not have access to a communication device through other means.

- Website: <https://nationalautismassociation.org/family-support/programs/naas-give-a-voice-program/>

The Orange Effect Foundation: Empowers children and young adults (up to age 21) with speech disorders through funding for speech therapy and assistive communication technology. Quarterly application deadlines (February 1, May 1, August 1, November 1). Awards based on financial need (household income generally under \$100,000). Funds paid directly to therapy provider or device manufacturer. Therapy must be provided by an ASHA-certified therapist.

- Website: <https://theorangeeffect.org/>
- Email: info@theorangeeffect.org

Small Steps in Speech: Provides funding for therapy and treatment for individuals with speech and/or language disorders.

- Website: <http://www.smallstepsinspeech.org/grant-application/>
- Phone: 1 (888) SPEAK
- Email: info@smallstepsinspeech.org

United Healthcare Children's Foundation: Funding through grants for medical-related services and therapies that are not fully covered by the available commercial health benefit plan.

Arlington Office
2301 Columbia Pike
Arlington, VA 22207
ph: 571.527.0818
fax: 202.379.1797



Capitol Hill Office
1301 Penn Ave SE
Washington, DC 20002
ph: 202.544.5439
fax: 202.379.1797

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- Website: <https://www.uhccf.org/apply-for-a-grant/>
 - Phone: 1 (855) 698-4223
 - Email: customerservice@uhccf.org

Sample Inquiry Letter

To Whom It May Concern,

My name is [insert your name]. My child, [insert child's name], was recently evaluated by an [Occupational, Speech, Physical] Therapist at Skills on the Hill in [Arlington, Virginia / Washington, DC]. The evaluating therapist recommended my child [insert child's name] receive services to address [insert reason for services].

My insurance is out of network and is only allowing [insert amount here] percent of services to be covered. I am aware of the supplemental funding [name of organization] provides. My child [child's name here] would greatly benefit from these services to support their developmental, academic, play, and social skills. The services provided would support my child's independence and ability to enjoy life.

I would like to learn more about the process to apply for financial assistance. Any further information you are able to provide would be greatly appreciated.

Thank you,

[Insert name]

[Insert contact information]