

# Is Full Service or Train Your Own Right for Us?

Choosing a service dog path is not about which option is “better”—it’s about which one best fits your needs, capacity, and goals.

- Full Service Placement is designed exclusively for families with children who have disabilities.
- Train Your Own is available to both families and independent adults with disabilities.

Use this worksheet to reflect honestly on where you are today and what kind of support would serve you best.

## SECTION 1: YOUR FAMILY'S LIFESTYLE

### 1 How often is someone home during the day?

- ☐ 1. Almost always
- ☐ 2. Some of the time
- ☐ 3. Rarely

### 2 Do you have time to work on dog training consistently, for many months?

*Some dogs may take longer than others to progress, but as a general starting point, plan for at least four 15-minute training sessions per day—on top of meeting your dog's daily exercise needs.*

- ☐ 1. Yes, I'm ready and able
- ☐ 2. Possibly, with support and flexibility
- ☐ 3. Not realistically right now

### 3 Is your whole family on board with having and helping train a dog?

- ☐ 1. Yes, everyone is excited and committed
- ☐ 2. Mostly – a few may need some time to adjust
- ☐ 3. Not really – some are unsure or resistant

### 4 Does anyone in the home have fears or significant allergies to dogs?

- ☐ 1. No
- ☐ 2. Yes – explain:

## SECTION 2: YOUR CHILD + FAMILY DYNAMICS

### 5 How do you think your child will respond to the unpredictable behaviors of a puppy—like yipping, biting, chewing, or scratching?

- ☐ 1. Very well – they enjoy dogs and can tolerate typical puppy behavior
- ☐ 2. It may take some time to adjust, but we think they will get used to it
- ☐ 3. It could be very difficult due to sensory sensitivities and the unpredictability of the puppy

### 6 Do you have the capacity to support your child's needs while also managing consistent dog training?

- ☐ 1. Yes, I feel confident managing both
- ☐ 2. I can do it with help or flexibility
- ☐ 3. It would be difficult to balance both right now

### 7 Who will be responsible for the dog's daily care and training?

- ☐ 1. I have time and energy to take the lead
- ☐ 2. I will take the lead and have a little support to help
- ☐ 3. I'm not sure I can manage that along with everything else

## SECTION 3: TRAINING COMFORT + SUPPORT

### 8 What best describes your comfort level with dog training?

- ☐ 1. I enjoy training and am eager to learn
- ☐ 2. I'm open to it but will need clear steps and encouragement
- ☐ 3. I'd prefer a trained dog and less hands-on responsibility

### 9 Are you able to attend training sessions virtually on a regular basis and in-person sessions as required?

- ☐ 1. Yes, regularly
- ☐ 2. Maybe, depending on timing
- ☐ 3. No, it would be hard to attend consistently

## SECTION 4: TIMELINE + RESOURCES

10 What is your ideal timeline to bring a service dog into your child's life?

- ☐ 1. As soon as possible – we're ready to go
- ☐ 2. Within the next 12 months
- ☐ 3. We're flexible and open to waiting

11 How comfortable are you fundraising or paying for training and care expenses over time?

- ☐ Very comfortable
- ☐ Somewhat comfortable, we'll need guidance
- ☐ Unsure or not in a position to afford it now



## REFLECTION + NEXT STEPS

Now that you've completed the worksheet, take a moment to review your answers.

- If most of your responses are #1s, the Train Your Own program may be a great fit for you.
- If you answered mostly #3s, the Full Service program is likely a better fit.
- If many of your answers were #2s, use the space below to reflect and clarify what matters most for your situation.

In the area below, jot down your top priorities or concerns as you consider your path.

(Examples: "We need something soon," "I'd love to train but I'm nervous," "We need strong support," "My child is sensitive to noise.")

## What to Do Next:

Based on your results, explore the website sections for [Full Service Placement](#) and [Train Your Own](#) to see what each path involves. If you're still unsure, try these tools on our [Help Me Decide](#) page:



**Interactive Form** – Answer a few questions and receive a tailored recommendation.



**Chat with Bueno the Dog!** – Our caped mascot and GPT guide offers friendly insights to help you think through your options. (Free accounts have daily limits. Bueno is AI-powered, so double-check important details.)



**Join an Info Session** – Attend a Service Dog Information Hour or Application Orientation for either program. Whatever path you choose, you don't have to walk it alone—we'll be with you every step.

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