

Applied Behavior Analysis (ABA) is a set of principles that form the basis for many behavioral treatments. ABA is based on the science of learning and behavior. These systematic principles create opportunities to increase desirable behaviors such as improving attention, focus, social skills, communication, memory and academics while decreasing problem behaviors that may interfere with learning. Ongoing assessment and data collection drive decision making.



Through decades of research, the techniques of Applied Behavior Analysis have been shown to be highly effective in altering the developmental outcomes for children with Autism. Based on further studies, we now know that children learn more effectively by using a combination of rewards and consequences rather than punishment alone, which can actually impair learning.

ABA therapy is a broad approach that is individualized to meet the needs of each child. The amount of therapy and level of parent involvement often varies depending on the specific needs of the child. An ABA program requires several hours of intensive on-on-one services each week provided by behavior consultants and trained paraprofessionals.

Components of a strong ABA program include:

- **Supervision:** An ABA program is designed and monitored by a behavior consultant.
- **Training:** ABA staff working in the program are highly skilled and fully trained with supervisors then providing support, monitoring and ongoing training for the duration of the program.
- **Programming:** An ABA program is created after the initial assessment and tailored to the child's specific needs. Family preferences are considered when determining treatment goals.
- **Functional Programming:** Goals selected will be beneficial and functional to the individual and increase or enhance their quality of life.
- **Data Collection:** Data on skill acquisition and behavior reduction is recorded and analyzed regularly.
- **Family Training:** Family members will have the opportunity to be trained to help teach and reinforce skills.
- **Team Meetings:** Therapists, supervisors and family members meet to maintain consistency, identify pertinent issues and discuss progress.



## ABA Program Details

### The Essence of ABA

Understanding and modifying behavior in the context of environment is the basis for ABA.

- "Behavior" refers to a variety of actions and skills. It is not merely limited to misbehavior.
- "Environment" includes a number of physical and/or social events that may change or be changed by one's behavior.

ABA is a means of maximizing learning and minimizing inappropriate behavior. It focuses on positive reinforcement strategies to bring about meaningful behavior change. ABA may also be referred to as:

- Discrete Trial Training (DTT)
- Natural Environment Teaching (NET)
- Verbal Behavior (VB)

### What is Available to You?

Sara's Garden offers the following ABA programs:

- Before and after school services
- Home-based services after school (weekends are also an option)
- After school social skills group
- Community-based instruction

### Setting up a Successful ABA Program

- Initial session with behavior consultant to discuss ABA program options, answer questions, and schedule first ABA session (in-home or after school).
- Initial session will include an assessment and an in-depth parent interview.
- After the initial assessment, the behavior consultant will develop treatment goals and a program plan.
- Parents/caregivers and behavior consultant will develop an ABA schedule for the child based on the needs of the child and the number of therapy hours the family has requested.

If you have an interest in setting up ABA services for your child, an initial meeting will be scheduled to identify which service or services are most important to the family. We will then prioritize behaviors or skills to help set specific goals.