



ABA THERAPY OVERVIEW

WHAT IS ABA THERAPY?

ABA Therapy (Applied Behavior Analysis) helps children who aren't learning in their current setting by using techniques proven to increase the child's motivation and improve skills like language, cooperation, taking turns, making friends, motor skills, hygiene, personal safety, and more.

ABA's goal is to help build skills, reduce unhelpful behaviors, and work towards living more independent lives.

HOW OFTEN IS ABA PERFORMED?

Each child has unique needs. The number of hours recommended will vary based on your child's age and areas of need.

Intensive: 30-40 Hours Per Week

Focused: 15-30 Hours Per Week

4-7 Days Per Week

1-2 Sessions Per Day

Sessions last between 2-4 Hours

WHY IS ABA THERAPY IMPORTANT?

ABA is the only treatment for autism that has been designated as medically necessary. ABA is proven to improve functioning across all skill areas, including communication skills, social skills, and self-care skills.

Children receiving early intervention have the highest probability of reaching their potential. Early intervention may also reduce the probability of long term care.

CAREGIVER NOTES

An ABA therapy program will require a significant lifestyle change for you and your family. Follow the steps below and lead your child towards a brighter future.

1- Make accommodations in your schedule to meet the prescribed number of therapy hours for your child.

2- Follow the ABA therapy program at home and integrate it into your family's every day routine.

3- Communicate and collaborate with your behavior intervention team and other professionals working with your child.

CALL US WITH ANY QUESTIONS

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PRESCRIBED ABA THERAPY

COMMON QUESTIONS

INTENSIVE ABA THERAPY

FOCUSED ABA THERAPY

**What
does
treatment
look
like?**



- 30-40 hours per week of direct care
- Your child's developmental level and goals will determine which skills are practiced during therapy
- Targeted functional skills may include:
Increasing learning, communication, social, emotional, and other skills that help with independence.
Decreasing noncompliance, tantrums, repetitive / ritualistic behaviors

- 15-30 hours per week of direct care
- Treatment provided for a small number of behaviors targeted for reduction, and for skill acquisition
- Targeted functional skills may include:
Increasing safety skills, following instructions, sleep routines, self care skills.
Decreasing aggression, elopement, feeding disorders, self injury

**Who benefits
most from
each therapy?**



- Children under 7
- Children over 7 that have significant unwanted behaviors
- The community. Early intervention is clinically proven to help children reach their greatest potential.

- Children over 7
- Children that have a need to increase or decrease a few targeted behaviors.
- The community. Targeted care for school-age children enables the building of skillsets that are important for community participation

**What are the
expectations
of caregivers?**



- Caregivers should strive to integrate the ABA Therapy program into daily routine of their family.
- Caregivers receive education and training to confidently teach their children to manage behavior.

- Caregivers should strive to integrate the ABA Therapy program into daily routine of their family.
- Caregivers meet once a month with ABA therapy Consultant.