

ABA THERAPY OVERVIEW

CAREGIVER NOTES

It's likely that your child has been prescribed ABA therapy after being diagnosed with Autism Spectrum Disorder. Following 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.

CALL US WITH ANY QUESTIONS

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WHAT IS ABA THERAPY?

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

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

HOW OFTEN IS ABA PERFORMED?

Each child is different. The amount of hours completely depends on the prescription provided by the psychologist. This prescription is based on your child's age and level of development.

- Comprehensive: 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
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WHY IS ABA THERAPY IMPORTANT?

ABA is the only treatment for ASD 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 that receive early intervention and intensive care see clinically significant improvements. Children that receive early intervention end up requiring fewer services as they age due to becoming more independent.

PRESCRIBED ABA THERAPY

COMMON QUESTIONS

COMPREHENSIVE ABA THERAPY

FOCUSED ABA THERAPY

What does treatment look like?



- 30-40 hours per week of direct care
- Your child's current ability level and goals will determine which skills are practiced during therapy
- Targeted functional skills may include:
 - Increasing** cognitive, communicative, social, emotional and adapting functioning skills.
 - 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 Benefit Most From Each Therapy?



- Children under 6
- Children over 6 that have significant maladaptive behaviors
- The community. Early intervention is clinically proven to help children reach their greatest potential.

- Children over 6
- 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 meet twice a month with ABA therapy Consultant.

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