

Intro to ABA

Applied Behavioural Analysis

Applied Behaviour Analysis: What is it and How Does it Work?

Applied Behaviour Analysis (ABA) is a scientific discipline rooted in principles of learning and behaviour that is supported by over sixty years of applied research and thousands of empirical studies. ABA is a data-driven science, where progress is monitored through observation and data analysis.

ABA aims to increase adaptive skills and behaviours that are important to the person, their family, and the community. It may also be used to decrease behaviour challenges that are interfering in learning new skills or one's ability to participate in their community. ABA programs are supervised by a Registered Behaviour Analyst (RBA, Ont.)

Who Can Benefit From ABA?

ABA is useful for people of any age and across many areas, outside of having a formal diagnosis. ABA has been successfully applied to education, athletic performance, health and wellness, and organizational behaviour management, in addition to Autism, intellectual disability, psychiatric and mental health, acquired brain injury, and dementia.



Goals of Applied Behaviour Analysis:

ABA is intended to achieve changes in a person's behaviour that:

- ◆ can be seen in a variety of environments (e.g., home, school, and the community)
- ◆ are important and meaningful to the person being taught, their family, and their community
- ◆ are long-term and help a person throughout their life

ABA is NOT:

- ◆ a "one-size-fits-all" therapy
- ◆ only for children with Autism
- ◆ only done by "table work" or sitting at a table
- ◆ a rigid treatment that can be implemented by someone without training or expertise
- ◆ a harmful or punitive therapy

The Difference Between ABA and IBI

Intensive Behaviour Intervention (IBI), also known as Early Intensive Behaviour Intervention, is a type of intensive therapy that uses the principles of ABA. It is typically delivered by a trained professional 20-40 hours per week across a variety of settings (e.g., home, clinical centers, classrooms, and community), targeting core skills such as communication, daily living skills, play skills, and social skills. Using this intensity of intervention at an early age can have a significant impact on a child's functioning across the lifespan, but not every child requires or benefits from this level of intensive therapy.

For more information, contact Kerry's Place Autism Services:

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