

Applied Behaviour Analysis (ABA)

What is ABA?

ABA is a scientific discipline rooted in principles of learning and behaviour that has over 50 years of applied research and thousands of empirical studies. ABA is a data-driven science, where progress is monitored through observation and data analysis.

How does ABA work?

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 Board Certified Behaviour Analyst (BCBA or BCBA-D) or a Psychologist that has expertise in ABA.

Who is ABA for?

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.

What is the goal of ABA?

The goal of ABA is to achieve changes in a person's behaviour that:

- ✦ Can be seen in a variety of environments such as home, school, and the community
- ✦ Are important and meaningful to the person being taught, their family, and their community
- ✦ Will be long term and help a person throughout their life

What is 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 (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.

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

For more information, visit www.ontaba.org