



Florida Autism Center

Start here. Go anywhere.

What is ABA?

Applied Behavior Analysis (ABA) is the application of the principles of behavior.

ABA focuses on improving positive behaviors and eliminating negative behaviors in order to teach a variety of skills (e.g., communication, adaptive skills, feeding, toilet training). Interventions using applied behavior analytic principles have long been established as effective approaches to increase appropriate behaviors and decrease problem behaviors for individuals with autism spectrum disorder (ASD; National Autism Center, 2009; Wong et al., 2014).

Why does ABA work?

Over 30 years of research has demonstrated the effectiveness of ABA for individuals with autism spectrum disorder (ASD). Children who receive early, intensive behavioral intervention (EIBI) have demonstrated positive improvements in their development. Areas of improvement include: communication, socialization, following instructions, daily living skills, etc.

What are the ABC's of ABA

A - Antecedents

Antecedents are things or events that precede a behavior.

B- Behavior

Behavior is an observable and measurable action. Behavior does not refer to challenging behavior only. For example, eating, yelling, reading are all behaviors.

C - Consequences

Consequences are events that follow a behavior. Consequences are not always negative, they can be positive. For example, a child may receive an ice cream after standing in line quietly at the ice cream shop.

Why do we specialize in Early Intervention?

Research has demonstrated that the most effective treatment to improve outcomes (i.e., adaptive behaviors, communication skills, and cognitive abilities) for children with ASD is through comprehensive and intensive early intervention programs (Maglione, Gans, Das, Timbie, & Kasari, 2012). Early intervention services aim to bridge the gap between a child's current functioning and that of their same age peers. FAC offers early intervention services for children up to the age of six. Current research encourages parents to obtain at least 25 hours of intervention per week across multiple years for their child in order to see the greatest gains (Maglione et al., 2012). Some children have been able to participate in regular education classrooms with little or no additional support following two or more years of early, intensive ABA services.

What is the benefit of center-based services?

Center-based services have shown to be superior to home-based services for mastery of program targets and rate of mastery (Dixon, Burns, Granpeesheh, Amarasinghe, Powell, & Linstead, 2017). Increased treatment hours increase the number of targets mastered. Center-based services provide a more structured learning environment to train parents and caregivers. Furthermore, the quality and quantity of therapy supervision by board certified behavior analysts of direct care professionals is improved with center-based services.

How can you tell if someone is a qualified provider of ABA services?

A qualified professional, licensed clinical psychologist with training in applied behavior analysis or a Board Certified Behavior Analyst (BCBA), should be designing and supervising ABA services. Registered Behavior Technicians (RBT) and Board Certified Assistant Behavior Analysts (BCaBA) are certified to provide direct services to individuals with autism. ‘

What behaviors can ABA therapy help with?

Communication Skills

- Language
- Social Skills
- Conversation
- Reading and Writing

Daily Living Skills

- Toileting (potty training)
- Dressing
- Eating
- Fine Motor Skills
- Personal Self-care
- Domestic Skills

Problem Behaviors

- Self-Injury
- Tantrums
- Noncompliance
- Aggressive Behavior
- Self-Stimulatory Behavior
- Property Destruction

How much therapy will my child need?

During the assessment process, a trained clinician from FAC will determine a plan for how many hours of therapy they would recommend for your child to make progress. In 2001, the National Research Council Report recommended a minimum of 25 hours per week. In 2007, the American Academy of Pediatrics recommended 20 hours or more of active engagement in evidence-based interventions. We offer very flexible scheduling and do our best to accommodate what works best for each family.

Is ABA covered by insurance?

Many types of private health insurance are required to cover ABA services but it depends on what kind of insurance you have and what your plan specifics are. We have staff that specialize in verifying these benefits for all FAC parents, so fill out an enrollment form ([link to it](#)) and we can get started.

Please see our funding page ([link to it](#)) for more information about insurances we accept.

What does an ABA program entail?

ABA therapy at FAC is completely individualized. There are no cookie cutter, one size fits all, plans because each program is written to meet the individual needs of each child. A BCBA will design and oversee the program that involves the child's skills, needs, deficits, interests, as well as family preferences. These are all used to determine treatment goals for the individual in different skill areas – everything from daily living skills to communication and language. Goals are adjusted as the child progresses and the BCBA will meet regularly with the family for parent training that will help them apply what is being done successfully in the center to the home environment. We are all on this journey with your child together and we recognize the importance of working together to support one another!