

# What is ABA?

## Applied Behavior Analysis

- ABA is a scientific approach for identifying environmental variables that influence behavior of social significance and for systematically developing a functionally related methodology to program behavior change
- ABA explains how behavior works and how learning takes place
- ABA is used to increase language and communication skills as well as functional skills
- ABA is used to help decrease problem behaviors that interfere with learning as well as behaviors that are harmful or dangerous by using positive reinforcement and measurable goal setting in a variety of environments

# Who Benefits from ABA?

- EVERYONE!
- ABA is most commonly used in toddlers, school-aged children, teens and adults with autism- however it is also very effective in treating:
  - Learning Disabilities
  - Traumatic Brain Injury
  - Deaf-Blindness
  - Cognitive Impairment
  - Physical Impairments
  - Early Childhood Developmental Delays
  - Speech and Language Delays
  - Other Problem Behaviors

# How Is ABA Used?

- Behavior Analysts focus on defining behaviors of social significance, AKA target behaviors
- Behavior analysts intervene to improve target behaviors while demonstrating a reliable relationship between interventions & improvement with ongoing data collection
- Behavior Analysts program for generalization & maintenance to ensure behavior maintains over time & across different settings & people
- Behavior Analysts train staff, caregivers & teachers
- Behavior Analysts conduct Functional Behavior Assessments (FBA) to determine the function of a behavior
- Behavior Analysts create Behavior Intervention Plans