



# ABA Therapy for Autism: Guide for Parents

## Applied Behavior Analysis

### FOCUS of TREATMENT



- A goal behavior is first identified by the therapist.
- A reward is given each time the behavior or skill is successfully used.

### Positive Reinforcement

### WHAT IS ABA?

- Based on the science of how people learn
- Scientifically validated autism treatment

### ABA treatment goals

#### Developing :

- Communication skills
- Developing social skills
- Self-care skills
- Recreation and play motor skills

### Who can provide ABA



- BCBA(Board certified behavior analyst
- Board certified assistant analyst
- Registered Behavior technician
- Developmental therapist

### PARENT TRAINING IN ABA



Goal is to help parents:

- Define behaviours that need reduction
- identify replacement behaviours
- provide feedback on parent's behaviour
- teach positive reinforcement
- teach parents to record data

### IS ABA COVERED BY INSURANCE ?



#### PROVINCIAL & TERRITORIAL FUNDING PROGRAMS FOR AUTISM THERAPY

##### QUEBEC

|             |                                                                                                                                   |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------|
| PROGRAM     | Autism Action Plan (Plan d'action en autisme)                                                                                     |
| MINISTRY    | Health and Social Services                                                                                                        |
| ELIGIBILITY | Preschool children for autism therapy with a minimum of 20 hours per week.<br>Other programs for school-aged children and adults. |
| ABA/IBI     | Yes                                                                                                                               |
| DESCRIPTION | Comprehensive program for preschool, school, families, training, including autism therapy for children aged 2 to 5.               |
| FUNDING     | N/A                                                                                                                               |

##### SOURCES/COMMENTS

[Plan d'action sur le trouble du spectre de l'autisme](#)

#### Private Support

- <https://www.autismspeaks.org/health-insurance-coverage-autism>

#### Provincial support

- [https://autismcanada.org/wp-content/uploads/2017/12/AC\\_ProgramsForAutismTherapy.pdf](https://autismcanada.org/wp-content/uploads/2017/12/AC_ProgramsForAutismTherapy.pdf)

### If your child is diagnosed with Autism?

- Seek help early
- Enroll your child in ABA program
- Enroll yourself in parent training classes
- Find a centre that supports the entire family
- Be your child's biggest cheerleader

### Community Resources

Offers respite services for parents of autistic children by Montreal Children's Hospital

<https://www.thechildren.com/community-resources-autism>

