



Recreational
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WHAT IS ABA?

A guide to Applied Behavior Analysis



Applied Behavior Analysis (ABA) is the science of controlling and predicting human behavior. ABA focuses on the observable and relationship of behavior to the environment to address communication, social development, learning and behavioral problems. By assessing the relationship between a targeted behavior and the environment, the methods of ABA can be used to modify that behavior. Research in ABA can range from behavioral intervention methods to more basic methods that examine the principles by which humans adapt and maintain behavior.



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THE SEVEN CHARACTERISTICS OF ABA

1. **Applied** - Behaviors and skills being targeted must have some social significance.
2. **Behavioral** - The target behavior must be observable and precisely measured.
3. **Analytic** - There should be a clear relationship (functional relation) between the manipulated events and the target behavior, demonstrating the intervention was responsible for the change in the behavior.
4. **Technological** - Procedures are completely identified and precisely defined allowing for duplication of others.
5. **Generality** - Behavior should last over time, be demonstrated in different environments, or spread across new behaviors.
6. **Effective** - Behavioral techniques must improve behavior to a meaningful degree.
7. **Conceptually Systematic** - Description of procedures should be in terms of established and accepted principles.

Center vs Home ABA

Center based ABA allows for highly structured learning. Center based can also eliminate distractions that can be found in the home while learning in predictable environments.

Home based ABA allows skills to be taught in the environment they are likely to occur, also called natural environment training.





IMPORTANT DOCUMENTS

Documents you will need for services

- **Diagnostic Evaluation:** report that shows the testing conducted to determine an ASD diagnosis.
- **Physician's Letter:** Must be dated within 6 months and state both ASD diagnosis AND ABA services recommended
- **Individualized Education Plan (IEP):** from current school is attending in (if applicable).
- **Insurance Card:** recommended to call your insurance company to confirm ABA services are covered.

