

# Intensive ABA Programs for children

## **Initial Process: Set up of ABA program:**

- Parents to read information about ABA from website, internet searches and information provided
- Parents to read about Pivotal Response Treatment.
- Parents complete Intake/ client demographics forms and send to clinic
- Parents to read and understand all costs and cancellation policy for services
- Parents provide HCWA or Better Start eligibility letter from Autism Advisor
- If previously assessed by Allied Health Professionals, parents provide psychological reports: outlining functional assessment and diagnosis
- If functional assessment and diagnosis inadequate for formulation of a treatment plan, then child to undergo additional psychological assessments as needed (costs vary)
- Parents to provide referral letters from G.P and Paediatrician to utilise Medicare rebates
- Parents to resource instructors to help implement therapy at home (if required) or parents can source therapists through LTS.
- Contact ABIA for more information on ABA and access to resources.

## **Initial Program Set Up: (Cost: \$1400: additional cost of \$400 for workshop attendance).**

- Initial consultation with Psychologist, parents and child: Psychologist will observe child, conduct assessment to assess developmental strengths and weaknesses, and discuss learning goals with parents. (1 to 2 hours)
- Psychologist will develop written individualised program targeting all areas of childhood development.
- Program hand over: Training meeting with Psychologist, parents, child and instructors. Psychologist will provide written programs and educate parents and instructors on implementation of programs with child. Treatment model will be discussed and parties will be trained in data collection (2 to 3 hours).

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## **Workshop: ABA theory: (10 hours across 2 days)**

Parents and instructors must undertake an ABA course. Please discuss with LTS the next upcoming workshop. The workshop explains the theoretical model of ABA, PRT and demonstrates working with a child using the model via videos and role plays.

Costs range depending on personalised workshop or a group focussed training. The workshop is compulsory for main caregivers working with child. The initial program set up costs includes attendance of one person per family to attend a group focussed training workshop on ABA.

### **Ongoing supervision: Clinic based services**

- Future meetings: Fortnightly or monthly meetings with Psychologist, parents, child and instructors to review programs (2 hours) (Cost: \$170 per hour).
- Off site meetings will incur a travel cost.

### **ABA: (Applied Behaviour Analysis)**

ABA is an intensive behavioural intervention for children with a developmental delay, intellectual disability, social deficits, challenging behaviour or learning delay. ABA is a scientific approach to analysing behaviour and then teaching new skills to children. Skills are broken down into parts and taught to the child in steps. The steps are practiced until the child acquires the whole skill. LTS implements PRT which is based on the principles of ABA. PRT focusses on child and uses motivation as the most important teaching tool.

A Psychologist will assess the child's strengths and weaknesses across all areas of development (self help skills/ language/ play skills/ imitation/ motor skills/ perception/ behaviour).

The Psychologist will developed educational and behavioural programs targeting the specific needs of the child. Parents are then trained to implement the programs at home with their child. Parents are taught to implement programs using Pivotal Response Treatment and Discrete Trial Learning, techniques based on the principles of Applied Behaviour Analysis.

The Psychologist will supervise the program and meet with the family on a regular basis (fortnightly/ monthly). Ongoing supervision allows the Psychologist to support the family, review the child's progress and provide recommendations.

Research indicates that the more hours the child receives the more they will learn. We recommend the child receives therapy across the week and at least 10 hours per week. Parents can access instructors to assist teaching their child at home, at the clinic or at school.

Parents can access funding through Medicare (Enhanced Primary Care Initiative, Mental Health Care Initiative and Helping Child with Autism Initiative). HCWA funding and Start can be access for children under 7 years, who have a diagnosis of Autism, Fragile X, Downs Syndrome or Cerebral Palsy.