

ABA Frequently Asked Questions for Members & Family

What is Applied Behavior Analysis (ABA)?

Applied Behavior Analysis, or ABA, has become a widely accepted treatment approach that focuses on improving specific behaviors, such as social skills, communication, and adaptive learning skills like hygiene, and domestic capabilities. It is a flexible treatment that can be adapted to meet the needs of each unique person, can be provided in many locations, and can involve one-to-one teaching and/or group instruction.

What is the goal of ABA?

The goal of ABA is to increase behavior that is helpful and decrease behavior that is harmful or that is negatively affecting learning. ABA can also help transfer skills and behavior from one situation to another, assist with controlling situations where negative behaviors occur and minimize negative behavior.

What kind of provider does ABA?

A Board Certified Behavior Analyst (BCBA) or other licensed professional will develop a treatment plan based on the strengths, weaknesses, interests, and abilities of your child. The BCBA then works with a technician to execute the program created specific to your child.

Where does ABA treatment occur?

ABA can be done in multiple settings (home, community or office), however it is usually delivered in the home by a technician, who implements the treatment plan developed by the BCBA or other licensed professional.

How often does ABA treatment occur?

The length of time spent in ABA depends on the severity of the problem and the individual child's rate of improvement. These programs can be as short as 2 hours per week or be as long as 30-40 hours per week, depending on the needs of your child.

Who participates in ABA treatment?

The BCBA or other licensed professional, the technician(s) assigned to work with the BCBA, the child, and family/caregivers. Parent training is an essential component of all ABA programs. This helps parents or caregivers learn how to set up the child's environment for success and how to respond to increase positive behaviors and reduce challenging behaviors.

How will I be notified about my child's treatment and/or progress?

The ABA provider should provide continuous feedback to parents or caregivers about their child's progress in treatment. Parents/caregivers should be included in treatment planning and development of treatment goals.

How do I get my child ABA treatment?

Most insurance plans now cover ABA, however you should always verify your plan benefits to ensure it includes coverage of ABA and if there are any limitations, such as diagnosis. Many plans will only cover ABA for Autism.

In order to access ABA services, your child should first have an evaluation by a doctor or Licensed Clinical Psychologist, who will provide a diagnosis and recommendation for treatment. If ABA is recommended referrals to ABA providers for an initial ABA Assessment can be obtained by calling the number on your insurance card.

Resources

Centers for Disease and Prevention

www.cdc.gov/ncbddd/autism

Autism Speaks

www.autismspeaks.org/applied-behavior-analysis-aba-0