



Choosing a Quality ABA Provider

Choosing a quality Applied Behavior Analysis (ABA) program for your child with Autism is perhaps one of the most important steps you can take in ensuring that he or she meets their maximum potential. FEAT suggests that you use the following guidelines in selecting a program that best meets your child's needs:

Intensity & Best Outcome Treatments

Quality intervention is intensive in number of hours of treatment. Studies show that there is a correlation between the number of hours provided and outcome. In other words, more hours typically produce better results. For the majority of young children, this requires 40 hours per week of 1:1 intensive treatment, typically in the home. ABA treatment hours are not equivalent to treatment hours in other therapies or at non-ABA, 1-1 school or special education group programs.

As children learn the skills that allow them to be successful in group environments, they should be provided opportunities to utilize these skills in social and community settings ("generalizing").

High quality providers recommend best outcome treatments regardless of funding agency demands and maximize the number and types of opportunities to learn and respond. Quality providers know and utilize the concepts and specific curriculum for best outcome ABA programs.

ABA Program Design LINK:

<http://www.thelovaascenter.org/index.php?pname=about%20lovaas%20aba%20for%20Autism>

Best Outcome Research LINK:

<http://www.thelovaascenter.org/index.php?pname=research%20supporting%20lovaas%20aba>

Professional Ethics & Confidentiality

Quality providers never reveal personal information about the individual or family without express consent from parents. Their primary obligation is to the client and family, thus they ensure confidentiality

when dealing with school districts, funding providers, insurance providers, and all other business relationships.

Quality providers never give up on individuals receiving treatment and provide support throughout the lifespan. They never blame the child or family for lack of progress and take responsibility for treatment success. They recommend treatments when the individual can benefit from treatment, regardless of arbitrary factors such as age, I.Q., or functioning level. Quality providers do not act as expert witnesses for funding agencies or insurance companies in due process complaints or appeals against an individual or their family.

Quality providers recommend and provide best outcome treatment regardless of legal and/or funding limitations.

Developmental Domains & Supervision

Effective ABA programs address each aspect of a child's disability including: communication, social, play, self-help, cognitive and academic skills, and behavioral challenges. Quality providers develop goals to address each of the individual child's needs, strengths and weaknesses in lockstep with parents. They regularly review goals and progress with parents and aides, and seek immediate solutions when something is "not working". They identify new areas of strengths and weaknesses on an ongoing basis and adjust the program curriculum continually with the ultimate goal of increasing skill levels to maintain independent success in a typical setting.

Supervisors in quality programs should have education and experience in ABA and should themselves be supervised by a PhD level psychologist and/or Board Certified ABA Therapist in the development and ongoing review of an individual's program.

Data Analysis

Quality ABA programs are data-driven and regularly record, review, and analyze data

related to an individual's progress. Data can include duration, intensity, and frequency of the desired and undesired behaviors and is specific and measurable. Data does not include anecdotal information such as "He did well today and was happy" or "She is making lots of friends at camp." Data must be recorded by someone trained to look specifically at the individual child's goals and needs. In other words, this person must be knowledgeable about your child and Autism Spectrum Disorders.

The Professionals

The most important aspect of a quality ABA program is the people who work on your child's behalf. They must strive for the highest quality of life for the individual with Autism so that he or she can thrive both within the family and community. The provider knows that they are privileged guests in the individual's life and home and acts with that in mind. The provider is appreciative of the opportunity to work with your child and never oversteps their area of discipline. A quality provider does not provide recommendations, commentary, judgment or obstacle to any other treatment for any illness, medical issue or disease of the individual. A quality provider supports the physical health of the individual.

Next Steps

If you have researched and selected one or more potential ABA providers and would like to further discuss choosing the best program for your child, you can email connect@feat.org.

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