

ABA 101 Information Page

What is ABA?

- the science of behaviour
- Focuses on the interaction between behaviour and the environment
- Seeks to teach socially significant behaviours using evidence-based practices
- Aims to improve quality of life
- Data driven

7 Dimensions of ABA

- Behavioural
- Applied
- Technological
- Conceptually Systematic
- Analytical
- Generality
- Effective

A Behavior Support Plan (BSP) consists of...

- Client Background
- Assessment
- Target Goal(s)
- Intervention
- Generalization and Maintenance

ABCs of Behaviour

- **Antecedent**- what happens right **before** behavior
- **Behaviour**- what actually happens
- **Consequence**- what happens **immediately after** the behaviour

4 Functions of Behaviour (every behavior has a function)

- **Sensory**: Engages in behaviour for self stimulation/self-soothing
- **Escape**: Engages in behaviour to avoid/delay task/environment/person
- **Attention**: Engages in behaviour to gain attention
- **Tangible**: Engages in behaviour to gain access to an item or activity

Common Procedures used in ABA

- **Task Analysis**: Breaking the behaviour chain/routine down into steps
- **Prompting**: Assisting the individual with the completing the target behaviour
- **Reinforcement**: the **addition** or **removal** of something following a behaviour that INCREASES the likelihood of that behaviour occurring again in the future
- **Extinction**: No longer providing reinforcement for a previously reinforced behaviour

Generalization:

- The ability to generalize previously acquired skills to other environments, people and goals

Maintenance:

- The ability to demonstrate previously acquired skills over time