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AlphaBee Pro
a division of AlphaBee

Learning About Applied Behaviour Analysis and Autism

A Community Partners Presentation

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This presentation is for informational purposes only and does not constitute clinical or legal advice. Follow up with a BCaB/BCBA/BCBA-D. It is recommended to develop a specific plan for your child or student.

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- Who are we?
 - We are a fee-for-service company that has been a service provider for over 15 years, working in Toronto, Peel, York, Halton and Hamilton
 - We support individuals with Autism Spectrum Disorder (ASD) and other diagnosis'
 - We have expanded to 4 center's, increased home based services, and have grown our team to over 80 members

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Autism Spectrum Disorder

- What is Autism Spectrum Disorder (ASD)?
 - Autism Spectrum Disorder (ASD) is a neurodevelopmental spectrum disorder
 - Autism impacts the brain development and how the brain communicates within it's self

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Autism Spectrum Disorder

- What is Autism Spectrum Disorder (ASD)?
 - "Spectrum" refers to the level/severity that the symptoms affect an individual, and is why it is referred to as "Autism Spectrum Disorder"
 - Every individual will display symptoms very differently, no two people are the same.
 - It is important to note that strategies used for one child may not work for another child

Autism Spectrum Disorder

- What is Autism Spectrum Disorder (ASD)?
 - The onset with ASD is early in development and affects daily living.
 - ASD can co-occur with other disorders
 - Example: ADHD, intellectual developmental disorder, epilepsy

ASD Symptoms

- ASD is characterized by difficulties in:
 1. Deficits (difficulties) in social **communication** and **social interaction**,
 - Deficits in social-emotional reciprocity
 - Deficits in nonverbal communicative behaviours during social interactions
 - i.e., eye contact, body spacing
 - Deficits in developing, maintaining, and understanding relationships

ASD Symptoms

- ASD is characterized by difficulties in:
 2. Restricted, repetitive behaviour, interests, or activities
 - Stereotyped or repetitive motor movements, use of objects, or speech,
 - i.e., lining up toys, flapping arms, walking on toes
 - Insistence on sameness, inflexible adherence to routines, or ritualized patterns or verbal nonverbal behaviour.
 - i.e., need to get dressed in the same order each time, drive the same route

ASD Symptoms

- ASD is characterized by difficulties in:
 3. Symptoms must be present in early childhood such as approximately age 8 and younger
 4. Symptoms together can limit and impair everyday functioning

Autism Spectrum Disorder

- There are 3 levels of support for ASD according to the DSM-5 diagnostic criteria

Autism Spectrum Disorder

Requiring support

- 1) Difficulty starting social interactions;
- 2) Difficulty switching activities;
- 3) Functioning impairment.

Requiring Substantial Support

- 1) Difficulty with verbal and non verbal communication;
- 2) Abnormal responses;
- 3) Hard time with change.

Requiring very substantial support

- 1) Very limited social responses;
- 2) Extremely hard time with change;
- 3) Significant language difficulties (hard time speaking and following instructions)

Autism Spectrum Disorder

- ASD Causes
 - There is no one cause as it is a spectrum disorder
 - Generally it is believed to be a combination of both genetic and environmental factors
 - Environmental factors
 - Examples: advanced parental age, low birth weight, exposure to valproate during pregnancy

Applied Behaviour Analysis (ABA)

- What is ABA?
 - It is the study of behaviour
 - Why people behave in certain ways
- It is an evidence based practice – it has been extensively researched and proven to be effective and safe
- Principles of ABA are used to:
 - Teach **appropriate** behaviour to **increase** desired behaviour ↑
 - Reduced inappropriate behaviours ↓

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Applied Behaviour Analysis (ABA)

A

Applied

Behaviours of interest are meaningful and changing them can **improve the quality of life** for the individual and their family

B

Behaviour

Targeting specific behaviours that can be **measured** (i.e., count, time, etc.)

A

Analysis

Changes in behaviour can be **observed**

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Applied Behaviour Analysis (ABA)

- What is ABA?
 - ABA looks at what happens
 - before,
 - during, and
 - after behaviour

```

            graph LR
            A[Antecedent BEFORE A] --> B[Behaviour DURING B]
            B --> C[Consequence AFTER C]
            
```

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Applied Behaviour Analysis (ABA)

- What is ABA?
 - Behaviour can be desired or inappropriate behaviour
 - It is anything a person can do
 - i.e., sitting, raising hand, playing, talking

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            graph LR
            A[Antecedent BEFORE A] --> B[Behaviour DURING B]
            B --> C[Consequence AFTER C]
            
```

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Applied Behaviour Analysis (ABA)

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            graph LR
            A[Instruction] --> B[Response] --> C[Reinforcement]
            A1[Instructor says 'Touch ball'] --> B1[child touches ball] --> C1["Way to go Charlie!"]
            A2[Mom says 'stand up'] --> B2[child runs away] --> C2[Mom runs after child]
            
```

Applied Behaviour Analysis (ABA)

- What skills does ABA teach?
 - **Communication skills**
 - Understanding what is being said to them
 - Expressing (i.e., pointing, talking, commenting)
 - Interacting (i.e., playing, conversation)

Applied Behaviour Analysis (ABA)

- What skills does ABA teach?
 - **Daily living**
 - Hygiene
 - Eating
 - Toileting
 - Vocational skills (work skills)

Applied Behaviour Analysis (ABA)

- What skills does ABA teach?
 - **Group skills**
 - Remain with group
 - Waiting for their turn
 - Tolerate being told 'no'
 - Taking turns

Applied Behaviour Analysis (ABA)

- What skills does ABA teach?
 - **Play skills**
 - Appropriate play
 - Expand play
 - Creative play
 - Age appropriate play

Applied Behaviour Analysis (ABA)

- What skills does ABA teach?
 - **Social skills**
 - Approach peers
 - Ask peers for items
 - Give peers items
 - Turn taking
 - Conversation skills

Applied Behaviour Analysis (ABA)

- What skills does ABA teach?
 - **Reduce barriers to learning**
 - Behaviour (i.e., not following instructions, crying, etc)
 - Sit for longer periods of time
 - Attend to teacher
 - Stimming (i.e., flapping hands, saying the same word over and over, jumping up and down, etc.)

Applied Behaviour Analysis (ABA)

- What strategies does ABA use?
 - Having a routine
 - i.e., same steps each time for bathroom, nap, going outside, etc.
 - Be consistent

Applied Behaviour Analysis (ABA)

- What strategies does ABA use?
 - Use visuals if child is able to attend to what you are saying
 - Ensure they have a mode of communication
 - Using First-Then statements so child understands expectation
 - Examples
 - First eat your sandwich then iPad
 - If you want your game first wash your hands

Applied Behaviour Analysis (ABA)

- Offering choice
 - Activities
 - Do you want to count or colour? Do you want to play with puzzles or cars?
 - Materials
 - Do you want a blue cup or red cup? Marker or crayon?
 - Location
 - Should we brush our teeth in the upstairs or downstairs bathroom? Do you want to play inside or outside?

Applied Behaviour Analysis (ABA)

- Change environment
 - Providing a warning about an upcoming activity and schedule changes
 - Ending an activity with a preferred portion of activity such as reading a story instead of completing reading comprehension task as part of homework

Applied Behaviour Analysis (ABA)

- Change environment
 - Creating physical distance between the learner and targeted peer/sibling
 - Closing the door instead of leaving it open to reduce distractions in the hallway

Applied Behaviour Analysis (ABA)

- Break tasks down into smaller components
 - Breaking up tasks into more manageable components can be beneficial for your child who may become overwhelmed when tasks seem too long or difficult

Applied Behaviour Analysis (ABA)

- Break tasks down into smaller components
 - When should you break up tasks?
 - During long tasks
 - Tasks that have lots of steps
 - Break the task into smaller parts
 - Offer support,
 - Provide reinforcement for completing
 - Each step
 - All steps of the activity

Applied Behaviour Analysis (ABA)

- Break tasks down into smaller components
 - Getting dressed
 - Brushing teeth
 - Washing hands
 - Grocery shopping
 - Chores
 - Making food

Applied Behaviour Analysis (ABA)

- Keep instructions simple
 - Stand up
 - Come here
 - Clean up
 - Brush teeth



Applied Behaviour Analysis (ABA)

- Priming prior to a transition/change
 - Examples
 - Using a timer to show how much longer for iPad
 - Stating "5 more minutes" prior to leaving the splash pad
 - "I'm going to take your Gameboy now" instead of just taking the toy

Applied Behaviour Analysis (ABA)

- Pairing
 - How to pair
 - Play
 - Get down on the child's level
 - Follow child's lead
 - Mean what you say!

Applied Behaviour Analysis (ABA)

- Prompting child to be successful
 - Types of prompts
 - Pointing
 - Hand over hand assistance
 - Telling them
 - Visual

Applied Behaviour Analysis (ABA)

- Teaching Functional Communication
 - The child is crying, you state "help" child says "help" you then help
 - Prior to child throwing their food you state "all done" and then child says "all done" and you remove their food
 - Teaching raising the hand and asking for help when the learner wants assistance, instead of crying

Applied Behaviour Analysis (ABA)

- Create schedules for day
 - i.e., circle then play then bathroom then outside
- Provide frequent reinforcement for success and attempts
 - Types of reinforcement
 - Praise - "good job, Jimmy", "wow, you got dressed by yourself!"
 - Preferred items - skittles, goldfish crackers, tickles, high-5's

Tips for Parents

1. Learn to be the best advocate you can be for their child.
 - How?
 - Be informed
 - Take advantage of all the services that are available to you in your community

<https://www.autismspeaks.ca/science-services-resources/resources/tool-kits/100-day-tool-kit1/100-day-tool-kit/>

Tips for Parents

2. Don't push your feelings away
 - What to do instead?
 - Talk about them
 - You may feel both mixed emotions and angry
 - Those are emotions to be expected - it's okay to feel conflicting emotions

<https://www.autismspeaks.ca/science-services-resources/resources/tool-kits/100-day-tool-kit1/100-day-tool-kit/>

Tips for Parents

3. Try to direct your feelings towards the disorder and not towards your loved ones
 - How?
 - When you find yourself arguing with your spouse over an autism related issue, try to remember that this topic is painful for both of you
 - Try to have some balance of an adult life.

<https://www.autismspeaks.ca/science-services-resources/resources/tool-kits/100-day-tool-kit1/100-day-tool-kit/>

Tips for Parents

4. Try to direct your feelings towards the disorder and not towards your loved ones

- How?
 - Be careful to not let autism consume every waking hour of your life.
 - Spend quality time with your typically developing children and your spouse

<https://www.autismspeaks.ca/science-services-resources/resources/tool-kits/100-day-tool-kit1/100-day-tool-kit/>

Tips for Parents

5. Appreciate the small victories your child may achieve.

- How?
 - Love your child and take great pride in each small accomplishment.
 - Focus on what he or she can do instead of making comparisons with a typically developing child.
 - Love your child for who he or she is

<https://www.autismspeaks.ca/science-services-resources/resources/tool-kits/100-day-tool-kit1/100-day-tool-kit/>

Tips for Parents

6. Get involved with the autism community.

- Why?
 - Don't underestimate the power of "community"
 - You may be the captain of your team, but you can't do everything yourself
 - Make friends with other parents who have children with autism
 - By meeting other parents you will have the support of families who understand your day to day challenges

<https://www.autismspeaks.ca/science-services-resources/resources/tool-kits/100-day-tool-kit1/100-day-tool-kit/>

More about AlphaBee

- Our services include,
 - **Expertise:** A clinical team consisting of Clinical Supervisors, Senior Therapists, and Instructor Therapists. All services are overseen by a BCBA.
 - **Progress:** Ongoing review of your child's programming is conducted by the Senior Therapist.
 - **Reporting:** Progress reports are written and provided to parents semi-annually and update meetings are scheduled quarterly or as needed.
 - **Accessibility:** office hours are Monday to Friday 7 AM-11 PM and Saturday to Sunday 9 AM-5 PM.

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More about AlphaBee

- Our services by age,
 - Ages 1.5 to 4 years old
- Early Intervention Services (ESDM)
 - Early Intervention Services (ESDM) emphasis is on learning that is relationship based, and focuses on social and communication taught through play.
 - Early joint attention and social reciprocation skills are building blocks that establish learning readiness for children who can then transition into other ABA programming.
 - This is a significant area of need for early learners.

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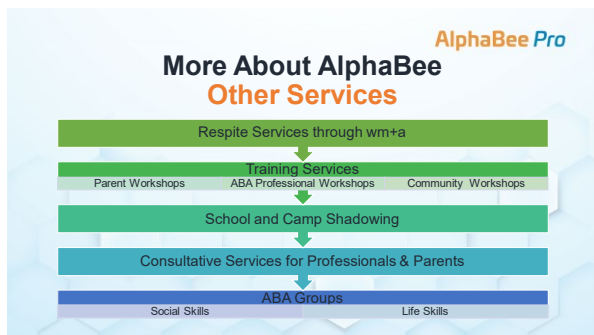
More about AlphaBee

- Our services by age,
 - Ages 3.5 to years old
 - 1:1 Applied Behaviour Analysis (ABA)
 - ABA therapy for autism is a system of teaching which focuses on increasing a range of skills and decreasing challenging behaviours that interfere with a child's learning
 - ABA treatment for autism is an evidenced based approach; it is individualized for each child focusing on the areas of learning specific to that child

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More about AlphaBee

- Our services by age,
 - Ages 12 to 18 years old
 - 1:1 Applied Behaviour Analysis (ABA)
 - ABA Groups
- Our ABA groups are aimed at learners who require less intensive support than a 1:1 program would offer
- Learning is still individualized and data driven, and the group size is determined by the learning needs of the participants



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