



Lake Ridge Everyone can thrive

# FEE BASED SERVICES GUIDE

Introduction to Individualized ABA



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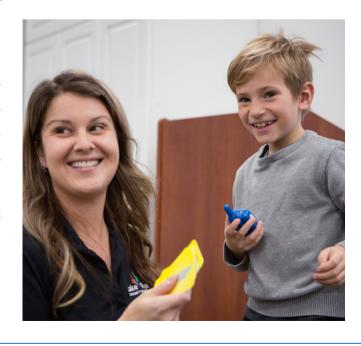
# Introduction to Fee Based Individual Applied Behaviour Analysis (ABA) Services at Lake Ridge Community Support Services (LRCSS)

LRCSS provides ABA services directly to clients, family members, and caregivers through our Consultative and Focused ABA programs. Services can be provided in-person at LRCSS (within the community or client residence) or virtually. ABA services can be used to teach individuals new skills or to reduce interfering behaviours.

# What Goals Can Be Targeted During ABA Therapy?

- 1. Communication
- 2. Personal Responsibility/Adaptive Skills (i.e., activities of daily living such as dressing or eating)
- 3. Motor Skills
- 4. Social/Interpersonal Skills
- 5. Play and Leisure Skills
- 6. School Readiness
- 7. Cognitive Functions (e.g., skills like problem-solving and planning)
- 8. Vocational Skills (i.e., skills to increase success in a workplace setting)
- 9. Self-Regulation (i.e., skills to calm or focus oneself)
- 10. Challenging Behaviour (i.e., reducing interfering behaviour and teaching appropriate alternatives)

One of the primary goals in ABA is to meet individuals where they are at to strengthen their independence, safety and overall quality of their day to day lives. ABA clinicians work alongside their clients, families and community supports to determine goals and treatment strategies that will be most meaningful and impactful.



# What is Applied Behaviour Analysis?

Applied Behaviour Analysis or ABA uses a highly individualized approach that encompasses each person's unique values, interests, and motivations. ABA focuses on the use of positive, evidence-based strategies to teach new skills and decrease behaviours that are negatively impacting one's daily life.

As a field, ABA has evolved significantly across history. Unfortunately much misinformation still remains about the use of ABA in practice. Although early behavioural approaches placed a greater focus on punishment procedures to decrease interfering beahviours, in modern ABA these practices are rarely used. Punishment procedures (e.g., time out, removing a token) are ONLY used when all other reinforcement-based interventions have been tried and there is a continued risk of harm to self or others. In addition, prompts used to help individuals learn are tailored to the individual's learning style, using least intrusive prompts whenever possible. This means that our therapists only use physical prompts when absolutely necessary for learning.

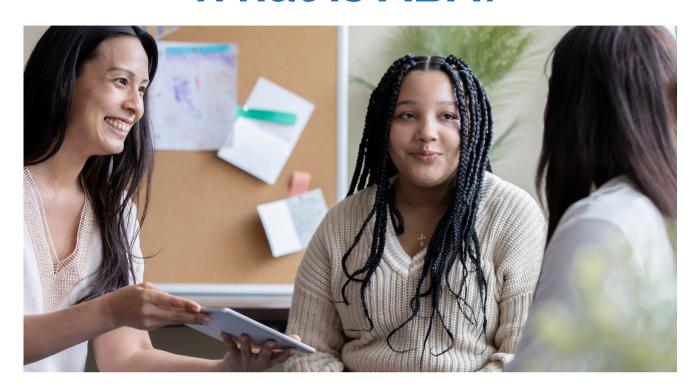


# Some of these strategies include:

- Prompting
- Reinforcement-based strategies
- Preventative/proactive approaches
- Breaking down tasks into smaller components
- Behaviour Skills Training (BST)
- Direct Instruction
- Natural Environment Teaching (NET)
- Mediator Coaching
- And many more!



# What is ABA?



Ensuring informed consent and assent from all individuals and their families is a big component of a successful ABA program. This means that choosing goals, treatment strategies and determining success is an ongoing conversation between the clinician and individual(s) they are working with. A review of behavioural data and continued conversations are used to determine if something is working or if something needs to be changed. This ensures that everyone is always on board with the treatment plan and is more likely to lead to successful outcomes.

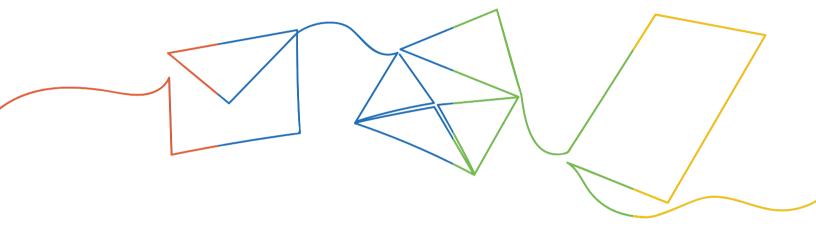
For additional information on ABA and some of the common misconceptions about ABA you may find this article helpful:

<u>Understanding ABA: A Quick Reference Guide on Applied Behaviour Analysis for Families</u>

# **ABA Services Intake Journey at LRCSS**

Every client's journey within fee-based services starts off by speaking with one of our Service Navigators. During your interaction, the Service Navigator will discuss all of our service options that are available to you and how to access these services.

Our intake team continually monitors our ABA clinician availability within our program. As an ABA spot becomes available this is offered to interested families on a first come, first serve basis. Where interest by multiple clients is expressed, a decision will be made based on when a client first contacted our Service Navigation team.



When an ABA spot becomes available, families will be notified via an Expression of Interest email. This will outline: a) the number of hours available; b) the number or type of goals best suited for these hours; c) day(s) of service; d) time of service; e) an estimated cost for the service.

If you would like to be placed on our email list to receive these Expression of Interest emails OR you have any questions about the process, you can do so by contacting our Service Navigator team (905) 666-9688 ext 500

After you are on our email list, you can expect that one of our Service Navigators will reach out to you to inquire about additional information (e.g., diagnosis, medication, school information, previous services, general needs and skills, goals, funding options).

Once you have been chosen for an Expression of Interest offering, you will be contacted by our Service Navigator to complete a complimentary Initial Assessment. There is no charge for this assessment. During this time you will meet with a Clinical Coordinator to discuss service options based on your service goals and our clinical recommendations.

After the Initial Assessment meeting has been completed, we will share a service estimate with you to review/consider which will contain the cost of our service, as well as our service recommendations (e.g., location of service, length of service, and therapy team compilation).

You will have **5 days** to decide if you would like to move forward with services as planned. If you are in agreement you may click the ACCEPT ESTIMATE link directly in the document itself and it will notify your Clinical Coordinator that you would like to begin services. It will also direct you to complete a form containing more detailed questions about your funding information and invoicing needs.

If you have any questions regarding the estimated hours, pricing, goals, etc. it is important to reach out to your Clinical Coordinator within that **5 day** window to ensure you have all of the information needed to make an informed decision. Your Clinical Coordinator can be reached at (905) 666-9688 ext 565.

### Step 1: Service Navigation Step 2: Intake Step 3: Clinical Coordination Step 4: Accepting Estimate ✓ Contact Service Navigator ✓ When you see a clinical Initial Assessment ✓ Respond to estimate prior to expiry outlined in to discuss services spot you are interested in (virtual or in person) respond via email within involve a caregiver ✓ Get placed on expression the time period outlined interview and direct of interest list ✓ Click ACCEPT estimate assessment with client link in document approx. 1 hr ✓ Monitor your email to see ✓ The successful candidate which ABA spots become will be contacted to available schedule a **√** Following ✓ Complete Form regarding Initial complimentary Initial Assessment an estimate funding information ✓ Build your client file with Assessment with our will be sent outlining us by responding to Clinical Coordinator hours, cost, length of ✓ If no response inquiries for more (BCBA) estimate expiry you will service and location information from our be removed from our Service Navigator email list ✓ To remain on our email list inform our Clinical Coordinator

# Helpful Resources and FAQs

### What is the Ontario Autism Program (OAP)?

For more information about guidelines surrounding the OAP, please refer to: Ontario Autism Program

### What is Applied Behaviour Analysis?

For a comprehensive overview of ABA, please refer to:

Understanding ABA: A Quick Reference Guide for Families

Additional Documents/Resources:

- What is ABA? (LRCSS Video Summary).
- What is reinforcement? (LRCSS Video Summary)
- Applied Behaviour Analysis (Autism Speaks Canada)
- ABA Primer.pdf (ontaba.org)

## What are your rights as a consumer of clinical services?

For more information on your rights as a consumer of clinical services, please refer to:

- Access to Your Clinical Information
- Ethical Billing Practices
- Your Rights to Privacy

# What guidelines and practices must your BCBA follow?

For more information on the Professional and Ethical Compliance Code that BCBAs must follow, please refer to:

• The Professional and Ethical Compliance Code for Behaviour Analysts

## What is the evidence for proposed treatments to help support individuals with ASD?

The following is a guide, developed by the Ontario Association for Behaviour Analysis, that reviews the evidence available for proposed treatments to help support individuals with autism.

<u>Evidence-based Practices for Individuals with ASD: Recommendations for Caregivers, Practitioners and Policy Makers (Brief Report).</u>

Additional Documents / Resources:

- <u>Evidence-based Practices for Individuals with ASD: Recommendations for Caregivers, Practitioners and Policy Makers (Full Report).</u>
- What are evidence-based practices?

# Let's Get Started!

Now that you have a thorough understanding of our Fee Based Services and how they work reach out and let's explore the best options for your family member.







**LEARN MORE** 

At Lake Ridge Community Support
Services we believe everyone can
thrive. It's our mission to deliver
quality, individualized behavioural
services to ensure each and every
client gets the support they need to
reach their potential.

Let's get started today.







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