



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 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.

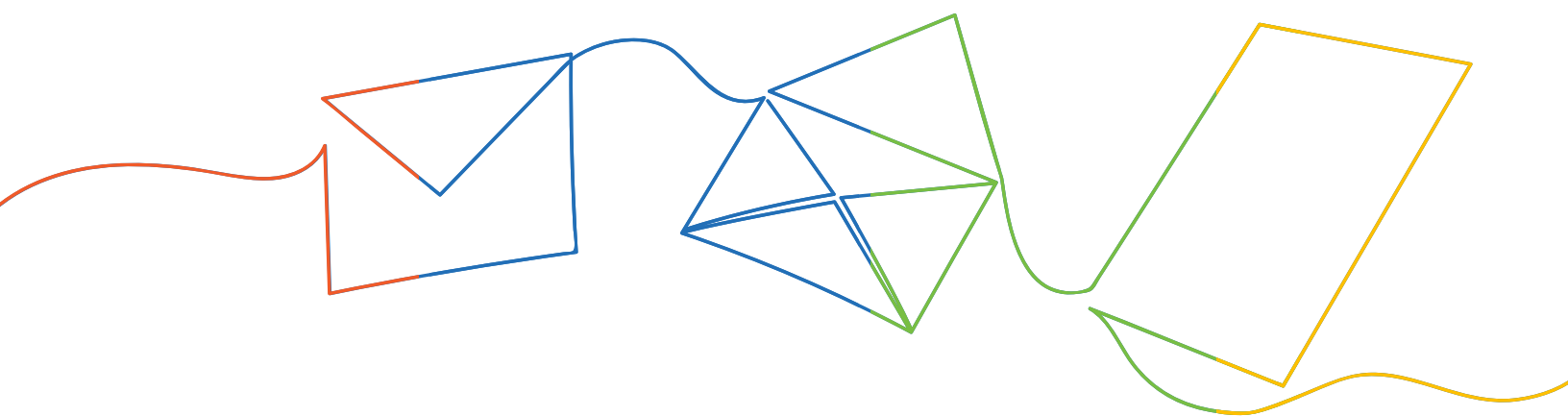
For additional information on ABA and some of the common misconceptions about ABA you may find this article helpful:

[Understanding ABA: A Quick Reference Guide on Applied Behaviour Analysis for Families](#)

# 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

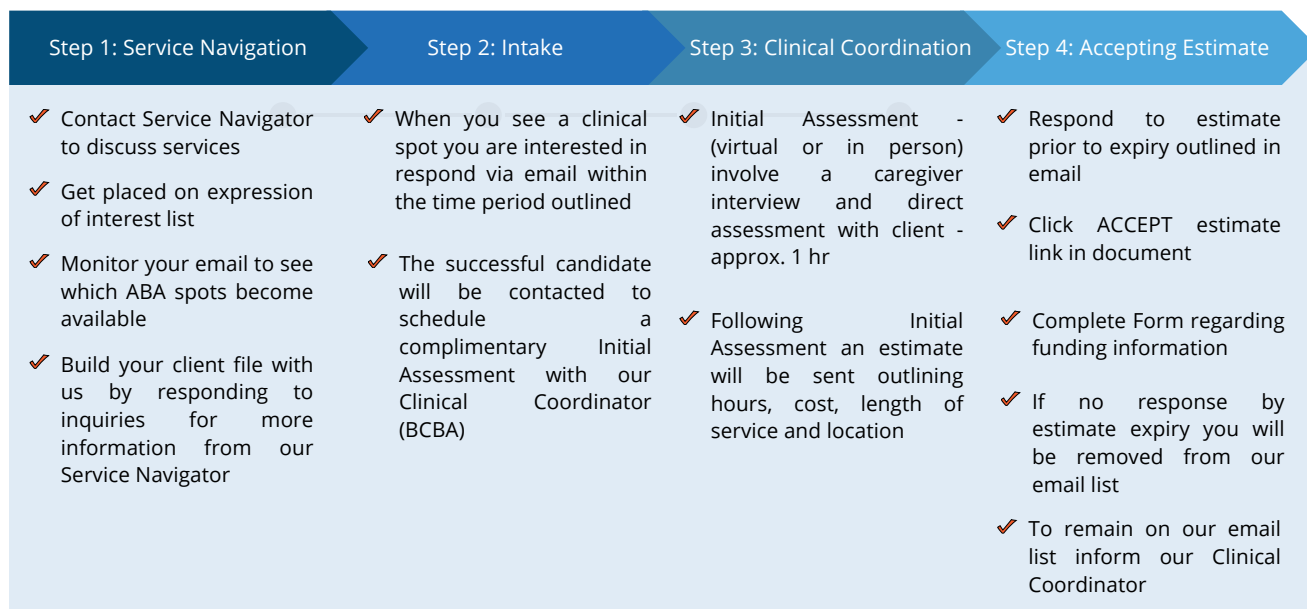
After you are on our email list, you can expect that one of our Service Navigators will reach out to you to inquire about additional information (e.g., diagnosis, medication, school information, previous services, general needs and skills, goals, funding options).

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.





# 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.

[Evidence-based Practices for Individuals with ASD: Recommendations for Caregivers, Practitioners and Policy Makers \(Brief Report\)](#).

Additional Documents / Resources:

- [Evidence-based Practices for Individuals with ASD: Recommendations for Caregivers, Practitioners and Policy Makers \(Full Report\)](#).
- [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.



[SCHEDULE A CALL](#)



[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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