

ABA

What is Applied Behavior Analysis?

ABA uses evidence-based techniques including observation, data collection, and analysis to determine connections between a person's behavior and a situation or environment. Once the purpose for a behavior is determined, scientific methods are put into place and measured to be sure they are effective.



ABA breaks down many complex skills into smaller, more achievable parts. These components are taught step-by-step helping the person to stay motivated along the way.

Activity schedules, celebrating achievements, and simplified instructions are just some of the many techniques used.

The ABCs of Behavior...

A

ANTECEDENT:

What happened before the behavior occurred? Who was there and where did it happen?

B

BEHAVIOR:

What is the specific behavior that occurred? Where did it happen? Who was there?

C

CONSEQUENCE:

What was done or said after the behavior occurred?



ABA teaches new, appropriate skills and interactions to build independence and improve quality of life.



ABA decreases problem behaviors that interfere with learning, self-sufficiency, relationships, or which may be harmful

Using ABA, a person is given many opportunities to practice what was learned in multiple environments and with different people in their lives. This can happen at home, in school, and in various places in the community.



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