



“Helping children with autism reach their potential”

ABIA

Autism Behavioural Intervention Association trains, educates, and supports parents, carers, and professionals working with children with Autism Spectrum Disorder. Our purpose is to raise awareness about Applied Behavioural Analysis--its scientific basis and potential positive life outcomes--and to promote it as the preferred method of care and treatment for children with Autism.

Our services include:

- Practical parenting programs
- Confidence building programs and programs to aid your child's social skills development
- Applied Behavioural Analysis (ABA) therapist training
- An annual calendar of seminars, information evenings, and Autism related courses and events
- Parent information sessions for families with a child newly diagnosed with an ASD
- A resource library with hundreds of ASD-specific educational aids, props, toys, DVDs, and books
- A quarterly newsletter (plus monthly e-alerts) to keep you up-to-date with current ASD findings, industry happenings, events, and a place to source or advertise for a qualified ABA therapist

Attend any of our training programs to enhance your knowledge and understanding so that you can better understand (and meet) your child's unique needs.

Discounts available if both parents attend!

**ABIA: Improving the quality of life for children
with Autism Spectrum Disorder and their families**

Autism Behavioural Intervention Association Inc (ABN 85182741277)
Level 1, 121 Maling Rd, Canterbury VIC 3126 | PO Box 239, Canterbury VIC 3126
P: 03 9830 0677 | F: 03 9830 0211
W: www.abia.net.au | E: info@abia.net.au



Autism Behavioural Intervention
ASSOCIATION | **ABIA**



“Helping children with Autism reach their potential”

ABIA

PARENT EDUCATION PROGRAMS

FaHCSIA
Panel
Provider

Running an ABA program for your child? Learn the role of behavioural therapist!

Applied Behavioural Analysis (ABA) is the most clinically supported and widely documented behavioural therapy for children with an ASD. As an early intervention treatment ABA has shown to significantly improve the functioning of ASD children in the areas of IQ, adaptive skills, and emotional responses.

The role of ABA is to teach play, communication, self-help, and academic skills to children. This course focuses on developing and acquiring these skills, and working one-on-one with your ASD child. **Don't be afraid of the academic sounding terminology:** many parents—as well as teaching professionals and educators—have benefited enormously by understanding and applying basic ABA principles.

This highly sought after three-day course imparts both practical skill and theoretical knowledge about ABA therapy.

Cost: \$500 (ABIA member); \$550 (non-member);
\$580 (FaHCSIA)

Creating Calm Kids Managing anxiety in ASD

For ages 5-9 years and 10-18 years

Creating Calm Kids is a program to assist parents and carers to understand and manage a child's anxiety. This six-week course teaches how to identify, direct and reframe a child's worries and uncertainties.

For parents of an Autism Spectrum Disorder child aged 5-9 or 10-18, this course is invaluable. Incorporating four parent and two child sessions, *Creating Calm Kids* investigates:

- Factors contributing to increased anxiety levels in children with ASD.
- Identifying the signs of anxiety in both parent and child.
- Preventative relaxing and calming strategies to reduce anxiety.
- Coping strategies when anxiety does occur.
- Managing anxiety in public places.
- Teaching children to identify “worries” and how to implement self-management activities.

Cost: \$450 (ABIA member); \$500 (non-member);
\$500 (FaHCSIA – children 5-7 years only)

2-hour Topical Seminars

ABIA is proud to present a series of practical and topical seminars for parents of children with an Autism Spectrum Disorder (ASD), and professionals working with ASD children and families. Based on ABA principles, each two hour seminar imparts skill and knowledge, and provides specialist information, to more confidently manage complex yet common behavioural issues:

- TOP TEN WAYS TO MANAGE A CHILD'S BEHAVIOUR
- EATING ISSUES AND SOLUTIONS
- CHOOSING A CURRICULUM
- PROGRAMS FOR HIGH FUNCTIONING CHILDREN WITH AUTISM
- FINDING ORDER IN CHAOS
- TASK ANALYSIS
- TOILETING
- GENERALISATION
- REINFORCEMENT
- TEACHING PLAY

Cost: \$70 (ABIA member); \$75 (FaHCSIA); \$100 (non-member)

To register or for more information, contact ABIA on 03 9830 0677 or e-mail info@abia.net.au

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autism

Autism Behavioural Intervention Association

fact sheet

What is Autism?

Autism Spectrum Disorder (ASD) is an umbrella term for a group of pervasive developmental disorders including Autism, High Functioning Autism, Asperger Syndrome and Pervasive Development Disorder-Not Otherwise Stated (PDDNOS or Atypical Autism).

The common link for all children with an Autism Spectrum Disorder is problems with social interaction, verbal and non-verbal communication, and repetitive behaviours or interests. Depending on the child, problems in each area will range from mild to severe.

Many children with an ASD are also abnormally sensitive to sounds, textures, tastes and smells. In some children hints of future problems may be apparent from birth. Other children begin life well enough, but between 12 and 36 months developmental and reaction differences become apparent.

Current Centrelink research shows that approximately 1 in 160 children will be diagnosed with an ASD. While the cause is not yet fully understood, the consensus is that ASD is caused by a biological or organic dysfunction in the brain. Regrettably there is—as yet—no cure.

What is Applied Behaviour Analysis?

Applied Behavioural Analysis (ABA) is an intensive education therapy for children with Autism. It is scientifically proven and backed by over 50 years' clinical research. In the USA, UK, Canada, Europe—and increasingly in Australia—it is the preferred method of treatment.

The single most important factor for children with Autism is that they do not learn naturally or innately. Instead, they need a little help in acquiring skills and knowledge, and developing age-appropriate behaviours. This is where ABA comes in. ABA teaches children how to learn. It teaches children how to develop the social, academic, self-help and behavioural skills needed to interact effectively with others, and cope with the challenges of everyday life.

ABA therapy is a highly structured program. It's designed to meet each child's individual requirements, while building foundations for life-long learning. Evidence shows that with ABA-based early intervention a significant number of pre-school aged children with Autism can achieve normal educational and intellectual function. Many become indistinguishable from their peers.

How does ABA work?

ABA breaks a range of every day skills into small discrete steps. These steps are then taught in a precise and systematic way. This approach is applied in an intensive manner (over 20-40 hours per week) with trained therapists working one-on-one with the child.

The ABA program focuses on the range of skills a child needs to be able to function successfully and to enjoy life to the full! Language, social play, academic and self-help skills are all addressed through programs tailored to meet individual children's needs. Children are also taught how to pay attention, imitate, use communicative language appropriate to their age, show and receive affection, and relate to other children – things that most children do not formally need to be taught. Central to ABA therapy is a process designed to be fun and enjoyable for the child.

What are the benefits of ABA?

At present families with an ASD child have to contend with long wait lists for early intervention services. In addition, parents are often faced with the harsh and devastating reality that their child may get access to just two to four hours of therapy each week. In contrast, research clearly shows that early *intensive* behavioural intervention can significantly improve the capacity and capability of children with Autism. In fact recent studies show that quite dramatic and lasting improvements can result (Lovaas, 1987, *Behavioural Treatment and Normal Educational and Intellectual functioning in Young Autistic Children*, Journal of Consulting and Clinical Psychology, 55, no.1 3-9).

ABA Fact versus ABA myth

Over the years and for a variety of reasons, a number of misconceptions and some controversy have surrounded ABA therapy.

- Fact: ABA is a highly individualised and dynamic process. It can be used to build skills in all areas including play and social skills.
- Fact: ABA can significantly impact a person's behaviour by teaching new skills. It is also the only effective approach to Autism that is supported by substantial documented evidence of effectiveness.
- Fact: ABA remains the most documented and most effective approach for pre-school and older learners. Using ABA, learning is achieved through motivation and positive reinforcement which makes learning enjoyable.
- Myth: Punishment is never used as part of any ABA program. (Buchanan, S. M., & Weiss, M. J. (2010). *Applied behaviour analysis and autism: An introduction*. Robbinsville, NJ: Autism New Jersey.)

autism

Autism Behavioural Intervention Association

fact sheet

Who can use ABA?

Anyone who has a child with a learning or developmental disability can use ABA. It has specific and documented success for children with an ASD.

How much time does it take?

Generally 20-40 hours per week over two to three years. ABA programs are tailored to suit each child's age and skill level. ABA also easily accommodates, or can be implemented alongside, other programs that spectrum children may be undertaking (eg Early Learning, Kindergarten, Crèche, Speech Therapy, etc).

Just like children without Autism, children with autism vary significantly in their skill, knowledge and ability to learn. Thus the intensity and duration of any ABA program is largely dependent on the developmental and learning needs of the individual child. In general, clinical studies show that an intensive home based program will usually run between two and three years. Some children may then require a revised program based on fewer hours.

How much does it cost?

The cost of a home based program depends on the number of intervention hours required each week. Most ABA service providers recommend 20-40 hrs per week to ensure positive, successful, and sustained outcomes. Therapy costs generally include initial program set up, ongoing supervision by an ABA service provider, therapist hours, and associated materials. To get a dollar figure on costs, families need to contact and meet with an ABA service provider. Some Federal Government funding is available through the (2008) *Helping Children with Autism* initiative. Our organisation can also provide information and support about sourcing other funding for ABA programs.

How do I get started?

ABIA provides regular free information sessions for families new to ABA to help families make an informed decision about options and the process.

Who is ABIA?

ABIA is us! ABIA stands for Autism Behavioural Intervention Association -- and we stand for ABA therapy and children and families with Autism.

Our role is to train, educate, and support parents, carers, and professionals working with children with an ASD. We work hard to raise awareness about ABA therapy—its scientific basis and potential positive life outcomes—and to promote it as the preferred method of care and treatment for children with Autism.

ABIA was established 14 years ago by a group of determined parents who, quite rightly, wanted the best learning and life outcomes for their children. This group heard about ABA in America, but was frustrated that a scientifically proven and evidential method of intervention was not [then] available in Australia.

Proactively this group of parents recruited professionals from the USA to establish local programs, and set about providing training and workshops for Australians interested in Autism and behaviour-based treatments. These families were amongst the first Australians to run ABA programs and based on their children's progression and learning, sought to share the experience and knowledge.

If you'd like to learn more about how ABA or ABIA can help your child or family, please visit www.abia.net.au or contact us on 03 9830 0677. Email queries can be sent to info@abia.net.au



Autism Behavioural Intervention | **ABIA**
ASSOCIATION



JOIN NOW & RECEIVE THE FOLLOWING BENEFITS:

- ✓ Quarterly news and monthly e-alert
- ✓ Use of ABIA Resource Centre
- ✓ Parent coffee/information mornings
- ✓ Discount registration to seminars, workshops, education programs
- ✓ Information and support on ABA

TAX INVOICE (ABN 85 182 741 277)

COMPLETED MEMBERSHIP FORM CONSTITUTES A TAX INVOICE FOR GST - PLEASE RETAIN A COPY FOR YOUR RECORDS

Privacy & confidentiality: ABIA assures that all personal information is securely stored and used only by our organisation for member communications. Committing to an annual membership indicates consent to receive email alerts and ABIA quarterly news.

Name

Organisation

Child's Name Age

Address

.....

..... Postcode

Home Business Mobile

Email

HOW TO PAY

I enclose a cheque/money order made payable to ABIA

By Electronic Funds Transfer:

Account name: ABIA; BSB: 013 440; Account number: 354057442
Please include name as reference and email remittance to info@abia.net.au

Please debit my card: VISA ** MASTERCARD **
** incurs 1% surcharge

Card number _____ | _____ | _____ | _____

Exp Date: ____ / ____

Name on Card

Signature

ANNUAL MEMBERSHIP FEES

(Concession rates will be negotiated for parents/carers experiencing financial hardship. Membership renewals are due every 12 months. Price includes GST)

Parent / Carer	\$ 50.00
Student / Therapist	\$ 45.00
Sole Practitioner (1-5/small practice)	\$ 70.00
Other (Educational Org (kinder, school), Community Org / Govt Dept)	\$ 120.00

I would like to make a donation to support ABIA \$

(Donations to ABIA are tax deductible. A receipt is issued for amounts of \$2.00 or more.)

TOTAL PAYMENT \$ _____

Please forward your completed form to ABIA

Post: PO Box 239, Canterbury, VIC 3126; Fax: (03) 9830 0211; Scan/Email: info@abia.net.au

ABA INFORMATION SESSION

Are you new to ABA?

ABIA is pleased to offer a **FREE** information session to families new to **ABA**.

This session will cover the following information:

- What ABA is.
- How to set up an ABA program.
- Where to start.
- Recruiting therapists.
- Sourcing funding.

This session is facilitated by an experienced professional in the Autism field.

REGISTER EARLY!

Numbers are limited to 12 participants.

VENUE



Autism Behavioural Intervention | **ABIA**
ASSOCIATION
Autism Behavioural Intervention Association
Level 1, 121 Maling Rd, Canterbury

TIME

Saturday, 10am-12noon (see dates below),

REGISTER

Complete registration form below and return to ABIA.

CONTACT

For more information, contact ABIA on
(03) 9830 0677 or email **info@abia.net.au**

✂ Please detach this section and return with payment

Registration Form – ABA Information Session

Program runs subject to minimum numbers. You will receive confirmation (or cancellation) of registration as applicable.

Name/s attending _____

Address _____

Postcode _____

Phon _____ Mob _____ email _____

2012 ABA Information Session Dates (Please tick preferred session)

- | | | |
|--------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> February 11 | <input type="checkbox"/> March 24 | <input type="checkbox"/> May 12 |
| <input type="checkbox"/> June 16 | <input type="checkbox"/> July 28 | <input type="checkbox"/> September 1 |
| <input type="checkbox"/> October 13 | <input type="checkbox"/> November 24 | |

How did you hear about ABIA? Website I am a member Ad: _____ Other: _____

I would like to become a member: Student \$45 Family \$50 Sole Practitioner \$70 Org \$120

HOW TO PAY ABIA MEMBERSHIP

BY VISA#

BY MASTERCARD#

incurs 1% surcharge

BY ELECTRONIC FUNDS TRANSFER

BSB: 013 440 Account: 354057442

Please include name as reference and email remittance to info@abia.net.au

BY CHEQUE

Make cheque payable to ABIA

Name on Card: _____ Signature _____

Card number: _____ Exp Date: ____ / ____

POST: **ABA Information Session, ABIA, PO Box 239, Canterbury VIC 3126**

FAX: **03 9830 0211** | SCAN/EMAIL: **info@abia.net.au**



“Helping children with Autism reach their potential”

ABIA

Autism Spectrum Disorder Seminars for Parents and Professionals

FaHCSIA
Panel
Provider

ABIA is proud to present a series of practical and topical seminars for parents of children with an Autism Spectrum Disorder (ASD), and professionals working with ASD children. Based on the principles of Applied Behavioural Analysis, each two hour seminar imparts skill and knowledge, and provides specialist information to more confidently manage complex yet common behavioural issues.

- Seminar 1 TOP TEN WAYS TO MANAGE YOUR CHILD'S BEHAVIOUR:** A crash course in understanding common negative ASD behaviours, and ten practical steps to negotiate more positive outcomes.
- Seminar 2 EATING ISSUES AND SOLUTIONS:** Learn about the different types of eating habits of ASD children. This session also offers practical strategies to broaden a child's range of foods and meal time flexibility.
- Seminar 3 CHOOSING A CURRICULUM – DECIDING WHAT YOUR CHILD NEEDS TO LEARN:** Gain an understanding of the process of assessing a child's needs and how a curriculum is developed to suit individual situations. This seminar also allows time to determine the specific goals and program requirements of the child given their current development and attainments.
- Seminar 4 PROGRAMS FOR HIGH FUNCTIONING CHILDREN WITH AUTISM:** Children on the higher end of the Autism spectrum have unique abilities and needs. This seminar imparts practical information regarding common curriculums such as problem solving, theory of mind, and organisation skills.
- Seminar 5 FINDING ORDER IN CHAOS – MAKING HOME LIFE MORE MANAGEABLE:** Home life can feel chaotic with a child with an ASD. This seminar discusses common problem times in the home (eg, dinner-time, bath-time, getting ready for school) and provides practical tips. Come prepared to workshop examples and those submitted by other participants.
- Seminar 6 TASK ANALYSIS – BREAKING DOWN SKILLS TO SET YOUR CHILD UP FOR SUCCESS:** This seminar covers the process of task analysis—breaking a skill down, teaching one component at a time— so you can better help the ASD child understand and retain new information. A basic but extremely important seminar for all people caring for an ASD child.
- Seminar 7 TOILETING:** Toileting can be a stressful time for both the ASD child and the parent. This seminar will help determine if a child is ready for toilet training, and provide strategies to maximise the child's chance of success. Practical, and a real confidence booster.
- Seminar 8 GENERALISATION – USING SKILLS EFFECTIVELY IN THE WIDER ENVIRONMENT:** Children with an ASD often struggle to adapt to new situations yet generalisation is crucial for their integration into environments beyond the therapy room. This seminar determines whether a child is capitalising on existing concepts and skills, and reinforces how these skills can be applied in different environments and with a range of people.
- Seminar 9 REINFORCEMENT:** This seminar discusses all facets of reinforcement including types, selection, generalisation, and the need for variety to ensure therapy is fun and motivating (for both the child and therapist).
- Seminar 10 TEACHING PLAY:** Learn how to assess the ASD child's existing play-skills and how to design an appropriate play program. This session also examines the positive role of siblings and peers in the ASD child's play.

Cost per seminar: \$70 (ABIA member) \$75 (FaHCSIA) \$100 (Non-member)

Venue: ABIA-Level 1, 121 Maling Rd, Canterbury VIC 3126

Register: Contact ABIA on 03 9830 0677 or e-mail info@abia.net.au

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Autism Behavioural Intervention | ABIA
ASSOCIATION

The following is a list of persons who have indicated to ABIA that they offer ABA and ABA related services. ABIA is not in a position to vouch for the credentials, qualifications, details or ABA experience of any of the service providers listed. ABIA therefore recommends that families make their own enquiries about the qualifications, credentials and ABA experience of any person who offers ABA or ABA related services, whether or not they are listed below. Some factors which might be taken into account are set out overleaf. Furthermore, this list does not represent an endorsement, nor does an omission represent any form of disapproval by ABIA. This list is meant to be used only as a starting point for enquiry.

PLEASE READ THE FOLLOWING DISCLAIMER BEFORE USING THIS LIST

ABIA has made no enquiries about any of the service providers on this list and does not vouch for their qualifications or credentials of ABA experience.

ABIA and its members (including the members of its Committee of Management) disclaim all liability and responsibility for the results of any act or omission made on the basis of information given or not given in this list.

A Spectrum of Psychological Services

Pam Langford, Psychologist
54 Nepean Highway, Brighton 3186
Mob: 0419 004 126

Abacus Learning Centre

74 Victoria St, Hastings 3915
Ph: 03 5979 8891
Email: info@abacuslearning.org.au

Autism Partnership

John McEachin Ph.D. and Ron Leaf Ph.D.
In Victoria: 53 Fletcher St, Essendon 3040
Ph: 03 9375 2469 Fax: 03 9375 7709
Web: www.autismpartnership.com.au

Behavioural Neurotherapy Clinic

2/314 Manningham Rd, Doncaster 3108
Ph: 03 9848 9100
Email: reception@adhd.com.au

Elyssa McKee, M.Ed, BCBA

Board Certified Behavior Analyst and Consultant
Applied Behavior Analysis Specialist
Ph: 04 2261 8064
Email: elyssa.mckee@bigpond.com

Empower 1 Autism Services

Leah Climas (Educational Autism Consultant)
Email: leah@empowerone.com.au
Mob: 0438 526 896

Helping Hands ASD Intervention

25 Station Rd, Cheltenham
Ph: 03 9585 5697
Mob: Simone - 0408 167 148
Sarah - 0403 259 059
Email: helping.hands@bigpond.com

Integrated Education and Communication

182 Canterbury Rd, Blackburn South 3130
Ph: 03 9893 5547 Fax: 03 9893 5497
Email: services@abaservicesaustralia.com.au
Web: www.abaservicesaustralia.com.au

Intervention Services for Autism and Developmental Delay Pty Ltd (ISADD)

In Victoria:
Nelly Da Silva, Coordinator
Mob: 0424 289 908
Email: ndasilva@isadd.org

Learning For Life Autism Centre Inc.

Suite 7, 1153-1157 Burke Rd, Kew 3101
Ph: 03 9816 8108
Email: admin@learningforlife.com.au
Web: www.learningforlife.com.au

Learn to Shine: Psychology for Children Pty Ltd

Helen Salter (Psychologist)
Yarra Valley, Victoria
E-mail: helens@gpknet.com.au
Ph: 0418 307 202

Mind and Motion Psychology Services

Kim Sheppard, Psychologist
54 Nepean Highway, Brighton VIC 3186
Contact Number: 0467 348 509

Merae Atkin

Psychologist and ABA Consultant
Ph: 0403 536 462
Email: merae.atkin@gmail.com

Victorian ABA Providers Pty Ltd

Pam Roy (Behaviour Consultant)
Ph: 0407 407 936 or 03 5485 2036
Emma Miller (B.A and BSc Psychology)
Ph: 0407 660 882

Choosing an ABA Service Provider

ABIA believes that families who wish to implement ABA programs have a right to know whether those who offer to supervise ABA programs or to support ABA program implementation have the competence to do so effectively and how they are qualified.

Both in the US and in Australia the most senior and experienced professionals who supervise ABA programs are sometimes entitled “ABA Consultants” while others who train or work under their supervision might, depending on qualifications and experience be called “Clinic Supervisor”, “Program Manager” or “Case Manager”, “Senior Therapists” or “Lead Therapists”.

However, in Victoria at present, there are no formal guidelines which delineate the kind of qualifications, experience and attributes that might entitle any professional or paraprofessional to use one or another designation. **Families, therefore, need to satisfy themselves that the qualifications and experience of the professional or paraprofessional they use is adequate for their needs.**

Families may find helpful the following list of factors to take into account when considering choice of service provider.

- Letters of recommendation from other families, including opportunities to view other supervised ABA programs
- Cost (hourly and other costs), timing of payments, any specific contractual terms
- Formal qualifications in behaviour analysis and autism; professional conferences; publication of articles
- Training in directing ABA programs, number of years (full or part time) and qualifications and experience of supervisor
- Experience in directing ABA programs, including number of families currently and in the past
- Nature of service provided, including
 - whether more senior supervision is provided (and how often)
 - introductory workshop
 - frequency of visits and program review
 - provision of curriculum details and recording sheets
 - training of and help in finding therapists
 - experience in particular areas relevant to your child such as eg. Tantrum extinctions, the “older” child, non-verbal communication, the slower learning child, the “high functioning child
 - immediacy of intervention and availability in the longer term

Further Reading

1. *Guidelines for Consumers of Applied Behaviour Analysis Services to Individuals with Autism* adopted by the Autism Special Interest Group of the Association for Behaviour Analysis on May 23, 1998 (visit www.abainternational.org/special_interests/autism_guidelines.asp)
2. Identifying qualified professionals in behaviour analysis by G.L. Shook & J.E. Favell in *Behavioral Intervention for Young Children with Autism*, edited by C. Maurice, G. Green, & S.C. Luce (Austin, TX: PRO-ED, 1996).
3. Essential content for training behaviour analysis practitioners, by G.L. Shook. F Hartsfield & M Hemingway. *The Behaviour Analyst*, 1996, Vol. 18 (pp. 93-91)