Applied Behaviour Analysis (ABA)-based Services and Supports for Children and Youth with Autism Spectrum Disorders (ASDs)

Information Sheet

Program Overview

Service Objectives:

- To provide Applied Behaviour Analysis (ABA)-based services and supports for children and youth with ASD in order to help a broad range of children and youth with ASD develop skills in key areas and address behaviours that interfere with functioning.
- To provide education and instruction to parents/caregivers on how to apply the ABA strategies used to teach their children or youth new skills so that they can help their children maintain and generalize these skills.

Type of Service:

The ABA-based services and supports offered through this initiative will help children develop skills in the following areas:

- behaviour management/emotional regulation
- communication
- social/interpersonal
- daily living

Services are designed to target the child's or youth's highest priority skill development area(s) identified through an assessment performed by the service provider and individualized to address particular needs and the child or youth's developmental stage. This includes a parent/caregiver education and instruction component, including parent/caregiver supports while their child or youth is waiting to be served; and being served.

Who are the ABA Service Providers in Central East Region?

In Central East Region, a group of community agencies will provide this service, with a Lead Agency in each of the three Regions as follows:

- **Four Counties** (***City of Kawartha Lakes; Haliburton; Peterborough and Northumberland***)
  - Tri-County Community Support Services www.tccss.org
  - Five Counties Children's Centre
  - Kinark Child and Family Services
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- **York Region and Simcoe County**
  - Kerry's Place Autism Services www.kerrysplace.org
  - Behaviour Management Services of York and Simcoe - York Central Hospital
  - Children's Treatment Network of Simcoe and York
- **Durham Region**
  - Grandview Children's Centre www.grandviewcc.ca
  - Lake Ridge Community Support Services
  - Resources for Exceptional Children and Youth

Central Waitlist

The waitlist for ABA–based services in Central East Region is managed by Kinark Child and Family Services

FREQUENTLY ASKED QUESTIONS

The following Questions and Answers may help to better understand the Program

What is Applied Behavioural Analysis or ABA?

Applied Behavioural Analysis (ABA) is a systematic approach to building skills. It involves first identifying why a child is doing something or behaving in a certain way and then helping all involved in the child's care to support him/her to replace the old behaviour with a new learned skill.

Who is eligible to receive ABA–based services?

- *Child and youth 0-17 years of age (up to 18th birthday) (Confirmation of age may be required) AND*
- *A child/youth with a written confirmation of having an ASD diagnosis (Autism/Autistic Disorder, Pervasive Developmental Disorder – Not Otherwise Specified (PDD-NOS), or Asperger's Disorder by a qualified physician including:*
    - *Family physician*
    - *Paediatrician*
    - *Psychiatrist*
    - *Psychologist*
    - *Psychological Associate.*
- *Child/Youth must reside in Central East Region to join the Central East waitlist for ABA services.*

How do I make a referral for ABA-based Services?

To make a referral you can contact the Intake numbers as follows:

- If you live in Four Counties (City of Kawartha Lakes; Haliburton; Peterborough and Northumberland)
  1-888-454-6275 Central Intake
- If you live in York Region and Simcoe County
  1-866-377-0286 (Children's Treatment Network of Simcoe York (CTN)) select ABA Intake
- If you live in Durham Region
  1-800-304-6180 ext 2248 or (905) 728-1673 ext 2248 (Grandview Children's Centre)

*A referral can be made by a parent/caregiver or with support from an existing Service Provider

<u>What information does Intake require in order to process a referral?</u>

The Intake Agency will gather your child and family demographic information and some information about your child. You will be required to provide written confirmation of your child's diagnosis of an ASD (as described above). This documentation is required to determine eligibility for ABA-based services. Once this documentation is received by the Intake Agency and provided that information confirms your child is eligible for ABA-based services, the date and time the documentation is received is recorded as your child's **ELIGIBILITY DATE** for ABA – based services.

You will also be requested to provide any other relevant assessment reports or information to assist in determining your child's needs.

What happens next?

Once your child is deemed eligible for ABA Services, two things happen:

1. Your child's name will be sent to the Central Waitlist (Kinark)
2. Your child's needs will be assessed by one of the ABA Service Providers in your catchment area.

How will I know which service my child will get?

The ABA Service Provider in your catchment area will assess your child's needs and with your input identify the priority needs for your child (behaviour management/emotional regulation, communication, social/interpersonal, daily living). This information will be forwarded to the Central Waitlist in order to track what specific ABA service(s) your child is waiting for.

What is the Central Waitlist for ABA-based Services?

The Central Waitlist tracks all of the children waiting for ABA-based services in Central East Region and is managed by Kinark Child and Family Services (Kinark). While you are waiting for ABA-based services, Kinark will be your main contact relating to your child's waiting list status and to receive updates as to when you can expect your child to receive service.

How does the Central Waitlist Work?

The Central Waitlist is organized by a 'first come first served' basis, by the **ELIGIBILITY DATE**. Once your child's highest priority skill development area is identified by your area Service Provider, this information gets added to your child's record on the ABA Waitlist so the service your child is waiting to receive can be tracked.

How do I find out what my child's position on the Central Waitlist?

You will receive notification from Kinark once your child's name has been added to the Central Waitlist. At any time while your child is on the Central Waitlist, you can contact Kinark at 905-479-0158 or, 1-800-283-3377 if you have questions regarding your child's status on the waitlist. Once your child's name comes to the top of the Central Waitlist for the skill development area your child is waiting for, Kinark will contact you and review the options available at that time.

What happens while I wait for my child to receive ABA-based services?

You will be invited to attend an Orientation Session once your child is deemed eligible for ABA-based services. This session will provide you with more information about the Central Waitlist as well as what to expect while receiving ABA-based services.

Do I have to receive service in the catchment area that I live in?

You will be given the option to choose where you want your child to receive service within Central East Region. You may choose to travel outside your catchment area if a space becomes available first in another area within Central East region. For example, if you live in York Region, you may wish to be contacted if a spot becomes available in Durham Region first. If you choose to accept service outside of your home catchment area, you will need to bring your child to the service location.

While your child is on the Central Waitlist, Kinark will ask you what your preferences are related to this option. If you indicate interest in receiving service in another catchment area, when a space becomes available you will be given the option to choose that space or wait for a space in your own and/or another catchment area for which you have expressed an interest.

What if my child is already on a waitlist for Community Behvioural Services?

If your child is on a waiting list for other Community Services, your status will not change – you can still make a referral for ABA-based services for your child as well.

How long will my child receive service once a spot becomes available?

Depending on your child's identified needs and the type of service being delivered, service will be provided for between two and six months.

Can my child receive this service more than once?

Yes, your child may receive this service more than once. Your service provider will set your child's highest priority goal with you, work towards that goal and complete service based on that goal. Should there be a second goal identified, your child's name will be put back on the Central Waitlist, and when a spot becomes available your child will start service and work on the second goal.

Can I refer my child for ABA-based services if he/she is waiting for or receiving IBI services funded by MCYS?

Yes. The new services are designed to complement any existing services and supports your child may be receiving.

What happens if I move to another Region within Ontario while on the Central Waitlist for ABA?

If you move – either within Central East Region or outside of Central East region – you must notify Kinark immediately. If you move outside Central East Region, your child's information will be transferred to the Central Waitlist in your new region maintaining your original referral date.