

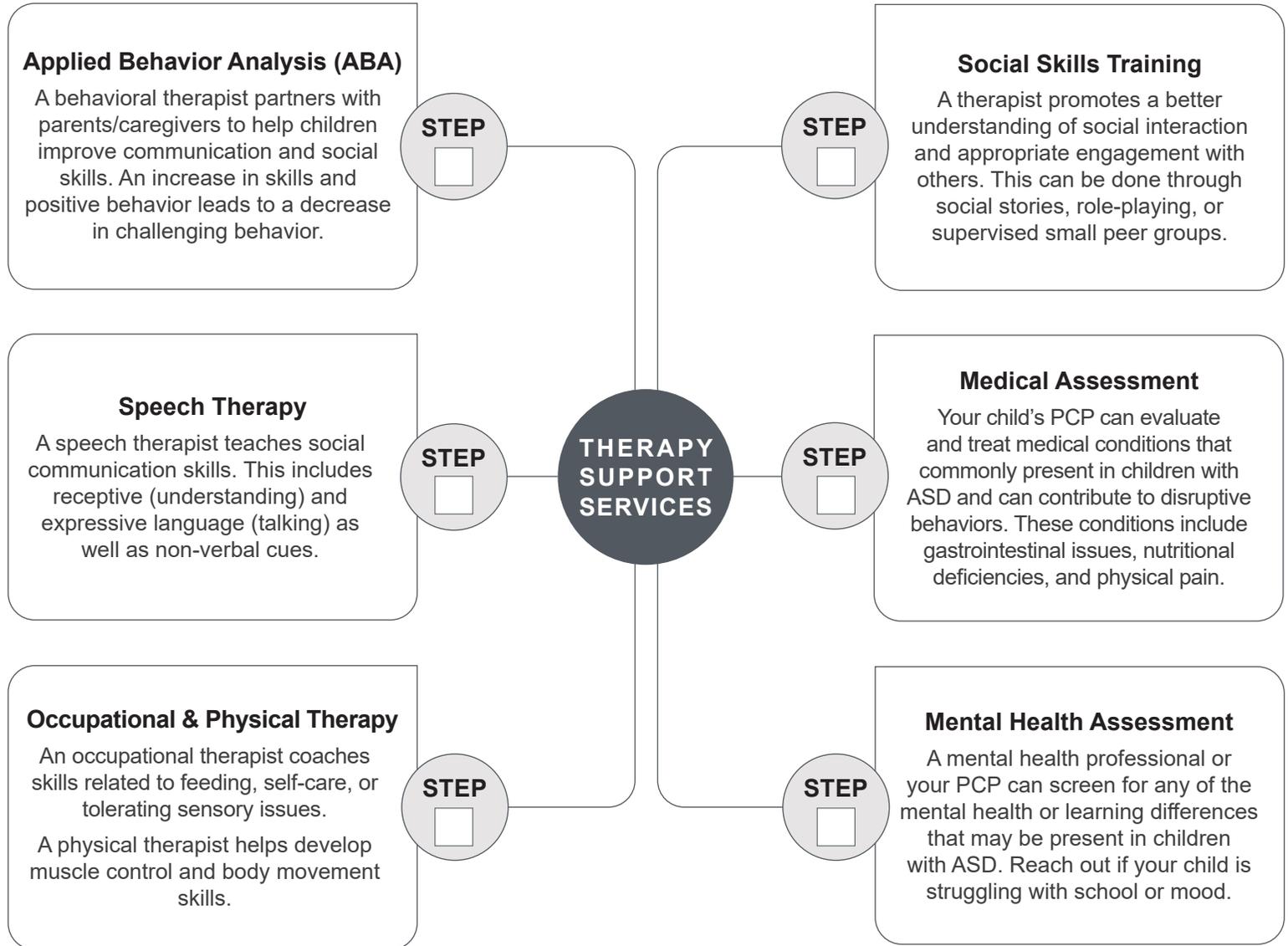
## Autism Spectrum Disorder (ASD) Treatment Options

We recognize that it can be overwhelming for families when their child receives an Autism Spectrum Disorder (ASD) diagnosis.

There is no single treatment for ASD. Instead, each child is unique, and families have a variety of treatment options. Children with ASD tend to do better if they do not feel overwhelmed, so it is important to understand that you are not supposed to pursue all therapies immediately.

### Child-focused Interventions:

Use the boxes below as you discuss with your Primary Care Provider (PCP) which services to prioritize and what steps to take next.



### Education & Parent Support:

ASD affects the entire family. An important step for parents/caregivers is to learn about ASD and available support options.



Parent's Guide to Autism  
[Autism Speaks](#)



Patient & Family Resources  
[Autism Center - Seattle Children's Hospital](#)



School Support Options  
[K12 School Support - 504/IEP](#)

## Applied Behavior Analysis (ABA)

### What is ABA?

Applied Behavior Analysis (ABA) is evidenced-based behavioral therapy that is recommended to most families when a child is diagnosed with Autism Spectrum Disorder (ASD). Many children with ASD struggle with challenging behaviors including temper tantrums, aggression, or self injury. These behaviors are often due to difficulties with communication and social skills.

ABA is a teaching method that breaks down complex skills to make them easier for a child to learn. ABA involves partnering with parents/caregivers to support effective parenting strategies. A therapist that specializes in human behavior works with the parents/caregivers to target the behaviors a family wants the child to change. The therapist will then work with the child and family to improve specific skills, focusing on positive reinforcement for appropriate behavior. An increase in skills and desired behavior leads to a decrease in challenging behavior.

### Why should we try ABA?

ABA is the most effective research-based therapy for changing behaviors in patients with ASD. ABA focuses on developing techniques that work for your specific child and family. Once these techniques are learned, families can use them for life.

### What should I expect with ABA?



#### Individualized Support

- A therapist who specializes in human behavior will provide individualized, one-on-one coaching
- ABA often takes place in the child's most familiar environment, their home
- As a parent/caregiver, you will help identify challenging behaviors and areas that would improve your family's quality of life



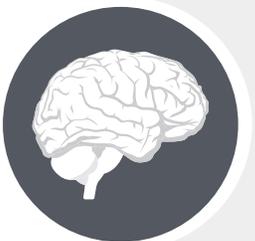
#### Plan Development

- Your therapist will help create a treatment plan
- How many hours of therapy per week depends on many factors including your child's need, your therapist's availability, your family schedule, and often your insurance coverage
- As a parent/caregiver, you will help set goals for treatment



#### Progress Tracking

- Your therapist will keep track of your child's progress and modify their approach if needed
- As a parent/caregiver, your observation and involvement outside of therapy is a vital component. You will be asked to track your child's progress and discuss developments with your child's therapist



#### Reinforcement of Desired Behavior

- Your therapist will provide suggestions on how to incorporate ABA into your daily routine and activities
- It is important to stay engaged long-term with ABA, as the new skills and behaviors your child is learning will take time to develop
- As a parent/caregiver, ABA is something you can practice with your child on a daily basis to reinforce desired behavior and create consistency