



## What Does an Autism Spectrum Disorder Diagnosis Mean for My Family?

Once your child has a diagnosis, the next step becomes understanding the different treatment options out there to help them build independence, gain the skills they need, and do amazing things in life! There are many different treatments available, and what works best can vary for each child and their family.

Every child is **unique** and **provides enrichment** to their family and community. It is our job to help them gain additional skills that will promote continued learning, self-advocacy, and self-determination. Autism Spectrum Disorder (ASD) is more common than you may realize, with **1 in 36** children being diagnosed on the spectrum. So your child is a part of an amazing group. And, experts from all over the world including those right here at InBloom are committed to helping every kid continue to shine brightly.

### 1 in 36

Children are Affected by ASD



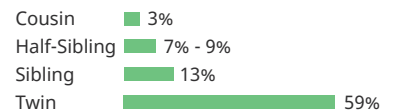
### Four Times More Common

In Males than Females



### Genetic Factors of ASD

In Children with an Affected Family Member



## Clinical Features of Autism Spectrum Disorder

Autism Spectrum Disorder is not one-size-fits-all but is generally characterized by difficulty in socialization and communication as well as the presence of restricted and repetitive patterns of behavior, interests, and activities.

### Social Interactions



- Difficulty developing or understanding social relationships.
- Trouble understanding others' feelings, communicating, and discussing their own.

### Social Communication



- Delayed speech/language development.
- Difficulty coordinating verbal and nonverbal communication.

### Atypical Sensory Behaviors



- Strong preferences and aversions to tastes or textures.
- Unusual reactions to sounds, sights, tastes, and/or odors.

### Repetitive Interests or Behaviors



- Insistence of routines and rigid structure.
- Repetitive movements such as rocking, flapping, and spinning or repetitive speech.

## Why are Therapies so Important to My Child's Development?

The first five years of life are so important to our brain development—that's when our brains grow the most and are the most flexible! That's why tracking your child's growth, identifying challenges early on, and getting help when kids are young is key. It will give them a toolbox and set a foundation to support their continued growth over time with communication, social, and daily living skills.

Getting your child ready for school and hanging out with friends is a big deal! Therapy aims to do this before school starts because schools can't always give all the extra help some kids need. That's where Applied Behavior Analysis (ABA) therapy comes in. *Think of it as a supercharger for helping kids hit vital goals and do stellar things **early on!***



As a parent looking for the best therapy for your child, you may come across lots of different approaches claiming to be perfect for kids with autism. **It can be a bit overwhelming but we've provided a handy checklist to help you figure out if a specific therapy treatment is the real deal for your child:**

1. Does research back it up? Has it worked for lots of different kids over time?
2. Can you see progress? Are there clear goals and data to track how your child is doing?
3. Is it teaching skills your child needs every day, for now and in the future?
4. Does it believe in your child's boundless potential? Everyone can learn, after all!
5. Are parents and caregivers part of the plan? Your input matters!
6. Does it focus on what your child is good at and what gets them going?



To ensure your child's therapy is effective and safe, it is essential to choose an evidence-based therapy. Applied Behavior Analysis (ABA) Therapy is one of the options proven to effectively improve symptoms associated with Autism Spectrum Disorder.

## What You Can Expect From ABA Therapy at InBloom Autism Services

ABA therapy is like a marathon made just for your kid! It's as unique as they are, designed to help them conquer small goals over time, which add up to impactful changes. When it comes to early intervention, many years of research have shown that 20-40 hours per week provides the best opportunity to achieve maximum success in an ABA program.

To get started with therapy at InBloom, one of our Board Certified Behavior Analysts will perform an assessment that measures your child's skills in a wide range of areas, creates individualized goals for them to meet, and determines how much therapy your child may need each week. Then, they work together with you to create tailor-made programs that are meaningful to your child and your family in terms of everyday skills needed for success. The ABA team will create an environment that allows your child to meet their goals in their own way and in their own time. **ABA therapy includes, but is not limited to, the following:**



### Improving Learning Readiness Skills

*Attention, sitting, following directions, and more.*



### Increasing Communication Skills

*Social skills, interacting with peers, asking for wants and needs, and more.*



### Increasing Independence

*Working on daily living skills like toilet training and dressing.*



### Decreasing Challenging Behaviors

*Actions that impede daily living or are harmful.*



### Generalization

*Learning to use skills across a wide range of environments.*

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## The More You Know - ABA Edition

- Applied Behavior Analysis (ABA) is a scientific field dedicated to the way people learn. It's all about figuring out how to increase behaviors and skills that promote independence and decrease excessive behaviors that are a barrier to learning or independence, or are harmful.
  - ABA therapy can be used to address a variety of skills and human behaviors. ABA is not only used to support children with Autism Spectrum Disorder, it is also used in business management, health, rehab, you name it! It's a game-changer for everyone, no matter who you are.
  - ABA sessions are custom-made adventures, as each child has unique needs and learns differently. Some love a structured setup, while others are motivated in more naturalistic spaces. ABA therapy is flexible and is all about using data to tell us what works best for each child to support effective learning
  - Skills targeted for intervention should be those that are most functional and meaningful for the child in their day-to-day lives.
  - Not all areas should be targeted at once. It takes time to teach behaviors and skills. Keep in mind that if your child has a higher intensity/frequency of challenging behaviors or a longer history of skill deficits, treatments can take longer.
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## Length of ABA Service

ABA Therapy is all about setting goals that fit each kid just right, and the length of therapy differs for each child! **But here's the secret sauce:** parents who foster consistency and implement what their child is learning in therapy while at home, will surely see increased gains. We start where the child and family are comfortable and move forward together, step by step until they're rocking those new skills on their own as much as possible!

There are a few factors to consider when setting expectations for the length of service, including:

- Severity and types of challenging behavior
- Types of goals the child is working on
- Skill deficits/learning challenges
- Environmental barriers
- Parent participation and training
- Child's age



## What Makes InBloom Autism Services Top-Notch?

Our mission is hyper-focused on your child becoming as independent as possible with the essential skills they need to successfully navigate day-to-day tasks, advocate for wants and needs, remain safe, and continue learning as they grow older. Your child is one in a million, so we make sure that each individually developed therapy program is uniquely theirs. **That's why we have a team of motivated, knowledgeable, and certified ABA professionals dedicated to helping your child bloom!**

Here are just some of the things that make InBloom the preferred choice of families living with ASD.

- Play-based ABA Therapy in a motivating and interactive environment
- A focus on increasing skills that are functional and meaningful
- Unparalleled commitment to clinical integrity
- Best and most-trained and qualified clinicians in the field
- Ongoing inclusion of parents and caregivers in the therapy process
- State-of-the-art Learning Centers specifically designed for children ages 18 months to 5 years

## Ready to Get Started?

Call the InBloom Care Team at **888.754.0398** or visit our website [inbloomautism.com/contact](https://inbloomautism.com/contact)

We look forward to being a part of your family's support team!

