



ABA Therapy

At Spark Lifecare, we prioritize your care with help from our team of compassionate therapists to nurture positive family and home environments. We match you and your family with the best therapists suited to your unique needs.

Applied Behaviour Analysis, or ABA therapy, is a scientific, evidence-based therapy which utilizes behaviour strategies and our knowledge of how behaviour works in real-life situations. It uses core principles, like reinforcement, to motivate individuals to learn new skills that will help them be more independent and successful in their daily lives.

ABA can help anyone who is looking to improve an area of their life. As the saying goes: **If it's a behaviour, ABA can help.** Domains that ABA can help with can include but are not limited to: academics, executive functioning (focus, planning, emotional regulation, and more), motor function, daily living skills, social skills, picky eating, sleeping, and severely interfering behaviours such as aggression and self-injury.

Our Approach

We are dedicated to improving the lives of those affected by Autism and other developmental disabilities. We work with families and parents to determine functional skills for their children to become more independent, as well as collaborate with other professionals in the children's circle of care to ensure we reach their potential. Whether services are in your home, community or in our center, we have a team with extensive skills in developing, implementing and providing ongoing evaluation in a variety of programs, using evidence-based ABA strategies.



Types of Care

We provide various forms of care to meet your needs:

Comprehensive ABA Therapy

Involves one-to-one direct teaching from multiple developmental domains during each session to help increase independence. This intensive form of ABA therapy can be suitable for many individuals depending on their needs and goals.

Focused ABA Therapy

Provides care to the individual with direct support from mediators (e.g. parents, caregivers) to ensure success. It is beneficial for individuals who require treatment for key functional skills or priority care for acute problem behaviour. Focused services typically target 1-3 goals at a time which are the most meaningful for the individual.

Parent Coaching

Focuses on helping make parenting children with special needs easier by providing parents with the tools and knowledge to navigate challenging behaviours. It merges ABA teachings and techniques with the uniqueness of the child in the home environment.

Benefits of Care

ABA therapy can help you achieve your goals in a positive and collaborative way to help create a more relaxed and enjoyable home for the entire family.

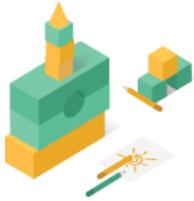
Some examples of how this can be achieved include:

- Making going out in the community or to other's homes less stressful
- Making dinners as a family possible
- Less time trying to complete daily routines
- Children playing together happily

Maximizing Your Care with ABA

ABA therapy can be used in conjunction with other forms of therapy and treatment, offered at Spark, to improve and meet your needs of care.





Occupational Therapy

Occupational therapists (OTs) help people of all ages to develop, recover or maintain participation in everyday activities. OTs provide interventions to support self-care (e.g. toileting, bathing, dressing), productivity (e.g. working, going to school) and leisure (e.g. hobbies, sports and social activities). OTs help children participate in functional activities they want and need to do throughout their day. Skills are targeted through a fun, play-based approach that integrates your child's physical, cognitive and sensory needs. They work collaboratively with ABA to enhance skill acquisition and behavioural regulation through the completion of daily activities.

For more information, contact: ot@sparkcares.ca



Speech-Language Therapy

Speech-Language Pathology services are available for individuals with a diagnosis of Autism, developmental delay, or specific communication challenges. Speech-Language Pathology can provide assessment, intervention and consultation services to assist individuals with specific concerns about communication skills. Speech Therapists offer recommendations for facilitating and improving communication skills, including assisting with developing an augmentative communication system should it be required. They work collaboratively with ABA to ensure coordination of intervention, maximize behavioural regulation, and facilitate communication and developmental skills.

For more information, contact: slp@sparkcares.ca

Why Choose Care with Spark?

At Spark, we are all about relationships and making sure that we customize our approach to meet the needs of each individual. In choosing our ABA team and program, we can offer:

- A collaborative approach working with all professionals involved in the individual's Circle of Care
- In-home, community or centre-based services
- An individualized approach to meeting the specific goals and needs of you and your family
- Educational parent training and youth-based programs

Meet Our Team



Teena Mehta Aziz
Behaviour Analyst, BCBA



Sanaz Hanifi
BCBA Assistant



Sandrine Nkubito
Behaviour Therapist

Costs of Care

Our services cater to both in-home and in-centre care. The total cost of care depends on the needs of the individual as each assessment and treatment plan is completely customized.

The base hourly rates for ABA services are as follows:

Service	Cost (Per Hour) ¹
Board Certified Behaviour Analyst (BCBA) ²	\$119.92
BCBA Assistant	\$99.75
Behaviour Therapist ³	\$58.19

1. Prices are in CAD and subject to change. HST not included.
2. All therapy is overseen by a Board Certified Behaviour Analyst who will, in most cases, conduct your learner's assessment, create their programming, prepare a behaviour plan, and provide ongoing supervision and oversight for the duration of the therapy.
3. With care from our Behaviour Therapists, it includes both the "direct time" that they spend with you and your learner and the "indirect time" which includes travel to and from their home, planning time for the session, and documentation time for written session notes and captured data.

Get Started with Spark



Request a Free Consultation

If you are in need of ABA care and support for you and your family, please complete our referral form:

sparkcares.ca/get-started

General Inquiries

For general inquiries about the ABA program please contact aba@sparkcares.ca or call 613- 290-9709 ext. 102.

SPARK HQ

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