



ABA stands for Applied Behavior Analysis. It is a type of therapy that helps people learn new skills and improve their behavior. ABA looks at how what happens around us (our environment) affects the way we act. By understanding this, ABA helps people make positive changes in their lives and increases independence.

The main goal of ABA is to help people build skills and reduce behaviors that might be harmful or make it harder for them to be independent.

How Does ABA Work?

- A special therapist called a Board Certified Behavior Analyst (BCBA) plans and oversees ABA therapy for each person.
- The BCBA does an assessment on what the person can do and what they need help with. They also talk to the family or caregivers to learn more.
- Then, the BCBA makes a treatment plan that is just right for that person.
- Behavior Technicians work with the person and their family or caregivers to practice new skills and keep track of progress at every session.
- The BCBA meets with the family or caregivers regularly to review how things are going and make changes to the plan if needed.
- Families and caregivers are important in ABA, and they are encouraged to stay involved during the whole process.

ABA is flexible, which means it can be adjusted to fit each person's needs. This includes:

- Choosing the number of hours and goals based on what the person needs
- Picking where the therapy happens, like at home, at school, or in the community
- Learning in different ways, either one-on-one or in a group

Who Can Get ABA Services?

In Arizona, the Arizona Health Care Cost Containment System (AHCCCS) is the state's Medicaid program. The Division of Developmental Disabilities (DDD) helps people with intellectual and developmental disabilities. If you have UnitedHealthcare Community Plan as your health plan, you might get ABA services through AHCCCS Complete Care (ACC) or DDD.

- ABA services are available for anyone, no matter their age or diagnosis.
- Before starting ABA, the health plan must approve it and make sure it is medically necessary.

- ABA is available statewide, and you can receive it in a clinic, at home, or in the community.

How Do I Start ABA Services?

If you think ABA could help you or your family member, here's how to get started:

1. Call UnitedHealthcare Community Plan Member Services at 1-800-348-4058.
2. Go online to UHCCommunityPlan.com, find a provider in our network, and contact them directly.
3. If you are a DDD member, you can talk to your Support Coordinator and they will help you connect with the ABA team.

The UnitedHealthcare Community Plan team is ready to help you get started with ABA services!