

# 5 Benefits of ABA Therapy for Individuals with Autism & Their Families

Applied Behavior Analysis (ABA), a scientifically backed discipline, is currently the only treatment for Autism Spectrum Disorder endorsed by both the American Academy of Pediatrics and the U.S. Surgeon General. ABA allows us to maximize each individual's potential by breaking down skills into small, achievable steps. Through evaluation and positive reinforcement, we help individuals reach these milestones and ultimately help transform their lives.

## 5 Benefits of ABA Therapy

While each program is tailored to meet one's specific needs, there are many benefits of ABA therapy that can change lives for the better.

**1**

### Improves Communication & Social Skills

ABA therapy teaches effective communication skills to help individuals positively interact and play with others in their social circles.

**2**

### Encourages Independence & Personal Advocacy

This method of therapy develops confidence and key communication skills in individuals, allowing them to be more self-sufficient and clearly communicate their wants and needs.

**3**

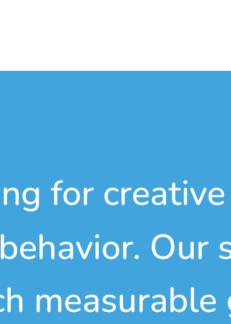
### Teaches Invaluable Life Skills

ABA therapy helps provide structure and a sense of responsibility for individuals with autism, allowing them to advance their critical life skills, learn processes for problem solving, and effectively develop skills that protect their well-being.

**4**

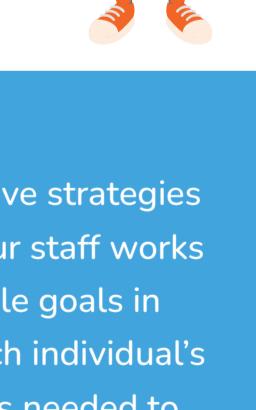
### Helps Parents Better Understand Emotions

ABA therapy helps parents of individuals with autism recognize triggers and provides tools to effectively manage them, which can help reduce or eliminate challenging behaviors.

**5**

### Improves Overall Quality of Life

ABA therapy teaches essential life skills to improve day-to-day routines for individuals with autism and their families.



Milestones' customized programs are flexible, allowing for creative strategies that teach important skills and promote appropriate behavior. Our staff works with each individual in a variety of settings to reach measurable goals in communication, social skills, play skills, education, and more. Each individual's progress is tracked and monitored, and strategies are revised as needed to achieve the best outcomes possible.

Our goal is to transform the lives of individuals with autism and their loved ones. Visit [mbs-inc.org](http://mbs-inc.org) or call us at 203.799.4110 to learn more about our services and start your journey.

**Milestones**  
Behavioral Services

Evaluation. Education. Transformation.