



## Why Teaching Functional Living Skills Matter

Research consistently demonstrates the effectiveness of ABA in building essential skills within home and community settings. For example, numerous studies, including those summarized by Wong et al. (2015) in *Evidence-based comprehensive behavioral intervention for children with autism: A systematic review*, highlight ABA's success in improving adaptive behaviors, communication, and social skills in natural environments. This includes the development of vital functional living skills – the everyday abilities necessary for independence and participation in daily life. From managing personal hygiene and self-care routines to participating in household chores, navigating public spaces, and engaging in leisure activities, these skills form the bedrock of a fulfilling life. **Starting to build these functional living skills now is paramount, as early acquisition promotes greater independence, enhances quality of life, and prepares individuals for future success in adulthood.** The longer the delay in addressing these skills, the more challenging it can become to acquire them later, potentially impacting an individual's ability to live independently and participate fully in their community.

### Reference:

Wong, C., Odom, S. L., Hume, A., Cox, C. J., Fettig, A., Kucharczyk, S., ... & Schultz, T. R. (2015). Evidence-based comprehensive behavioral intervention for children with autism: A systematic review. *Journal of Autism and Developmental Disorders*, 45(6), 1839-1851