



## Our Values



Going beyond therapy...helping everyone grow in stride



Services specifically tailored to meet you where you are



Our priority is everyone's success without us



We stay small so our clients grow big

# ABA

Applied Behavior Analysis (ABA) is an evidence-based approach to help clients gain new skills and/or address challenging behaviors across environments so that they may become more involved and independent both with their families and in their communities.

Given extensive research, more and more states are passing insurance mandates that require coverage of ABA for those diagnosed with autism. It is also important to note, however, that ABA has been proven beneficial for individuals with various disabilities and across all ages. ABA interventions can help with many different challenges such as sleep disturbances, job training, toilet training, and much more.

ABA can look very different based on a number of factors such as where it is used and what skills are being taught. Although ABA is typically thought of as a structured, 1:1 teaching strategy, it is also utilized in the client's natural environment to ensure that skills are as meaningful as possible.



## Our Services



### *In-Home Therapy*

Regular sessions with client & therapist in the home and/or community during which many skill areas may be addressed.



### *Parent Training*

Giving parents strategies for how to meet 1-2 goals at a time as part of their daily routine at home and/or in the community.



### *School Consultation*

Teaching school teams how to better address specific challenges or needs for a student or class.



### *Presentations/Trainings*

Various topics developed for any group of professionals and structured in any style or format.

# Our Mission

The mission of Footsteps of Change, Inc. is to provide effective therapy to individuals in need through evidence-based interventions, across all settings, provided by compassionate and highly-trained staff, thereby restoring hope for the individuals we serve and their families that growth and change are always possible, regardless of the circumstances.



## Contact Us

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## Our Team

Kelsey McElroy, M.A., RBT (Left)  
Liz Van Dorn, M.S., BCBA (Middle)  
Maura Weaver, M.S., BCBA (Right)



Invigorating hope, one step at a time



High-quality ABA services  
for families and professionals in  
Huntsville, AL and  
surrounding areas

