

Hello, We Are



africare

We Nurture Development, One Behaviour At A Time..



Who We Are:

The Heart Behind Africare

At Africare, our mission is to provide compassionate, culturally responsive ABA therapy that honors each individual's journey. We empower neurodivergent individuals and their families across East Africa, fostering growth, resilience, and self-advocacy. Committed to transforming ABA therapy in the region, we envision a future where evidence-based, impactful care is accessible to all and neurodiversity is celebrated, allowing everyone to thrive authentically in a supportive community.

MEET OUR FOUNDER

Dr. Ashley Knochel,

Ph.D., BCBA-D, IBA.



Dr. Ashley Knochel is a board-certified behavior analyst with over 10 years of experience in the field of applied behavior analysis. As the founder and clinical director of Africare LLC in Nairobi, Kenya, Dr. Ashley specializes in early intervention for individuals with neurodevelopmental disabilities and positive behavior interventions and supports (PBIS). She has a wealth of experience and a strong academic background, having published numerous journal articles and a book chapter on culturally responsive assessment and treatment of autism spectrum disorder. Her work also addresses implicit bias and disproportional discipline in public education settings.

Dr. Ashley is deeply passionate about culturally responsive dissemination and enhancing the acceptability and sustainability of behavior analytic practice within African contexts. Her goal is to ensure every child with autism across Africa has access to high-quality, evidence-based therapy services that can truly make a difference. Committed to training the next generation of behavior analysts, Dr. Ashley aims to empower local professionals to provide impactful therapy and build a sustainable framework for neurodivergent care in the region. Through her dedication to both direct service and professional development, she is working to transform the field of behavior analysis across East Africa.

Our Purpose & Vision: Guiding Every Step Forward

Mission Statement: Our mission is to provide compassionate, culturally responsive, and neuroaffirming Applied Behavior Analysis (ABA) therapy that honors each individual's unique journey. We are dedicated to empowering neurodivergent individuals and their families in East Africa and beyond, fostering resilience, growth, and self-advocacy within a supportive, inclusive environment.

Vision Statement: To lead in transforming the field of ABA therapy in East Africa, creating a future where all individuals with autism and neurodevelopmental disabilities have access to evidence-based therapy services that can truly make a difference. We envision a world where neurodiversity is celebrated and supported through culturally sensitive, community-driven practices, empowering every person to thrive authentically in an environment that values their unique strengths and respects their individuality.



SPECIALIZED CARE:

Where Unique Needs Thrive

At Africare, we specialize in supporting individuals with Autism Spectrum Disorder (ASD) and neurodevelopmental conditions, with a focus on the transformative potential of early intervention. Autism is a neurodevelopmental condition that affects social interaction, sensory processing, and communication, presenting uniquely in each individual. Our ABA therapy helps individuals with autism build essential skills, improve communication, and increase independence through personalized, evidence-based methods.

Early intervention is crucial, as young brains are most receptive to learning, allowing us to make a significant and lasting impact on each child's development. Our practitioners are also committed to culturally responsive care, ensuring our services respect each individual's background and context. In addition to direct care, we train the next generation of behavior analysts to expand access to high-quality ABA therapy across East Africa. Through these efforts, we aim to make impactful, affirming support accessible to neurodivergent individuals and their families throughout the East African region and beyond.



ABA Unpacked: The Science Behind Positive Behavior Change



Applied Behavior Analysis (ABA) is an intervention that systematically applies principles of learning and human behavior to effectively increase, decrease, maintain, and generalize targeted behaviors. These targeted behaviors encompass a range of essential skills, such as speech and language, social and communication skills (both verbal and nonverbal), adaptive living skills like toileting, eating, and dressing, as well as play skills, including fine and gross motor and social play. The primary goal of all ABA programs is to enhance abilities in language, play, and socialization while reducing behaviors that may hinder learning.

At Africare, our therapy approach is rooted in ABA, incorporating Naturalistic Developmental Behavioral Interventions and Early Intensive Behavioral Interventions. Our joy-centered approach focuses on empowering each child to reach their fullest potential and become the best version of themselves. Our ultimate goal is to help children and families feel happy, engaged, and empowered.

Our comprehensive therapy covers a wide range of goals, targeting areas such as cognitive development, communication, language, social skills, and daily living skills. Each child undergoes a thorough intake assessment, allowing us to design an individualized program tailored to their unique needs.

Celebrating Neurodiversity:

Our Neuro-Affirming Approach



Aligned with our Africare mission and values, we are committed to providing neuro-affirming therapy grounded in evidence-based practices within the field of Applied Behavior Analysis (ABA). Our approach goes beyond addressing behaviors; it centers on recognizing and celebrating the unique neurodiversity of each individual we serve. Through our evidence-based techniques, we create a supportive and empowering environment where individuals feel valued, understood, and respected for who they are. By embedding neuro-affirming principles into every session, we aim to foster a sense of belonging and self-confidence, empowering each person to reach their fullest potential.

The Africare Experience: Therapy Tailored for Growth

At Africare, therapy is a holistic and child-centered journey designed to celebrate each child's individuality, strengths, and interests. We are committed to creating a joyful and engaging environment where every child feels safe, in control, and ready to learn. By embracing comprehensive, evidence-based practices, we guide children to overcome challenges, communicate effectively, and develop the skills they need to advocate for themselves.

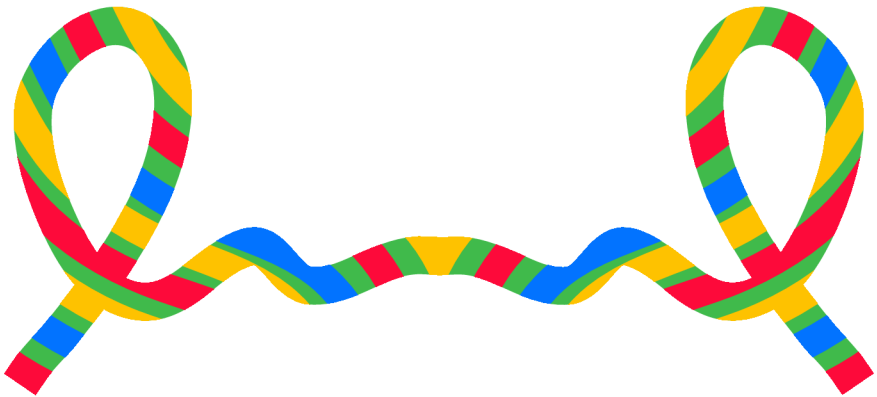
Our approach is collaborative—we work closely with parents, caregivers, educators, and other professionals to provide well-rounded support tailored to each child's unique needs. Africare is dedicated to promoting true inclusion and acceptance for autistic individuals, adapting environments and strategies to foster authentic participation and belonging in learning and life. Our goal is to empower every child to reach their fullest potential, with respect, joy, and unwavering support.



Pathways to Potential:

Our Comprehensive Services

- **Early Intensive Behavior Intervention (EIBI):** Personalized therapy to support children in their early years, promoting foundational skills for lifelong success.
- **Social & Communication Skills Training:** Developing key social, verbal, and non-verbal communication skills to help individuals engage meaningfully with others.
- **Parent & Caregiver Support:** Offering guidance, training, and coaching to ensure families are equipped to support their child's progress at home.
- **School-Based Support & Consultation:** Collaborating with schools to create inclusive environments that support neurodivergent students.
- **Adaptive & Daily Living Skills:** Teaching essential life skills, from personal hygiene to independent living, to enhance autonomy and confidence.
- **Neuro-Affirming Practices:** We celebrate the unique ways in which neurodivergent individuals experience and interact with the world, ensuring that every therapy session is tailored to honor each person's individuality.



Expanding Our Reach:

Disseminating Neuroaffirming ABA Services Across Africa

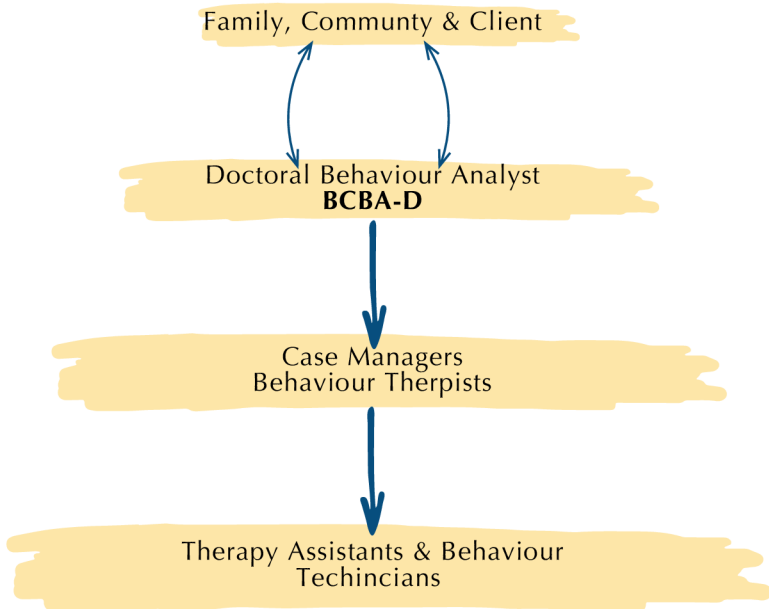
Our dedicated team is passionate about providing culturally responsive ABA therapy services that honor the diverse backgrounds and unique needs of our clients. With a strong commitment to accessibility and inclusivity, we are proud to have supported individuals and families across Africa, helping them achieve meaningful growth and success. Our work extends beyond borders, reflecting our mission to make neuroaffirming, evidence-based care accessible to all. Together, we're building a network of support that uplifts neurodivergent individuals throughout the continent



Our dedicated team has proudly served clients and families across 13 countries in Africa, delivering impactful solutions tailored to diverse needs and making a meaningful difference across the continent.

STRUCTURED SUPPORT:

Inside Our Tiered Supervision Model



Africare utilizes a Tiered Service Delivery Model, recognized globally as a best practice in Applied Behavior Analysis (ABA). Under the expert oversight of Dr.

Ashley Knochel, a highly skilled Behavior Analyst, each child is carefully matched with a Case Manager from our team of Senior Behaviour Therapists.

The Case Manager conducts assessments, designs individualized therapy programs, oversees program implementation by our Therapy Assistants, supports parent training, and collaborates closely with other professionals to ensure comprehensive, cohesive care. This structured approach allows us to deliver high-quality, effective support tailored to each child's unique needs.

Quality in Every Step: Program Supervision at Africare

Our Tiered Service Delivery Model ensures close supervision and continuous evaluation of the effectiveness of our therapy programs. Certified behavior analysts supervise 5% of all direct therapy hours provided by behavior technicians, with the level of supervision tailored to each child's specific needs and the therapy setting. This flexible approach allows us to meet the diverse needs of our clients in a personalized, data-driven way.

Supervision includes both direct and indirect methods. In direct supervision, we observe therapy sessions to assess and adjust programs as needed, monitor program accuracy, guide staff and caregivers on implementing new strategies, and conduct assessments to inform ongoing programming and reports.

Indirect supervision involves behind-the-scenes activities that enhance program quality and responsiveness. These activities include setting therapy goals, developing programs, designing data collection systems, analyzing client progress, and adjusting programs based on data. Our team also collaborates with other professionals, reviews progress, and guides staff and caregivers on new procedures in the client's absence. This comprehensive supervision process ensures each child receives high-quality, individualized support tailored to their growth and success.



Beginning the Journey:

Our Therapy Intake Process



Intake Interview:

Our intake process begins with a structured, one-hour interview with parents and caregivers to gather essential background information about the child.



Direct Observation in Natural Environment:

As part of our intake process, a behavior technician conducts a two-hour observation of the child in a natural setting, such as at school or in a play area. This observation allows us to assess target behaviors in real-world situations, gaining valuable insights into how the child interacts within their typical environments. These observations help us to further tailor the program to address specific behaviors and skills relevant to the child's daily life.



Rapport and Pairing Sessions:

The designated behavior technician then begins working directly with the child through rapport-building sessions, fostering a trusting and comfortable relationship.



Individualized Program Development:

Using insights from the Intake Interview, observations, and a Baseline Assessment, we design a customized behavior intervention plan with specific target goals and objectives.



Parent Meeting:

We then hold a meeting with parents or caregivers to review the behavior intervention plan, and develop home goals while offering parent coaching.



Basic Program Implementation:

Once a positive relationship is established, we introduce a foundational program focused on core skills such as communication, attention, tolerance, and smooth transitions during therapy sessions.

Empowering Experts: Shaping the Future of ABA in East Africa

Dr. Ashley Knochel and her team provide tailored unique training across home, education, care and disability sectors.

Workshops are provided throughout the year for families and professionals. Master classes are also offered for those who wish to extend their knowledge.

Specific training can be provided on the following topics:



- Behavior Basics



- Positive Classroom Practices



- Positive Behavior Interventions and Supports (PBIS)



- Prevent Teach Reinforce Model (PTR)



- Reducing Challenging Behaviors



- Functions of Behavior



- Instructional Control and Setting Up for Success



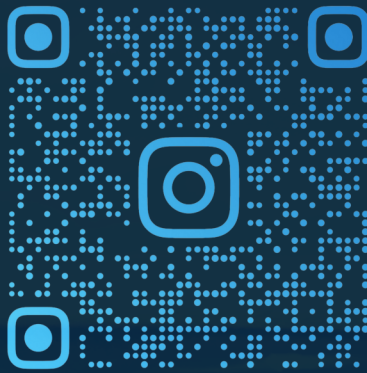
- Social Skills Interventions

Get In Touch: We're ready to support you!

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When we embrace neurodiversity, we
create a world where everyone belongs.

