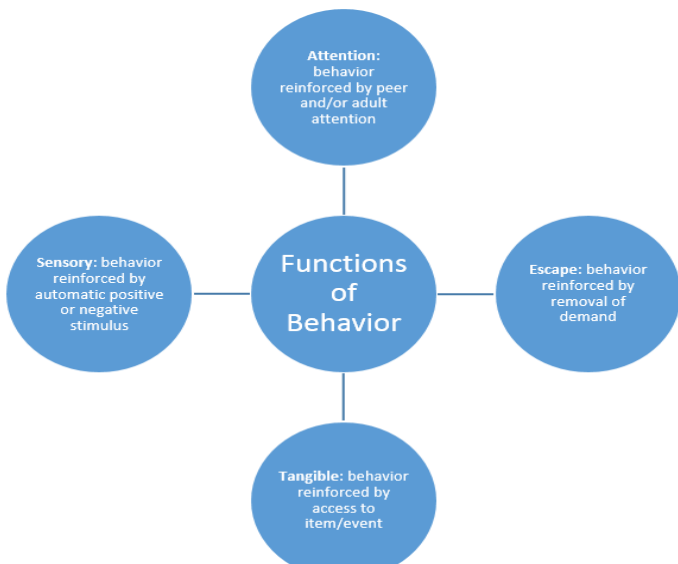
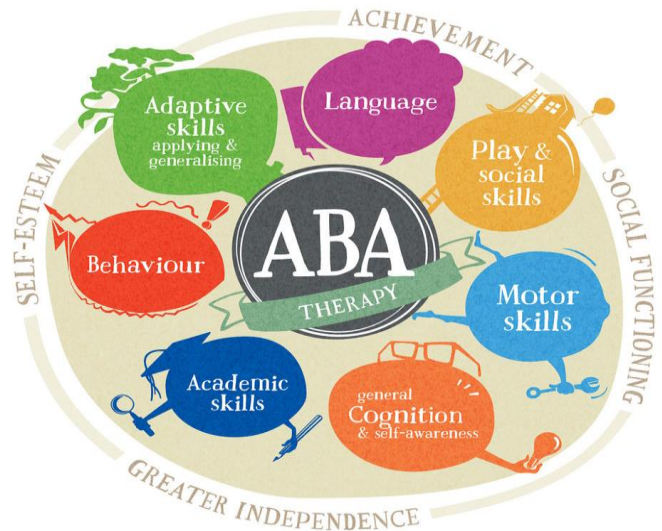
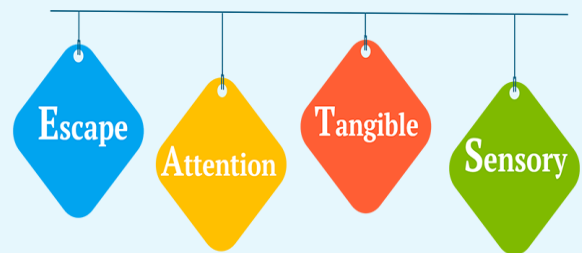


Autism and Therapy



There are four functions of behavior



Autism, Therapy, and Parents!

How we can work with children/teens/adults with Autism and their families.

Functions of Behavior and Therapy



Some Effective Solutions...

- Using first-then board/phrase
- Visual schedule
- Offer Choices
- Have Clear Expectations
- Follow Through!

Escape

Engaging in a behavior to end or avoid something they do not like.

Every time mom tells Toni to clean up his toys, he will instantly engage in tantrum behaviors. He continues his tantrum until mom cleans up most of the toys to make it easier for Toni to clean. Therefore, in the future Toni will tantrum every time a demand (like cleaning up) is placed on her because it results in escaping from having to clean up.



Some Solutions:

- Teach new and appropriate ways to get attention (i.e., tap on shoulder, "excuse me")
- Give positive attention throughout the day
- Ignore undesired attention seeking behavior

Other Attention Examples:

- Being loud, dancing, jumping
- Asking for things too often
- Pretending they can't do something
- Fake Crying
- Whining
- Violence
- Hitting self

Attention

Engaging in a behavior in order to gain attention from intended person(s).

Jamie screams any time the classroom's teacher's assistant walks away from her. When she engages in this behavior the teacher's assistant returns and tells her "Hey, it's okay, what's wrong?" Jamie is going to continue to scream because this behavior consistently results in attention.

Functions of Behavior and Therapy



Some Solutions:

- Find activities/items they are interested in so there are more things to help motivate
- Control access to tangibles and teach them to request
- Warn about transitions before they happen

Tangible

Engaging in a behavior to access an item or activity.

Jennifer wants an iPad from her sister. She bites her sister, which results in her sister dropping the iPad and running away. This results in Jennifer getting to play with the iPad. In the future, Jennifer will continue to bite her sister because it is likely she will get the iPad again.



Some Solutions:

- Redirect inappropriate behaviors to more functional behaviors and reinforce those (i.e. finger tapping instead of hand flapping)
- Reinforce behaviors that are incompatible with the stimulatory behaviors
- Seek medical advice

Other Sensory Examples:

- Body movements,
- Pressure or squeezing
- Covering eyes
- Chewing on non-edible items

Sensory behaviors are internally reinforcing what could be providing relief, calming sensation, or a pleasing sensation

Sensory

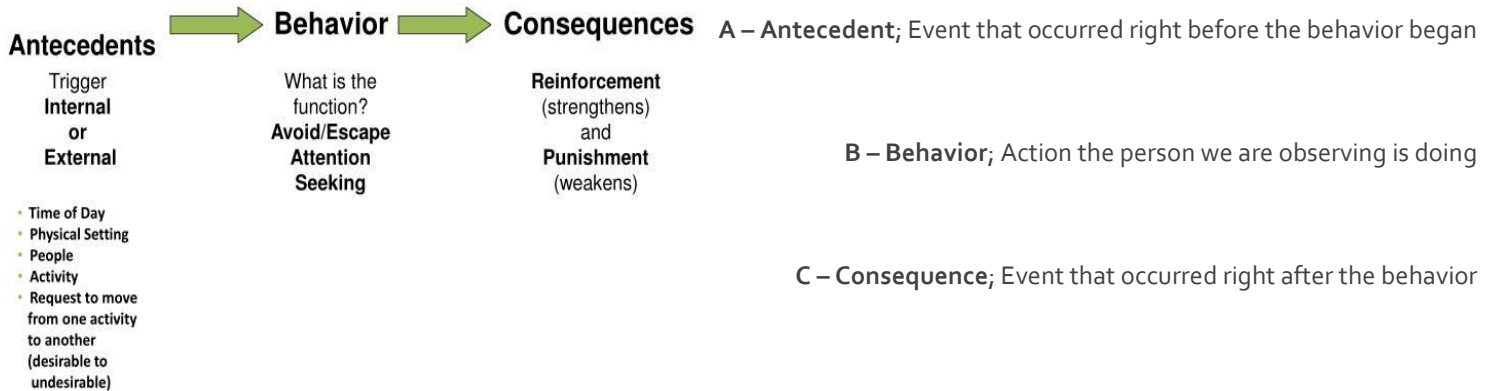
Engaging in a behavior because it physically feels good or it relieves something that feels bad.

Paul engages in hand flapping in the absence of any specific antecedent or consequence stimulus. This behavior provides automatic sensory stimulation.

Parents, Diagnosis, and Therapy

ABC's of Behavior

Helping Parents Assess the Behavior: ABC



Activities to Help Improve Daily Functioning

- Daily "To Do"/Routine Chart with magnets or Velcro
- Utilizing multiple timers for transitions
- Reward Chart – getting X number of stickers at the end of the week for positive behavior results in X reward
 - Make sure the reward is not experienced or available on a regular basis
 - You may need to change motivating reward!!
- Pay attention to sensory sensitivities and have different tools to help address sensitivity (i.e., headphones, squishy toy, weighted stuffed animal)

