

Supporting Behavior in Primary Care

Disclosures

- Dr. Loftin has nothing to disclose
- Dr. Mazurek...

GOAL- a smooth office visit

- Helping the individual feel comfortable and, in turn, reduce anxiety
- Encouraging appropriate behavior

Adults who may never “meltdown” may still be more comfortable and “more available” to discuss problems if anxiety triggers are minimized.



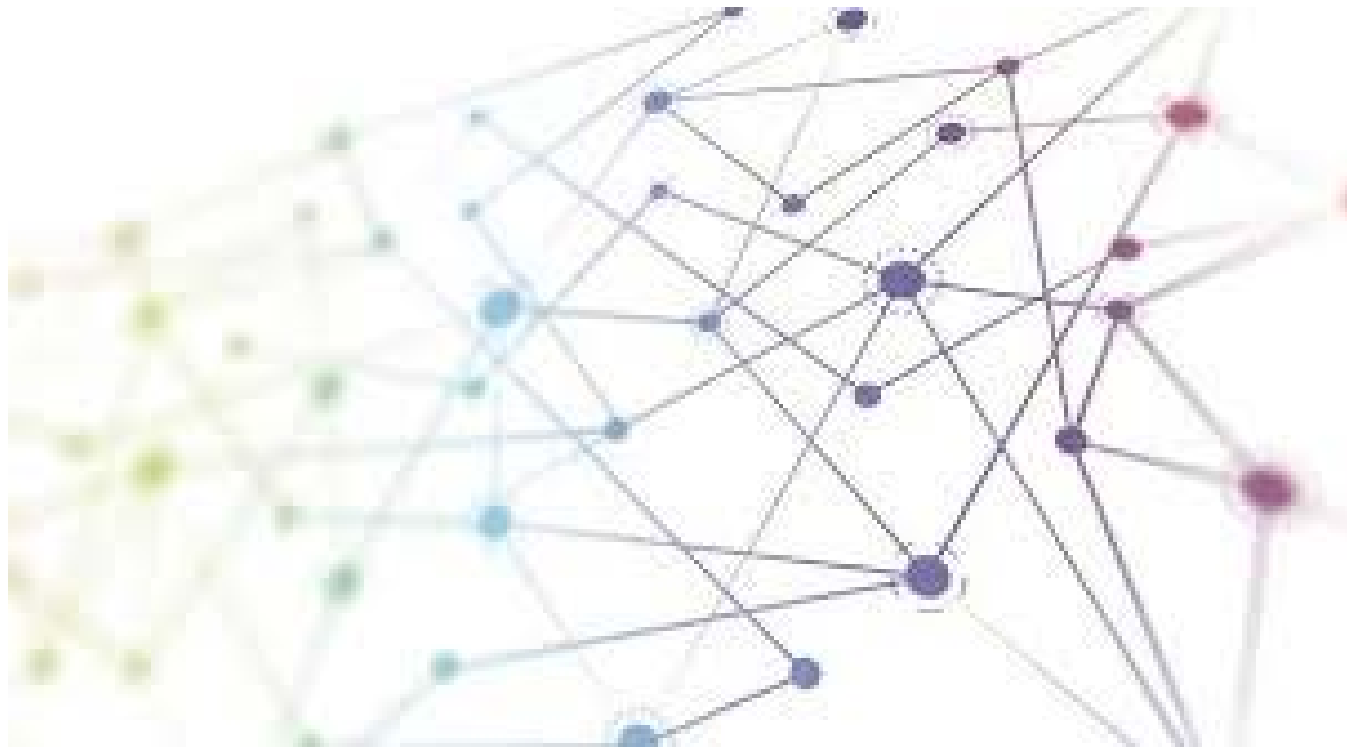
Behavior is managed in two ways:

1. Preventative approaches (**Proactive**)

- Environmental cues
- Expectations
- Sensory
- Social
- This is also known as antecedent control

2. Responses (**Reactive**)

- Behavior is also affected by associations (classical conditioning)
- People with ASD may have made many such connections that others are not aware of



ABCs of Behavior

- Guiding principals of behavior that affect us all
- Careful **assessment** can reveal factors that cause and maintain behaviors
- To help determine what is causing a behavior and **how to change it**
- Ideally, **prevent** it!!
- **Not unique to autism!!**

ABCs of Behavior

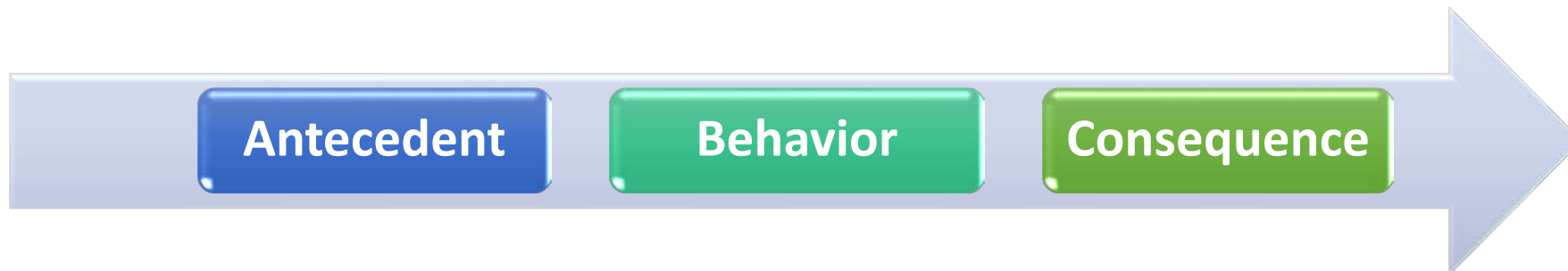
A = Antecedent

- Event that comes before a behavior

B = Behavior

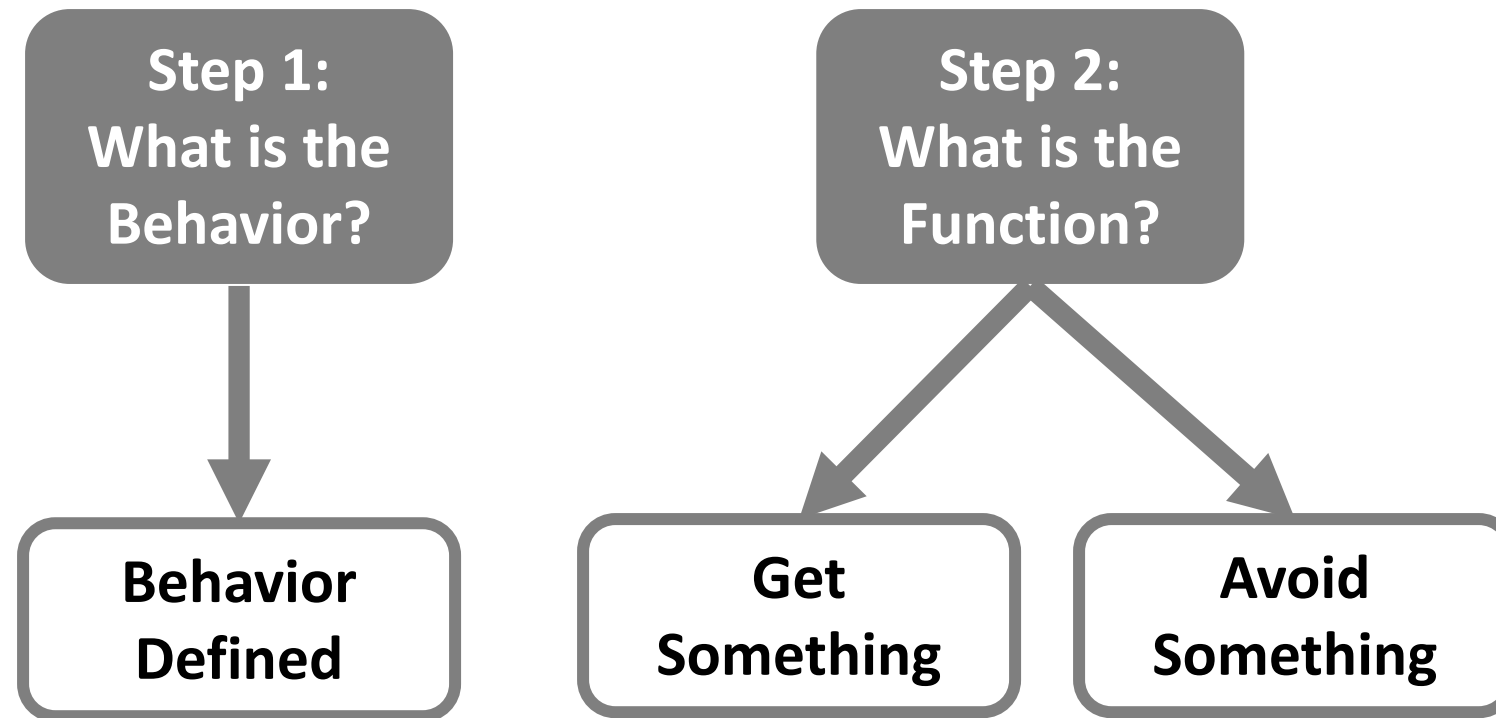
C = Consequence

- Event that follows a behavior



Behavioral Principles

- Behavioral strategies should be tied to the **function** of the behavior.



Antecedent Strategies

- **Arranging the environment**
 - Clear visual boundaries
 - Separate individual spaces
 - Organized environment
 - Pictures/labels to show where materials belong



Antecedent Management

- **Clear expectations**

- If there is an expectation for quiet or no cell phone usage, make that clear.
- Please arrive for your appointment between X and X
- Directions for finding location and facilities.



Tips for Minimizing Waiting Room Discomforts

- Be mindful of noise in the practice.
- Have a quiet area.
- Avoid TVs, other loud noises.
- Ask if person is comfortable. And if not, what do they need?
- Provide written or picture schedule in advance.
- Be aware of lighting.

Antecedent Strategies

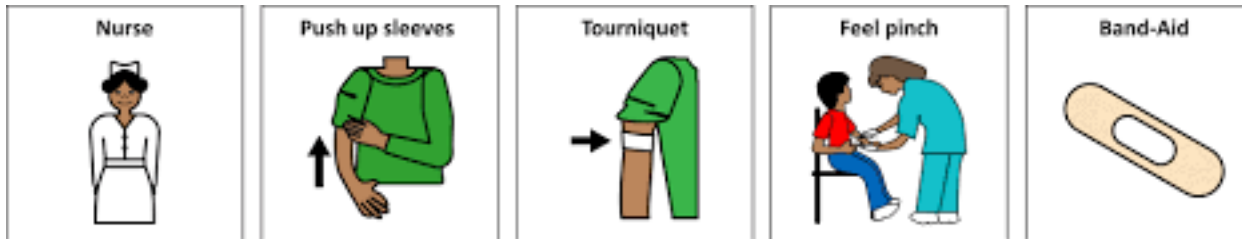
- **Changing the Schedule/Routine**
 - Design predictable schedules
 - Minimize transitions
 - Alert to upcoming transitions
 - Minimize down-time or waiting time



Antecedent Strategies: Visual Supports

Examples

- Calendar
- To-do list
- Checklist
- Shopping list
- Step-by-step instructions



Visual Supports

- Display planned activities
- In order of occurrence

My Schedule	
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Doctor Checkup				
1	2	3	4	5
get weighed	take blood pressure	take temperature	look in ears	look in nose
				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	7	8	9	10
look in throat	take deep breath	listen to chest	all done	great job
				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Deciding on format

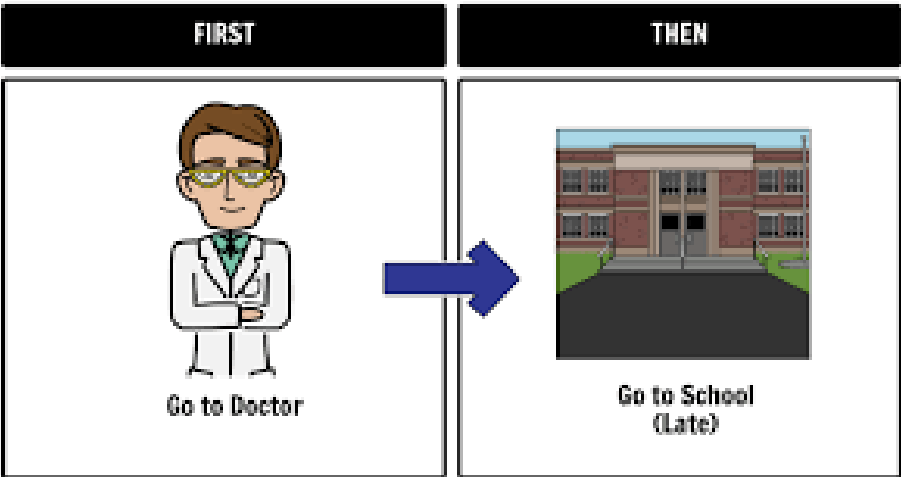
- Variety of visual stimuli options:
 - Words
 - Pictures
 - Photographs
 - Icons
 - Actual Objects

Quick tips for visuals

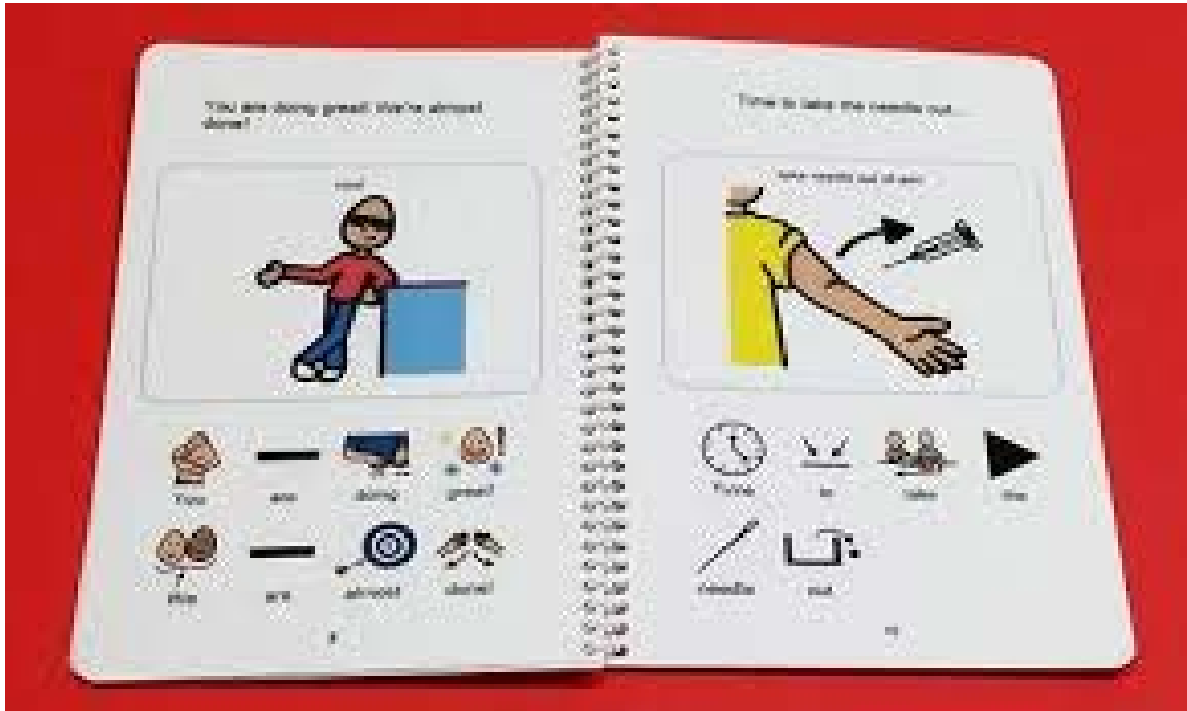
- Can be simple and handmade
- Photos
- Video
- Shorter or longer sequences
- Ask what works at home, school, or work



Tips for Practice!



Create your own at [Storyboard That](https://www.storyboardthat.com)



Tips for Practice!

- Toolkits

