

# Supporting Behavior in Primary Care

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# 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

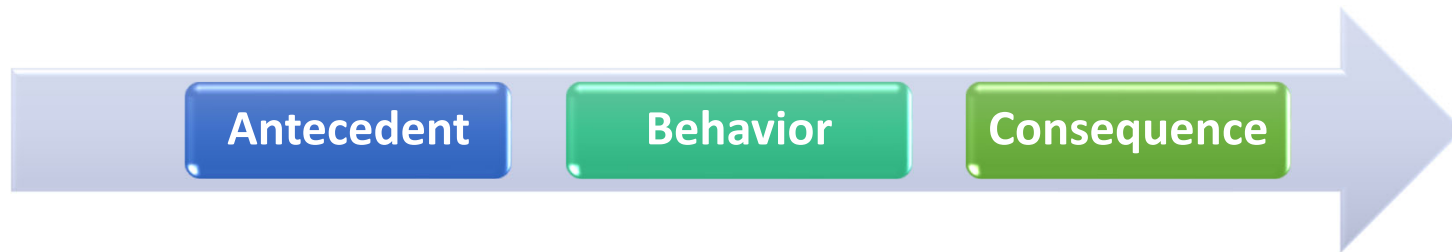
**A** = Antecedent

- Event that comes before a behavior

**B** = Behavior

**C** = Consequence

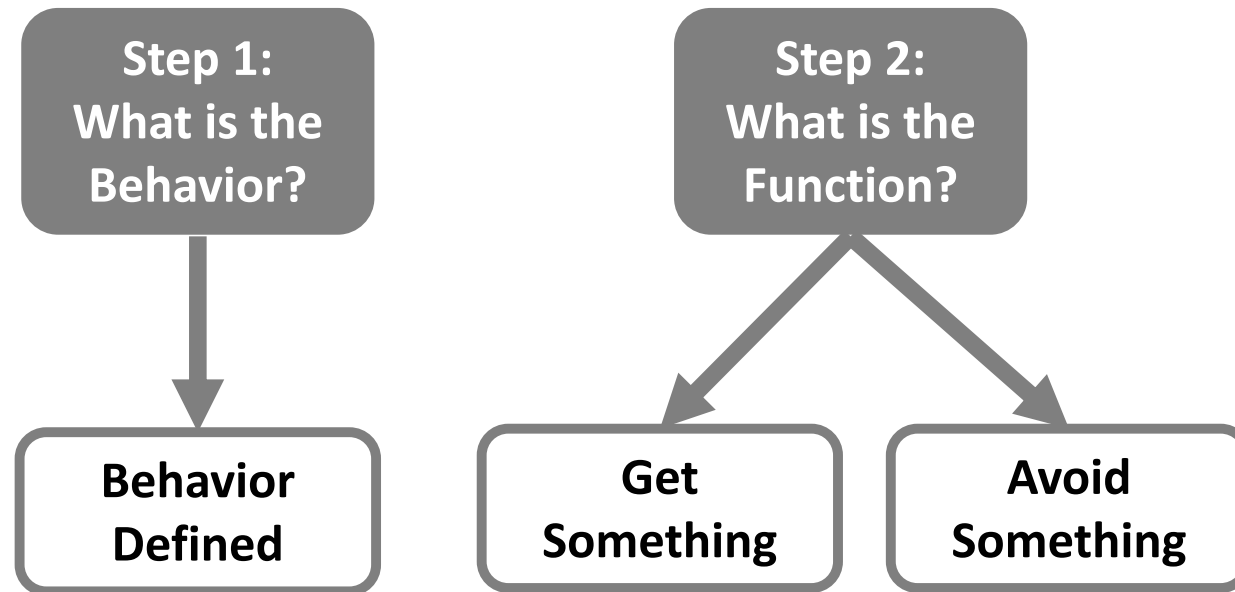
- Event that follows a behavior





# 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

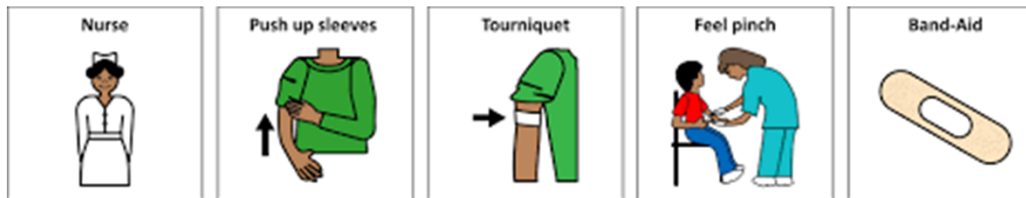




# Antecedent Strategies: Visual Supports

## 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"/>	_____
<input type="checkbox"/>	_____

Doctor Checkup				
1	2	3	4	5
				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	7	8	9	10
				
<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



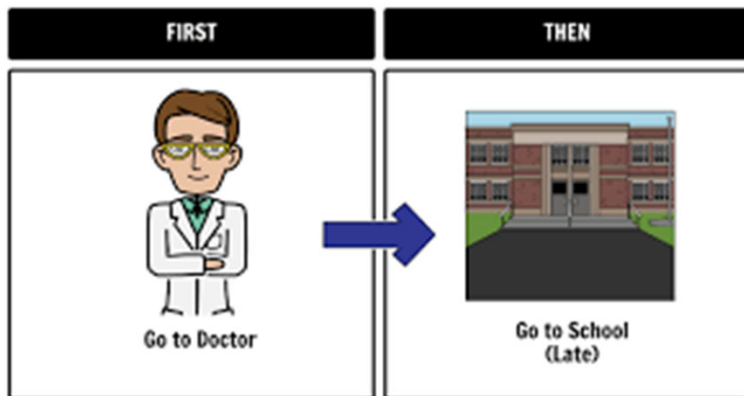
# Quick tips for visuals

- 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





# Tips for Practice!

- Toolkits

