|  |  |  |  |
| --- | --- | --- | --- |
| POSITIVE RESPONSES TO CHALLENGING BEHAVIOR | | | |
| **Strategy** | **Brief Description** | **What does this look like?** | **What does this look like for the person you support?** |
| Prompt the Desirable behavior | Prompt and reinforce the person for engaging in the desirable behavior. | Remind the person of desirable behaviors and use praise/tokens to reinforce them for choosing to switch to the desirable behavior. No mention of the challenging behavior. |  |
| Choice of Activities | Present two alternatives, and the person is given a choice of which activity they would like to do first. No attention is paid to the problem behavior as all focus is on the two positive choices. | How about a walk and listening to some music. Which one do you want to do first? |  |
| Offer to Collaborate | If the person is engaging in problem behavior to escape/avoid a task, offer to help get them though the task. | I can dry the dishes while you are washing them. |  |
| Reminder of reinforcer | Instead of talking about what not to do, give reminders of upcoming reinforcers and what behaviors will access those reinforcers. Do not present as a bribe, however. | You’re about 5 points away from you’re next 1:1 outing with staff. Points are earned for problem solving with staff, or taking a break to listen to some music. |  |
| Relational response | In the moment of the challenging behavior, or during a debrief session, relate to the person that the behavior is hurtful to you. This strategy may be appropriate when the person has not experienced relationships within which the other is committed (as a partner/advocate/support) to their success in life. | “I don’t like being hit”, or “It makes me sad when you call me names” |  |
| Brief disengagement | After attempting the above strategies, if the behavior persists, then your voice/interaction may be ineffective for a brief time. | Move away from the person and give them some space, and stop talking. How far away to move depends on the person and the company protocol. |  |