|  |
| --- |
| REINFORCEMENT STRATEGIES |
| **Strategy** | **Brief Description** | **What does it look like?** | **When to use it?** | **What does it look like for the person you support?** |
| Behavior-specific praise | Specifically name the behavior to be strengthened and tell the person how well they are doing it. | That was awesome how you called your mom in the morning when she likes to be called.  | Positive reinforcement via attention |  |
| Behavior specific feedback | Specifically name the behavior to be strengthened and describe how the behavior will generate outcomes that have been identified as valuable to them. | That was great how you used the house phone to call the doctor. You saved the minutes on your cellphone so you can call your family without needing to buy more minutes.  | Positive reinforcement via attention, access to activities |  |
| Physical Praise | Physical interaction following demonstration of behavior to be strengthened. | High-5, knuckles, or other acceptable touch. | Positive reinforcement via attention |  |
| Special item/activity | Delivered contingently to strengthen desirable behavior. Must be used in balance with creating a rich life with enjoyable, freely-accessible items and activities. | House menu is always available for meals, and person can buy snacks. House will purchase additional fun snacks that are earned when the person engages collaborative problem solving with her staff.  | Positive reinforcement via access to items/activities |  |
| Tokens or Points | Conditioned reinforcers that, when collected, can be exchanged for items or activities, including escaping/avoiding activities. | - Earn a point for each chore completed, points exchanged for dollars that can be used to buy snacks/treats-Earn a token for participating in less-preferred activity, trade in tokens for breaks from chores | Positive reinforcement via access to activities/items OR Negative reinforcement via escape |  |
| Break or Delay | Allow a break from activities or delay to beginning a new activity. | In baseline, a person flips furniture during chores every 15 min. So every 10 min offer a break from the chores while she is still actively engaged in the task. | Negative reinforcement via escape |  |

**Considerations for Designing Effective Reinforcement Programs**

1. Consider individual Preferences
 - What’s appealing to you isn’t necessarily appealing to me

2. On the Right Schedule
 -Not too dense, not too lean

3. In the Right Magnitude
 -Not too exorbitant, not too minimal

4. Immediately
 - Deliver exactly when earned; tolerating delay can be a goal

5. Contingently
 - Deliver only when earned

6. Consider the Likely Value
 - Make sure the value of the purported reinforcer is high