

SUPPORTING NON-ESCALATING BEHAVIOR

Strategies from autistic author and consultant, Judy Endow, MSW.

"Outsmarting Explosive Behavior: A Visual System of Support and Intervention for Individuals With ASD"



Proactively address sensory regulation daily.

Strive to make sure autistic individuals are supported daily in sensory regulating activities.



Plan schedule ahead of time.

Some people need a written list. Some need a picture schedule. All of us, regardless of how autism presents in our bodies, like to know the plans rather than to have continual surprises randomly occurring



Stop talking.

As autistics get overloaded in sensory, social or emotional aspects of situations the ability to process and comprehend verbal input decreases.



Use alternative communication.

Even for a person who is highly verbal, an alternative way to communicate becomes essential in tense or overloaded situations.



Use positive reinforcement.

Positive reinforcement can prevent the behavior from occurring.



Plan and Practice Exit Strategies

Use preplanned signals or visuals to exit a tense or problematic situation BEFORE any problem behavior can happen.



Assure Social Understanding

Social constructs and socially accepted behavior in society are based on this thinking style of the majority. Many autistics benefit in learning this social information.