

Managing Problem Behavior in the Community

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BCSS Autism Continuum

Identify the Problem

- Trouble with transitions
 - Leaving the house
 - Entering buildings
 - Exiting the car
- Trouble during outings
 - At restaurants
 - In stores
 - Specialty places (doctor, barber, dentist, etc..)
- Trouble with transportation
 - Walking
 - Riding in car
- Trouble changing a routine



Entering and Exiting

- Have a predetermined “Pot of Gold”
- They must enter or exit to gain access to that “gold”



Leaving the House

- Start with going to preferred places
- Make a quick trip to get a desired item
- Reinforce every step of the way
- Gradually increase
 - Go first to a preferred place then a second location
 - Increase the time spent in one location
 - Make access to preferred item contingent on good behavior

During the Visit

- Restaurants and laundry mats
 - Waiting is involved – have activities
 - Scheduled eating
 - activity/app/activity/meal/activity/dessert/activity
- Stores and malls
 - Waiting in lines – have activities or involve them in process
 - Wanting to buy or take items
 - Have rules in place (you can get 1 doll)
 - Start small and quick then gradually increase
- Doctor's offices and such
 - Visit a few times without actual visit
 - Special training may be needed
 - Ask school to work on skills (tolerating different experiences)

Transitions

● Walking

- Practice around the house and close to home
- Reinforce staying with you and not dropping
- Gradually increase time and places

● Riding

- Take lots of short rides and reinforce good behavior
- Increase amount of time in car
- Use distracting activities (videos, music, singing)



Tolerating Change

- Change routine to something extremely preferred
 - “Ok we are going to stop on our way home for some ice cream”
- Reinforce accepting the change
- Change to a preferred and then a non preferred

To avoid stopping for ice cream everyday on the next trip have a desired item in the car so a stop isn't needed



In Case of Meltdown

- Remain calm
- Try not to focus on being watched
- Physically intervene by blocking or escorting your child to a safer area if possible
 - Do not worry about cleaning up
- Call for help if safety cannot be maintained



Tricks and Tips

- Reinforce good behavior
- Have a plan
- Start SMALL
- Gradually increase...baby steps
- Pair yourself with someone who has reliable success
- Reinforce good behavior



Survival Bag



Call Your Local Behavior Specialist

