

ALONGSIDE ● AUTISM
TRAINING & CONSULTANCY

"With you, enabling individuals on the autism spectrum"

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Alongside Autism: Behaviour and the Bottom Line



AGENDA

Recap on Anxiety and Meltdowns

Your experiences

What are acceptable behaviours?

Why do they occur?

What are your limits?

How to deal with behaviours

Recap on Anxiety and Meltdowns

Triggers and Toolkits

Your experiences

Group Discussion – share your experiences
Think about triggers, behaviours and
consequences

What are acceptable behaviours?

- ★ Who is it a problem for?
 - ★ Group discussion
 - ★ Public / Family
- ★ Why do you think that someone would present challenging behaviour?

What are acceptable behaviours?

- ★ When do you think a behaviour is acceptable?
 - ★ At home
 - ★ In school / work
 - ★ In the community

Why do they occur

When thinking about your loved ones, when does the behaviour occur?

At home

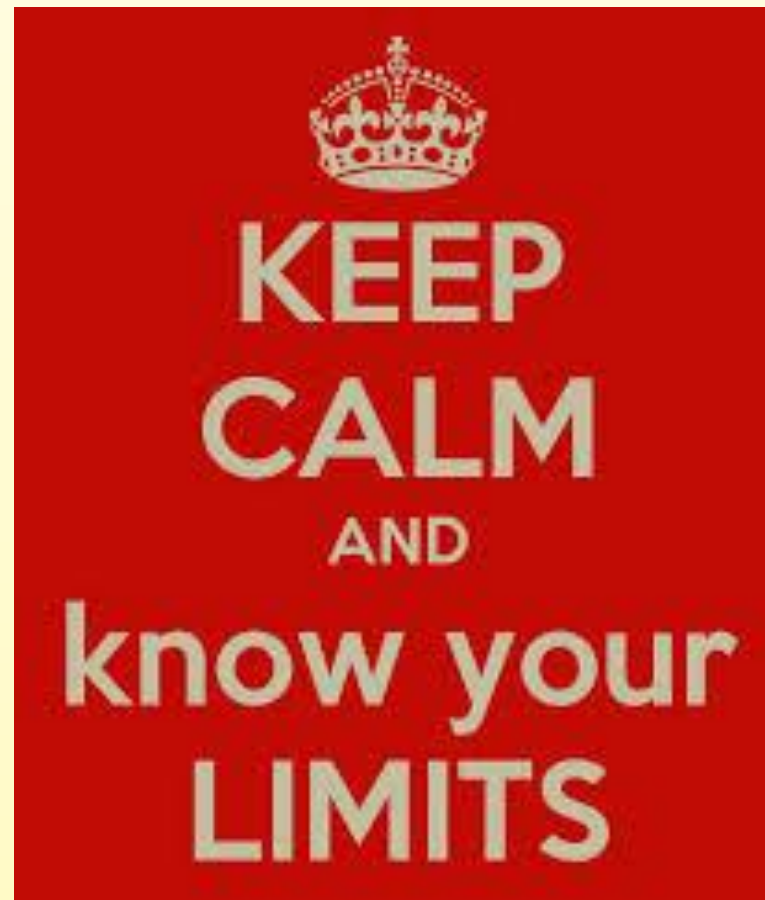
In the community

Why do they occur

Why do you think that the behaviour occurs?

Sensory
Communication
Transition
Angry / Happy

What are your limits?



What are your limits?

As a parent or a carer of someone that presents behaviours it can be difficult to know when a behaviour is not acceptable.

Some families or carers find it hard to ask for help or support as they can feel that they can't cope with the person

What are your limits?

When do you feel that a behaviour has gone too far?

If it is placing you, the person or others in danger?

If you are unable to participate in the community?

If you feel scared or alone when in the home setting?

Managing behaviours

Recap on the toolkit which was discussed in the anxiety workshop.

Think about why is the person presenting these behaviours?

Sometimes we need to get other people to support us as we may not be able to recognise why the person is doing the behaviours.

This may not need to be a professional it could be someone that is in the friendship circle.

Managing behaviours

When being presented with challenging behaviour, you must try and appear calm as when someone is distressed by becoming to high arousal (Shouting, standing too close) this can increase their own anxiety.

Managing behaviours

1. Listen to what the person is saying
2. Reduce demands and requests
3. Distance
4. Eye contact
5. Remove others if possible
6. Use distractors
7. Record when behaviours occur and the intensity.

Managing behaviours

When behaviours occur we need to remove ourselves from the situation and let the person calm down.

After any behaviour we all need to talk about it and how it made you feel; this also includes the person that was having the behaviour.

Managing behaviours

Who can you talk to?

Parent networks

Carer Support

Other family

Professionals that could support you

GP

NHS Behaviour specialist (Children and
Adult services)

CBCST learning disabilities (NHS)

Police

Questions?

