

## AUTISM BEHAVIOUR SUPPORT RESOURCES

Autism spectrum disorder is a neurobehavioral disorder, which affects the way the brain functions and as a result affects behaviour. When we are looking at behavioural interventions, it is important to identify a goal. Is it to:

- Teach new skills
- Maintain positive behaviours
- Transfer behaviour to a new situation
- Reduce interfering/negative behaviours

Your child's allied health team (including, but not limited to, occupational therapist (OT), behavioural aide, psychologist) is a great resource to help understand your child's behaviour. You are strongly encouraged to ask them about your specific concerns and questions! For severe behavioural problems, ask your team and FSCD if anyone is able to do a functional behavioural analysis. This type of assessment looks at what is happening right before the episode, the episode itself, and what is the outcome of the episode. For example, was the outcome sensory seeking, avoiding, attention seeking, etc. Understanding all aspects of the behaviour, will help you and your team make a plan to address it.

That being said, many parents would like to know more and review behavioural support online. Below is a summary of some of the websites that can help you gain insight into your child's behaviours. This list is not meant to be inclusive, and we are not promoting a specific website.



## Websites:

National Autism Centre works to (1) Developing and disseminating national standards of practice (2) Providing reliable information about evidence-based interventions (3) Working to shape public policy concerning ASD and its treatment

[www.nationalautismcenter.org](http://www.nationalautismcenter.org)

Autism Focused Intervention Modules (AFIRM) has modules designed to help you learn the step-by-step process of planning for, using, and monitoring an evidence based plan (EBP) to help challenging behaviours.

<https://afirm.fpg.unc.edu/node/137>

Autism Internet Modules (AIMs) has modules designed to provide high-quality information and professional development for anyone who supports, instructs, works with, or lives with someone with autism.

<https://autisminternetmodules.org/>

Positive Behaviour Supports (PBS) combines evidence-based practices from applied behavior analysis (ABA) and other disciplines to resolve behavioral challenges and improve independence, participation, and overall quality of life of individuals.

<http://www.pbsc.info/>

The Enhance Lab has multiple studies looking at Autism. They are free programs if you agree to participate in their research studies. One study is looking at treating anxiety in persons with Autism called "Facing Your Fears Program" for ages 8-14yr. Please ask your pediatrician if you'd like a referral to this program.

<https://www.enhancekidshealth.com/current-projects>

Autism Speaks website has lots of great resources, which includes free Toolkits to download. The toolkit includes visual schedules to teach your child behavioural skills to navigate certain situations, such as blood draws, dental work, and travel.

<https://www.autismspeaks.ca/science-services-resources/resources/>



There are lots of apps out there, but one that seems to work well by offering visual choices is Choiceworks. There is a cost to use all the features of this app, even the basic/free part is worthwhile.