

BEHAVIOUR IS COMMUNICATION

SEAT – FUNCTIONS OF BEHAVIOUR

Non-speaking individuals may communicate by using behaviours, such as:
vocalizations (giggle, yell, squeal);
movements (pace, rock, jump, flap or tap hands, fingers or feet);
or externally-focussed actions (hit, shove, bite, stomp or overturn an item).
Think about the intention of the behaviour. What is the goal for them?

SENSORY

- for pleasure, to self-regulate (sensitize or desensitize) or to soothe discomfort by stimming.

Accept stimming without judgement or mirror the stim to engage with the individual.

ATTENTION

- to direct your focus, seek your feedback or response, whether positive or negative

Reward attempts to connect with prompt, positive attention after behaviour stops. Proactively build time for individualized attention into your interactions. Ignore unwanted behaviours.

ESCAPE

- to avoid doing something; especially instructional or reciprocal

Reduce expectations around time and deliverables, consider a reward system, use task lists with completion steps and schedules that designate an escape time.

TANGIBLE

- to gain access to something they can't access independently. When trying to access a tangible item

To decode the ask - point, use gestures, offer suggestions, introduce augmentative communication tools. To redirect an ask, only if it can't be accommodated, offer alternative choices.

ABOUT AUTISM HOME BASE

We are Autistic adults across the spectrum and their friends and families. We create and promote opportunities to build lifelong relationships, expand our supportive networks, and develop new skills and interests.

We exist to combat the debilitating effects of social isolation that many Autistic individuals experience.



ASK ABOUT OUR TRAINING AND E-LEARNING CERTIFICATE PROGRAMS

The 'Lived Experience Autism Perspective' (LEAP) training can help your team




- Demystify autism
- Brainstorm strategies
- Develop inclusive solutions

Learn more at autismhomebase.com/LEAP_workshops/

**FOR OTHER FREE TOOLS AND TIPS VISIT
[HTTPS://AUTISMHOMEBASE.COM/TOOLS/](https://autismhomebase.com/tools/)**



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