

Demand Avoidance Management Strategies



Bobbi Cook
Senior Behaviour Therapist



Demand Avoidance -

The act of putting more energy into avoiding doing a task than it actually takes to do the task

- Child not wanting to do what they are asked to do

Normal age appropriate developmental stage

- Child wants to do things but they can't for whatever reason
- Seen in ODD, ADHD, anxiety disorders, ASD, Down Syndrome, Chromosome Disorders

Extremes

- One of the challenges with task and demand avoidance is it can be very extreme and **NOT** actually fit any of these boxes neatly

Pathological Demand Avoidance



Management Strategies

Strategies recommended for ASD

- ❖ Firm boundaries
- ❖ Praise
- ❖ Structure and routine
- ❖ Rewards
- ❖ Consequences

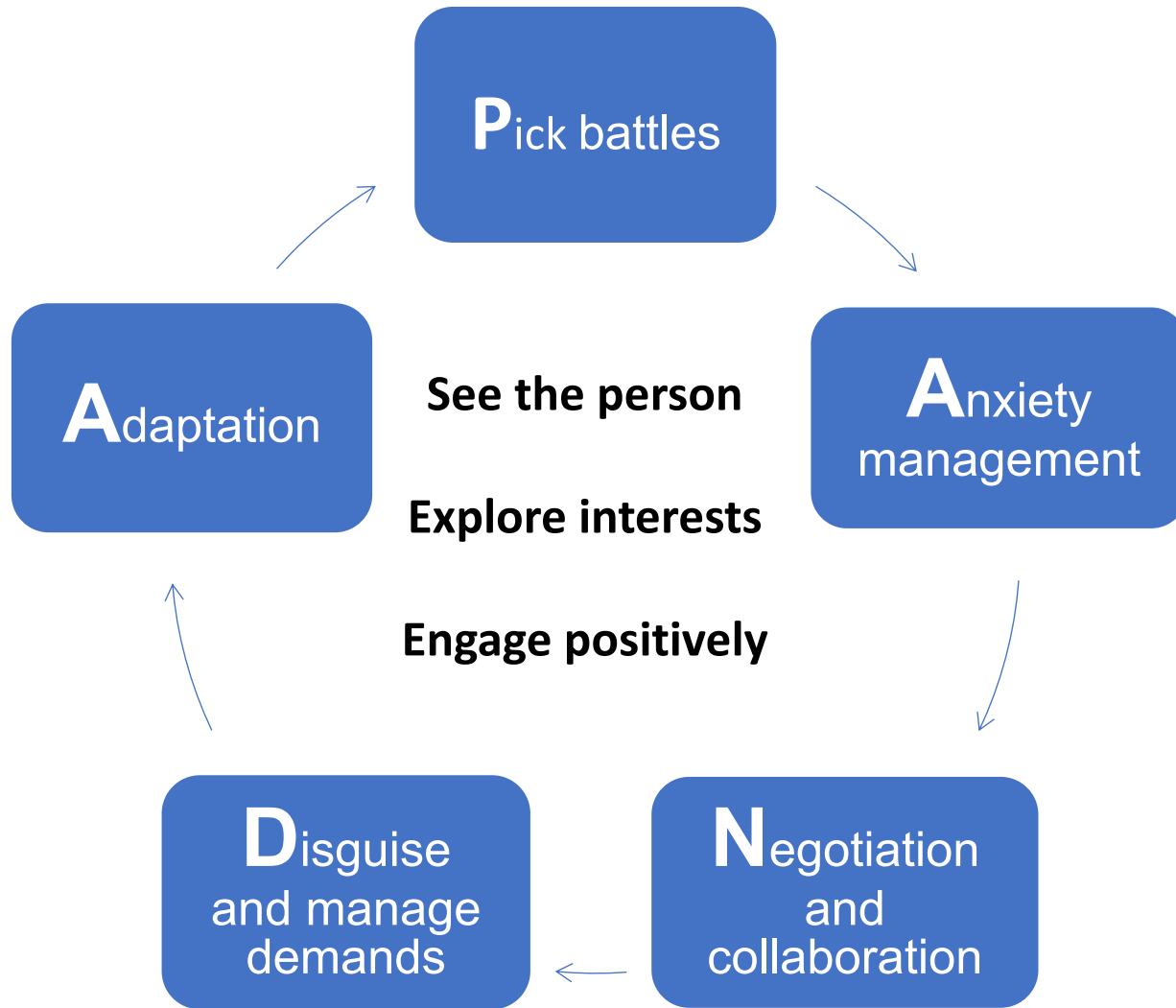
Strategies recommended for PDA

- ❖ Person-centred approach
- ❖ Negotiation
- ❖ Collaboration
- ❖ Flexibility



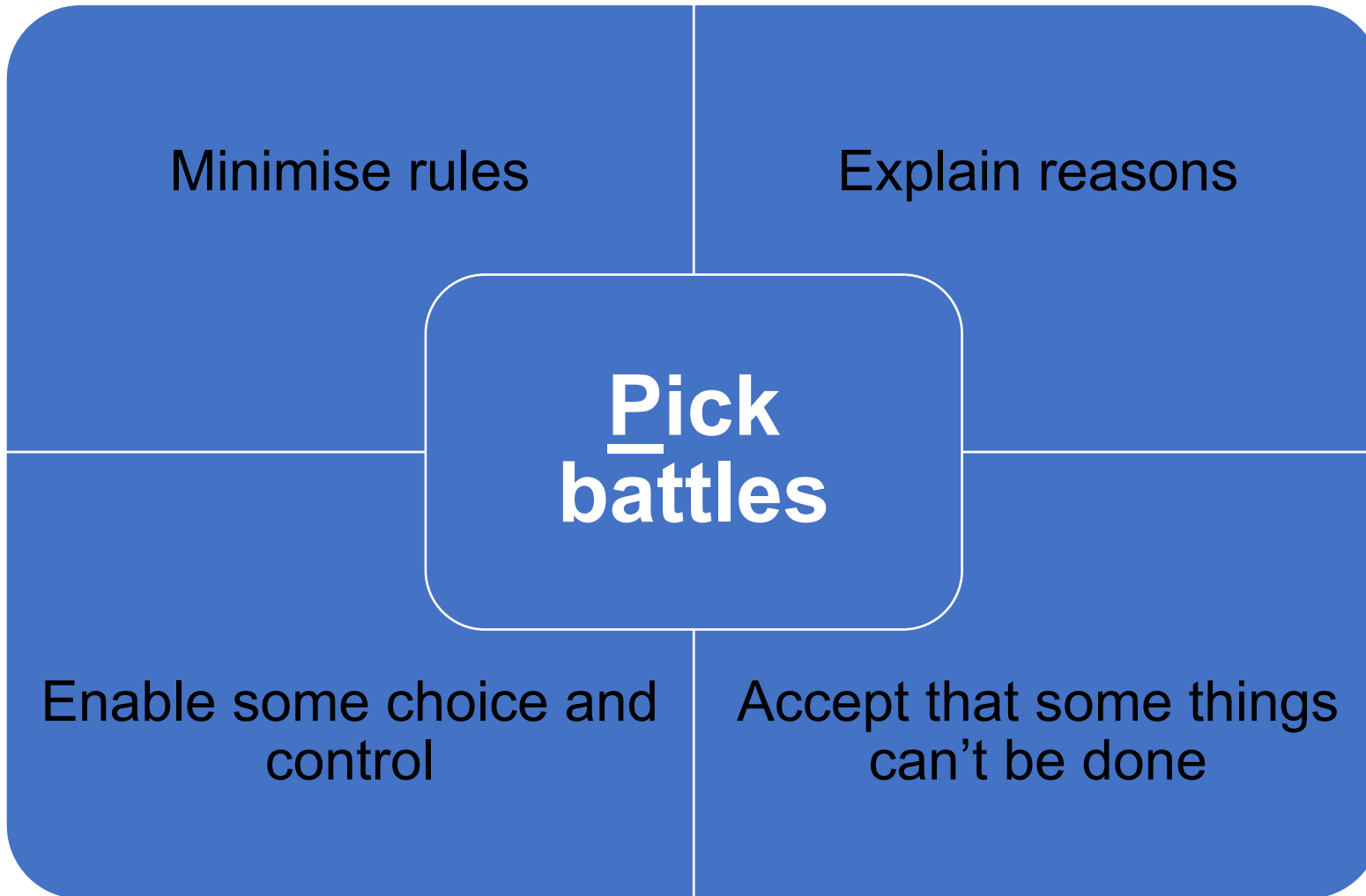


**P
A
N
D
A**



The PDA PANDA symbolises the need to tailor the environment to meet the needs and the PANDA mnemonic is a simple reminder of helpful approaches.







Negotiation and collaboration

Keep calm

Proactively
collaborate and
negotiate to
solve challenges

Fairness and
trust are central



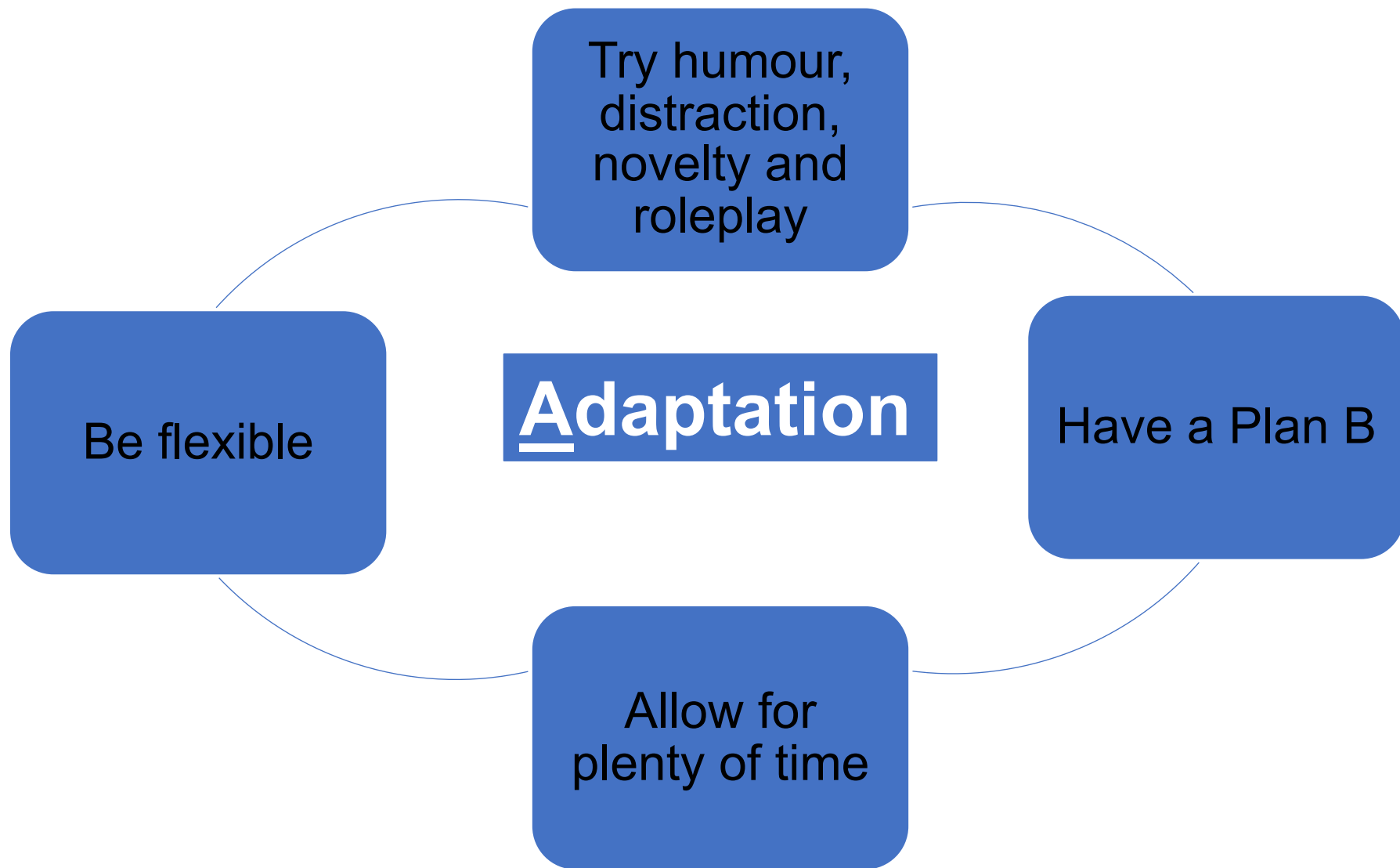
Disguise and manage demands

Word and position requests indirectly

Constantly monitor tolerance for demands and match demands accordingly

Doing things together helps





Question & Answer Time

5 Shaftesbury Ave
Winter Valley VIC 3358
(03) 5309 0495

reception@bcbm.com.au

www.bcbm.com.au

www.facebook.com/bobbicookbm

Certificates may be requested by
contacting reception@bcbm.com.au

