

Task and Demand Avoidance



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What is Task and Demand Avoidance?

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

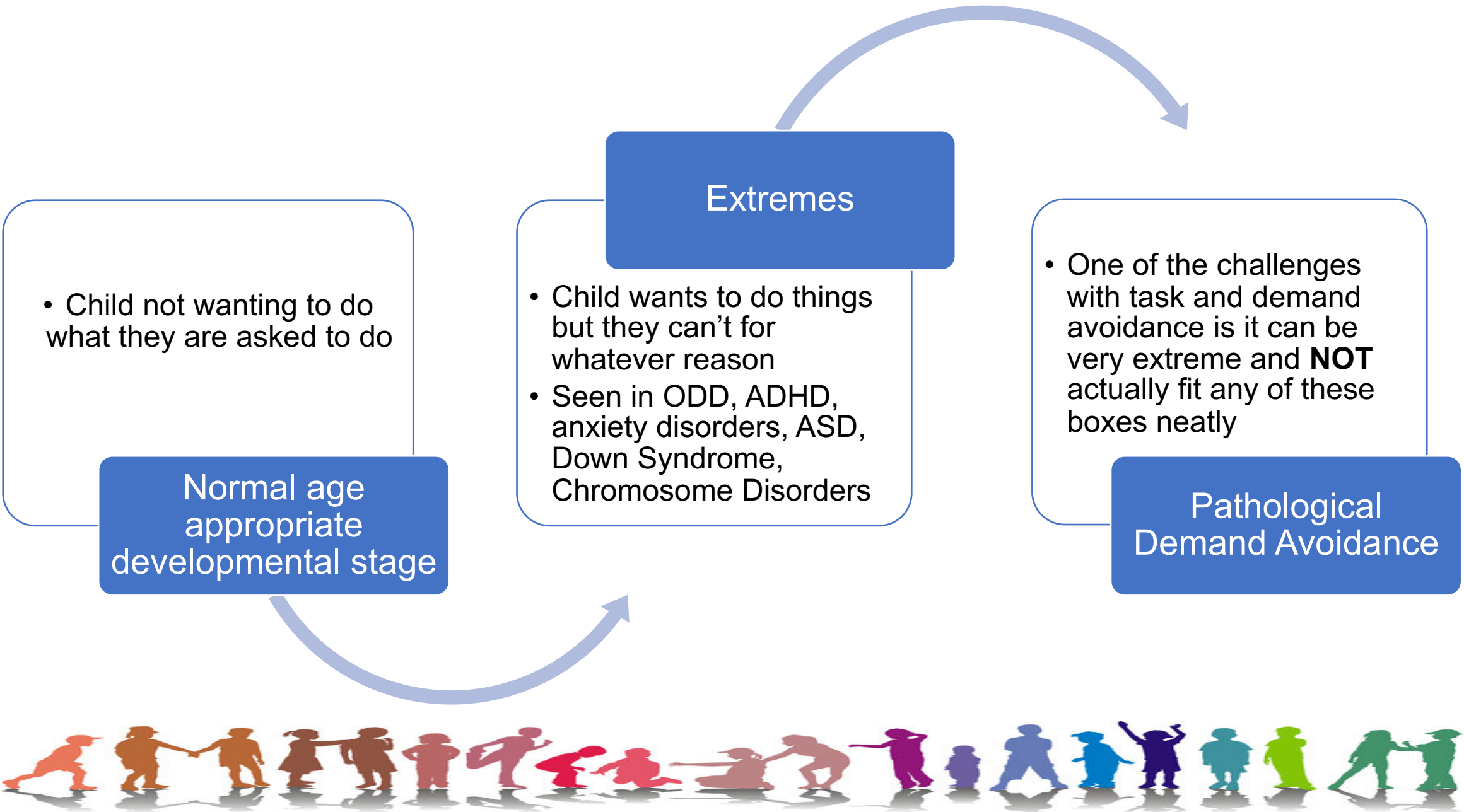
Asking the same question over and over

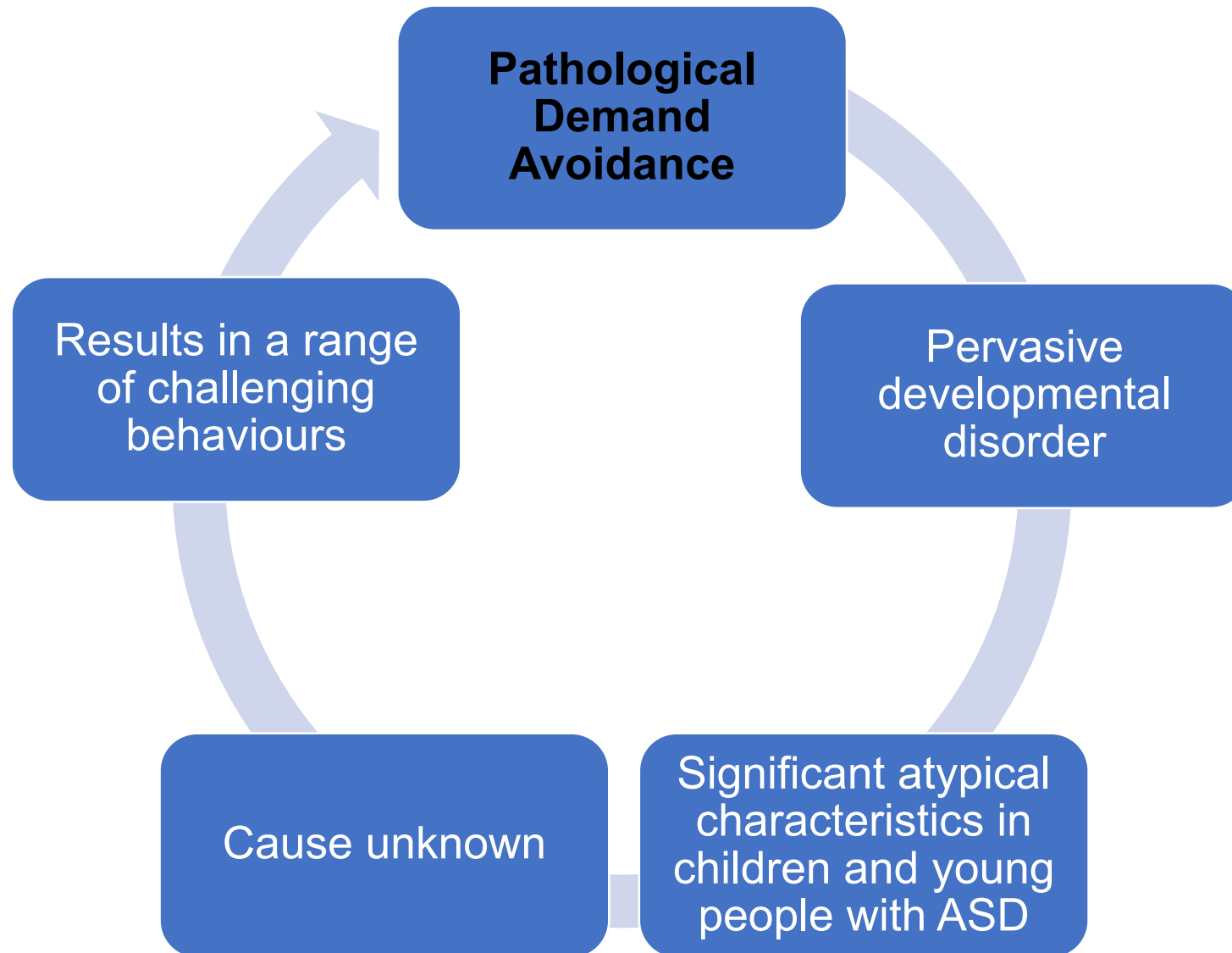
Banging or bumping self and having an over the top response

Going to the loo for 100000000 minutes

Starting an argument









Biggest obsession is
avoiding demands

Avoid doing what they are
asked to do, blaming others

Are 'obsessional'

Fascination over certain toys,
videos or games

Talk persistently about one
topic of conversation and ask
the same question over and
over



**May become easily upset
or angered**

Feel under
pressured

Worry about
things

Feel anxious
most of the time

Increases when
asked to do
something



Stories and games
taken seriously

**Difficulty telling the
difference between real and pretend**

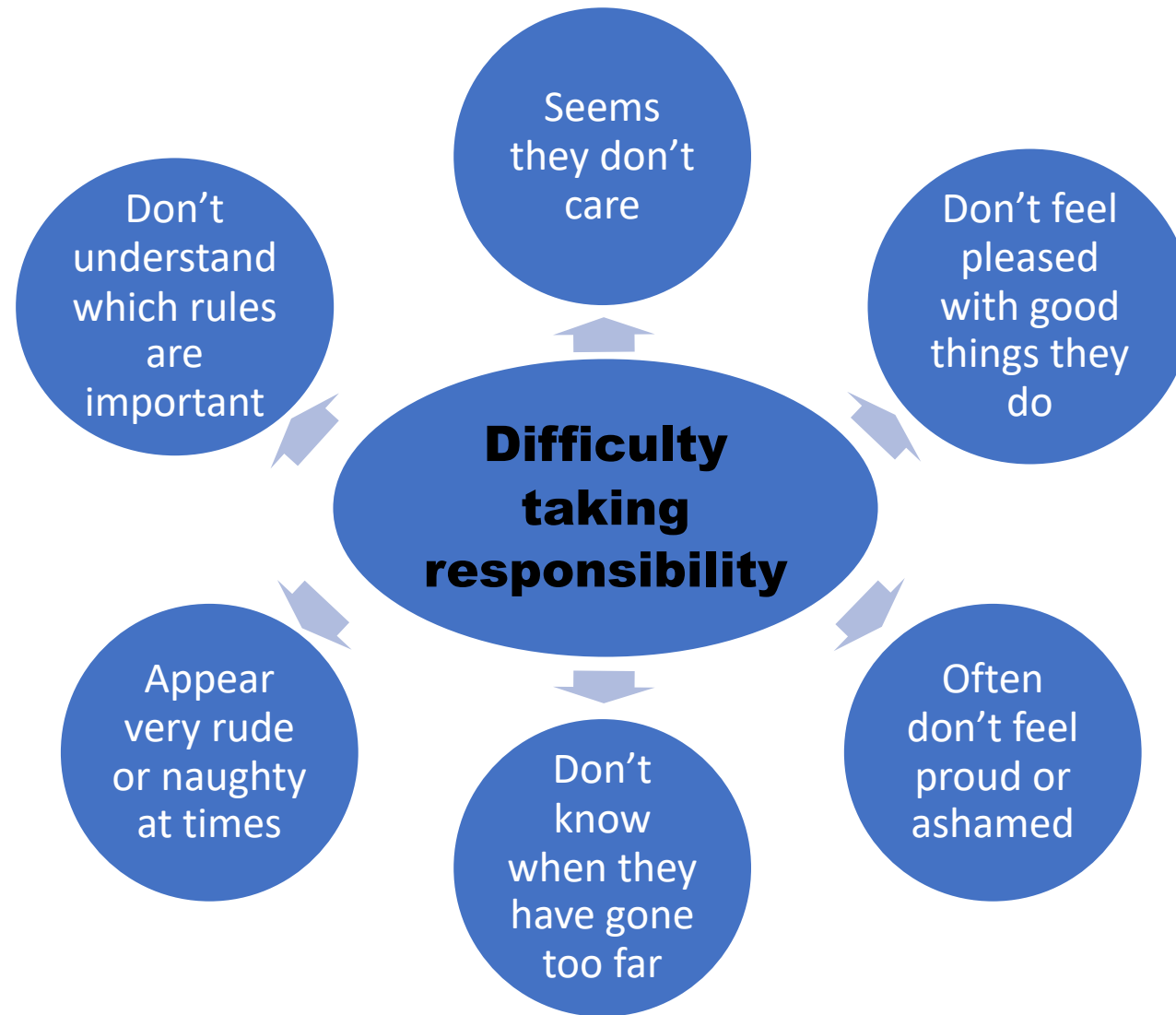
They don't realise
they are being
tricked or lied to

Often taken
advantage of

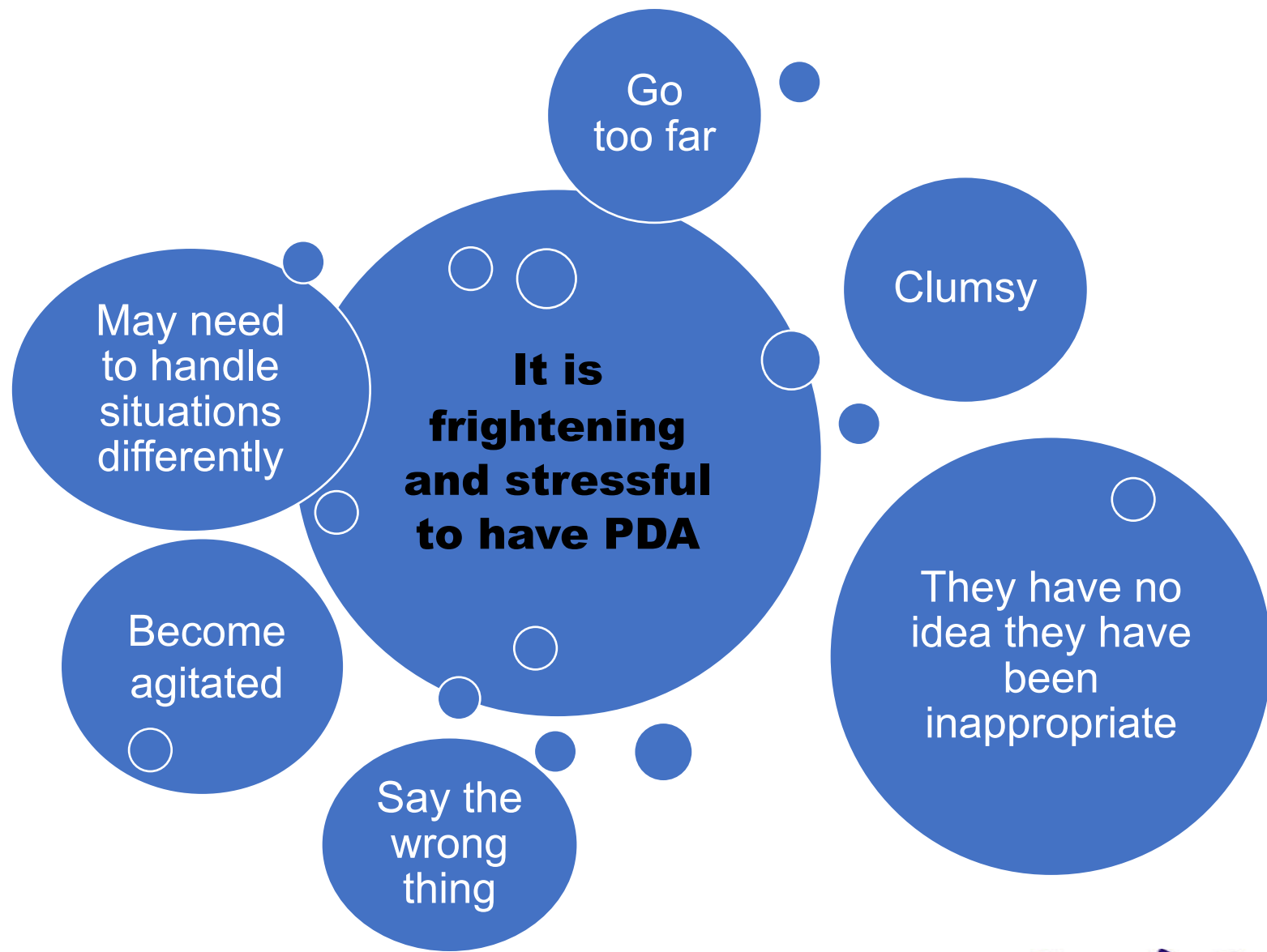
Try to take over
situations

They don't
understand that
they can't be the
adult









Supports

Understand why a child behaves in the way they do

Good teaching

Makes their lives a bit easier

Makes your life easier too

Encouragement





Helpful approaches for a PDA profile of autism

Conventional support strategies, including those often recommended for ASD, are often ineffective and counter-productive with a PDA profile. In place of structure, routine, firm boundaries, praise, rewards/consequences, is a person-centred approach based on negotiation, collaboration and flexibility.



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

For more information please visit www.pdasociety.org.uk

Pick battles
Anxiety management
Negotiation & collaboration
Disguise & manage demands
Adaptation

Pick battles

- Minimise rules
- Enable some choice & control
- Explain reasons
- Accept that some things can't be done

Anxiety management

- Reduce uncertainty
- Recognise underlying anxiety & social/sensory challenges
- Think ahead
- Treat meltdowns as panic attacks: support throughout & move on



Adaptation

- Try humour, distraction, novelty & roleplay
- Be flexible
- Have a Plan B
- Allow plenty of time

Negotiation & collaboration

- Keep calm
- Proactively collaborate & negotiate to solve challenges
- Fairness & trust are central

Disguise & manage demands

- Word & position requests indirectly
- Constantly monitor tolerance for demands & match demands accordingly
- Doing things together helps

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Praise: the Implied Demand

Day One



Day Two



Question & Answer Time

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