

## **FAB Strategies® to Improve Self-Control Form**

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

Client: ASD, Intellectual Disability, ADHD, & Anxiety Disorder  
Dx; Def Diff in Sensory Sensitive, Sensory Avoiding, & Behavior;  
Physical & Verbal Aggression; QABF found slapping done  
primarily for Escape & Attention; 13 years 11 mo.

Therapist: John Pagano, OTR/L Contact: [JLP96007@gmail.com](mailto:JLP96007@gmail.com)

Functional Goals: Keep safe hands for four consecutive hours

Date: 1/20/20

### **A. ENVIRONMENTAL ADAPTATION**

Approach client slowly and gradually

Sensory coping area/Prepare-Limit-Transitions

Headphones (model on self then offer)/Low noise

Lower demands if noisy or crowded

Remove glasses or cell phones as they can be triggers

Choice of 1 activity from 1 choice “yes/no”; clean up before next

### **B. SENSORY MODULATION**

Coloring with scented markers/green theraplast/playdoh

Sitting on therapy ball bounce up & down

Decrease, then if needed gradually increase, sensory input

**Roll therapy ball-Core/Back vibration**

### **C. POSITIVE BEHAVIOR SUPPORT**

Redirection to a favorite task in a quiet setting initiated when upset

Pre-correction/Priming/Preferred: Tasks-Distractor

Choice-offer one ask “yes or no”/Mand: Break-verbally ask “done”

Intersperse learned tasks/Prompts

Reinforce: Attempts-Appropriate-Individual attention/

Tangible favorite reinforcers- yogurt, sherbet, music

### **D. PHYSICAL SELF-REGULATION**

Walks/Basketball/Dancing to his music

Mini-trampoline jumping

Sweeping the floor with large heavy broom

Foam ball catch saying “1-2-3-go” then throw

<http://www.autismprthelp.com>

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

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

**References:** Domitrovich et al., 2013; Koester, 2012; LaVigna & Willis, 2012; Stahmer et al., 2011

**Parent/guardian Signature Supporting Program:**

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