

FAB Strategies® to Improve Self-Control Form

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Client: 13 yr. old girl with ASD, Intellectual Disability, & Anxiety Disorder Dx; Definite Difference in Sensory Sensitive, Sensory Avoiding, & Behavior on Sensory Profile; function of slapping others primarily Escape & Attention on QABF.

Therapist: John Pagano, OTR/L Contact: JLP96007@gmail.com

Functional Goals: Keep safe hands for four consecutive hours Date: 4/8/20

A. ENVIRONMENTAL ADAPTATION

Approach client slowly and gradually, after removing glasses (they can be triggers)
Prepare-Limit-Transitions)/Low noise/Lower demands if noisy/Offer headphones
Choice of 1 activity from 1 choice ask “yes or no”; clean up before next activity

B. SENSORY MODULATION

Coloring with scented markers
Body scan: copying you by pressing with own hand (Top head-forehead-palms-stomach)
Roll therapy ball-Core/Back vibration

C. POSITIVE BEHAVIOR SUPPORT

Redirection to a favorite task in a quiet setting initiated when first becoming distressed
Pre-correction/Priming/Preferred: Tasks-Distractor
Reinforce: Attempts-Appropriate-Individual attention-Tangible: yogurt, sherbet, music

D. PHYSICAL SELF-REGULATION

Walks/Basketball/Dancing to her rap music
Mini-trampoline jumping/Sweeping the floor with large heavy broom
Foam ball catch saying “1-2-3-go” then throw, for her throws say while extending hands

<http://www.autismprthelp.com> www.challengingbehavior.org www.spdstar.org

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

*Items in bold are developed by occupational, physical, or speech/language therapist