

FAB Strategies® for Learning Readiness Form

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X-Therapist √-Staff & family A-Attachment Circle-Equipment given

Student: 14-year old student with Autism Spectrum, Intellectual, Anxiety, & Attention Deficit Hyperactivity Disorder as well as Tourette's Syndrome. On the Sensory Profile scored as having Definite Difference (*More than others*) in Sensory Sensitivity, Sensory Avoiding and Behavior Challenges. QABF score as Attention and Escape primary functions of his grab/swipe behavior.

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

Functional Goal: Increase safe hands (e.g., Grab/swipe 5 times daily or less)

Program Initiation Date: 1/2/18

Baseline: 1/1/18 Grab/swipe others average 20 incidences daily

A. ENVIRONMENTAL ADAPTATION

Remove glasses and cell phone (e.g., triggers) before approaching

Visual: *Picture schedule-Calm face/Slow: Speaking-Pace*

Sensory coping area/Prepare-Limit-Transitions/Low noise

Headphones (model on self, then offer)/Lower demands if noise-crowds

Approach slowly and gradually/Fidgets

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

B. SENSORY MODULATION

Arousal level-Coloring with apple scented green marker when calm alert

Sitting on therapy ball bouncing himself up & down (pressing shoulders)

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 triggered

Pre-correction/Priming/Preferred: Tasks-Distractor

Mand: Break-verbally ask “done?"/Intersperse learned tasks/Prompts

Reinforce: Attempts-Appropriate-Tangibles: yogurt, sherbet, music

D. PHYSICAL SELF-REGULATION

Walks/Basketball/Dancing/Mini-trampoline jumping (press shoulders)

Sweeping the floor with large heavy broom/Foam ball throw/catch

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