

# HAVE YOU HEARD OF PDA?



## Pathological Demand Avoidance

### PICK BATTLES



# P

- Minimize rules
- Enable some choices and control
- Explain reasons
- Accept that some things can't be done

### ANXIETY MANAGEMENT



# A

- Reduce uncertainty
- Recognize underlying anxiety, social, & sensory challenges
- Treat meltdowns as panic attacks, support them & move on

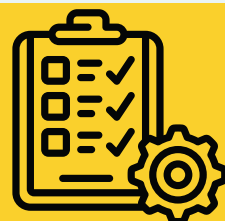
### NEGOTIATION & COLLABORATION



# N

- Keep Calm
- Proactively Collaborate &
- Negotiate to solve challenges
- Fairness & Trust are essential

### DISGUISE & MANAGE DEMANDS



# D

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

### ADAPTION

# A

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

