

Environmental Accommodations

Gary Luckie,
CNS Behaviour Support

Environmental Impact

Sometimes
Behaviours that
Challenge can occur
because of conflict
between the
environment and an
individual's needs

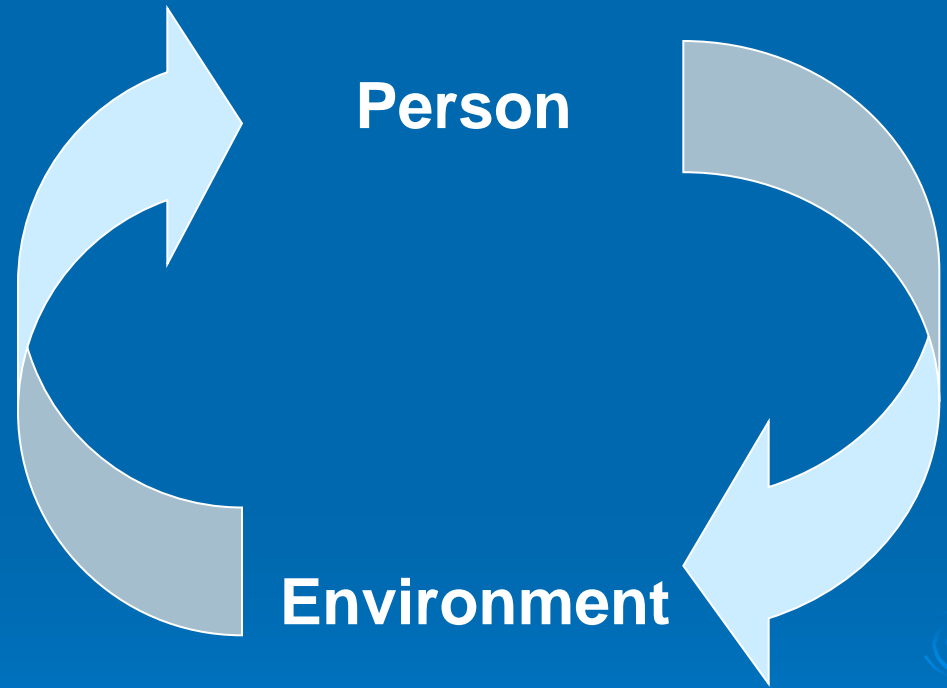


Environmental Accommodations

The person can overcome behavioural disability to the extent that the environment can adapt, or be adapted, to meet the needs and characteristics of the person.

Ecological analysis & Environmental Strategies

- Evaluation of the effect of the environment on the person and the person on the environment and try to make a better match



Environmental Accommodations

Environmental accommodations / strategies attempt to allow the person to fit into their environment by making ecological changes to the environment.

(La Vigna and Willis 1995)

Environmental Accommodations

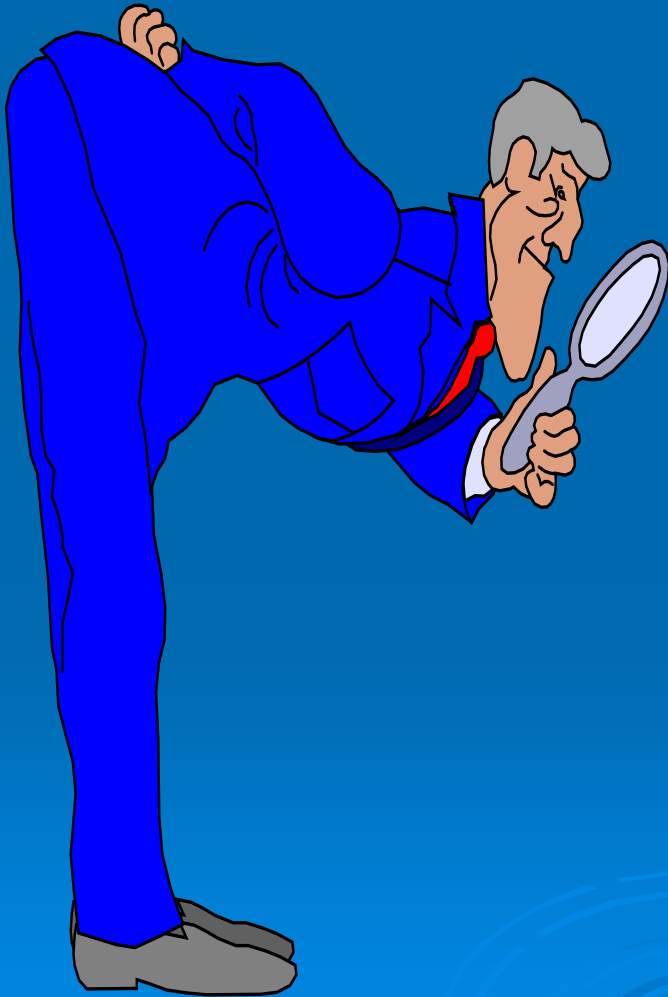
Environmental Accommodations or Strategies – often referred as ‘Smoothing the fit’. Essentially it is about making changes in the persons environment to make it better suited to the person.



Ecological Analysis

A comprehensive assessment outlines the external setting events (e.g. noise, schedule, transitions, predictability, variety of activity, choice) which may predispose the person to be motivated to exhibit challenging behaviour.

How Do We Know What Environmental Factors are Affecting the Individual?



- Ecological analysis
- Direct Observation
- Ask-
 - The person
 - Family
 - Staff
 - Friends

How Do We Know What Environmental Factors are Affecting the Individual?

Physical:

- Communication aids or supports...
- Is there an underlying medical condition...
- Side effect of medication...
- Disturbed sleep pattern...
- Change to diet and eating habits...
- Does the person have space for privacy...
- Is noise or crowding a factor...
- Accessibility of the physical environment...

How Do We Know What Environmental Factors are Affecting the Individual?

Interpersonal:

- Communication...
- Relationships; with family, friends, staff...
- Number of others sharing the environment...
- Opportunities for social interaction...
- Expectations of the others...
- Is the person lonely...
- Suffered bereavement or loss ...

How Do We Know What Environmental Factors are Affecting the Individual?

Programme:

- Type of activities available to the person...
- Break time between activities...
- Waiting times...
- Types of demands placed on the person...
- Over stimulation, under stimulation...
- Predictability of routine / change of routine...
- Activation ... exercise...
- Choice... Variety...
- Task difficulty...

Sensory Profile

- How does the person hear?
- How does the person see?
- How does the person feel?
- What does the person taste?
- What does the person smell?
- How is the person's balance & coordination?

Physical, Interpersonal and Programmatic Environmental Accommodations

Environmental Accommodations

Environmental strategies involve making adaptations to the physical environment as well as making interpersonal and programme accommodations.

(La Vigna and Willis 1995)

The 3 P's

- Physical
- People
- Programme

Multi-Element Behaviour support

Background & Functional Assessment

Proactive Strategies

Reactive Strategies

Environmental Accommodations

- Setting
- Interactions
- Activities
- Choice
- Variety

Skills Teaching

- General skills
- Functionally equivalent skills
- Functionally related skills
- Coping & tolerance skills

Direct Intervention

- Reward no behaviour
- Reward low rates of behaviour
- Reward alternatives
- Co-operation training
- Satiation

- Ignore
- Redirect
- Feedback
- Instruction
- Facilitate
- Stimulus Change
- Active Listening
- Emergency Management

Support system

Outcomes

•Speed & degree of effects

•Generalisation

•Maintenance

•Social Validity

•No Side effects

•Quality of life

Physical Accommodations

- Setting
- Light
- Noise
- Crowding
- Space
- Food and drink
- Sensory differences
- Pain management
- Medical Interventions

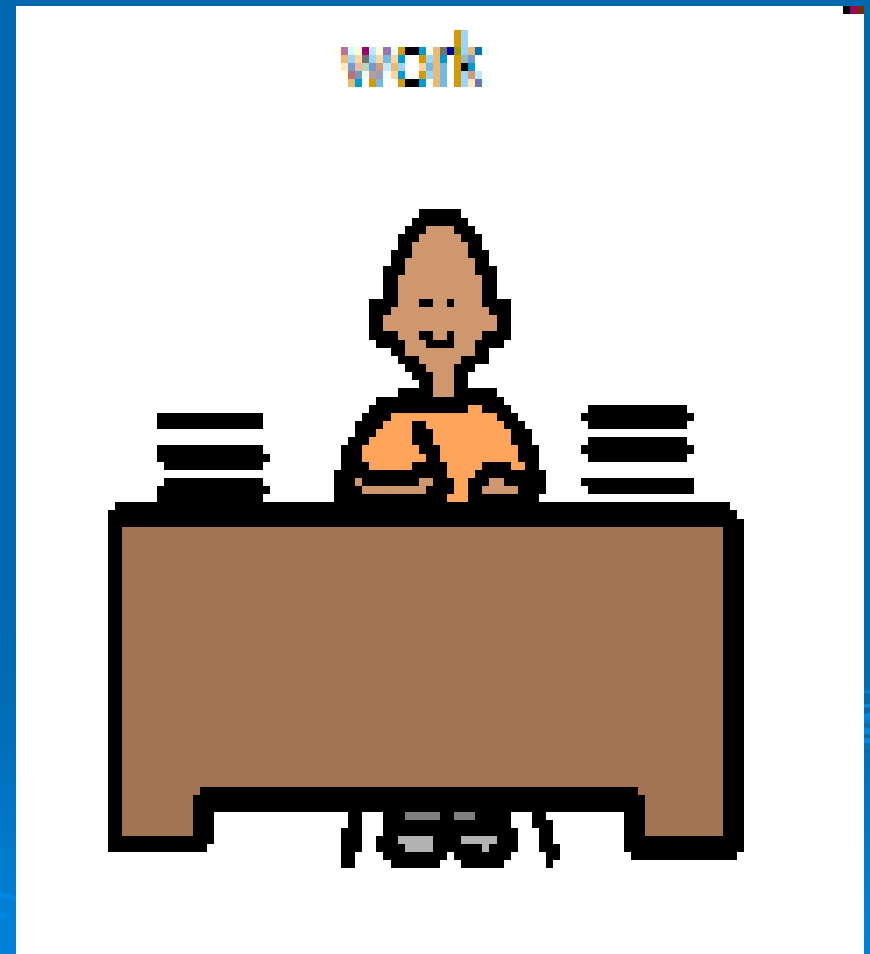


Physical Accommodations

- Mobility aids,
- Spectacles, Hearing Aids
- Technology – Mobile Phone, Skype
- Door Handle – Keyless...
- Communication Equipment
 - Boardmaker symbols
 - Big Mac, Talk 20 20
 - Smart Phone Communication APP

Programme Accommodations

- Choice
- Predictability
- Rules
- Motivation
- Opportunity to learn
- Variety
- Task difficulty
- Instructional methods
- Staff Support



Make Activities More Predictable / Concrete

8am



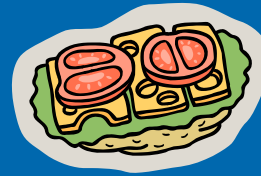
9am



10am 1pm



2pm



3pm



4pm



4.30pm



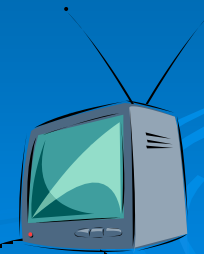
5pm



6pm



7pm 10pm



Guidelines for Picture Schedule

- Make sure it's in a medium the person understands (line drawings / photographs / objects)
- Accessible to the client
- Dignified and Respectful

Making Information Clear

eg: **Staff Rota**

Monday



Tuesday



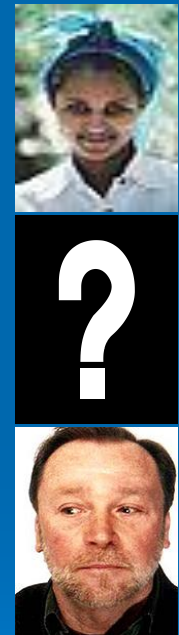
Wednesday



Thursday



Friday



My Schedule

This Week

Monday



Tuesday



Wednesday



Thursday



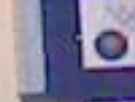
Friday



Saturday



Sunday



Today is: Monday

My Schedule

	OR	
--	----	--

TONIGHT

TOMORROW

TODAY

REFERENCES

- LaVigna, G.W. and Willis, T.J. (1995) *Challenging Behaviour. A model for breaking the barriers to social and Community integration* Positive Practices Vol. 1(1)