Autism: reducing the need for restrictive practices

Nothing about me without me

When I’m anxious

As an Autistic I am single minded. Learning is off-line unless I am interested.
I cannot multi-task unless connected with interests that motivate me.
I need my interests built into the curriculum not used as a reward.
I need my interests built into relationships too!
My interests facilitate and maintain learning for me.

All action/activity plans should be developed with or by me, not without me

Action/activity plans should be 'practiced' (role-played, written, visually represented with me) when I am calm

Interests connect me. I connect to what interests me
Motivation draws me towards learning
Negotiation helps me feel more valued, less anxious
Learning through what interests me suits me
Rewards and praise increase anxiety, unless I design them

Making reasonable accommodations for me means allowing control and choice for me.

When I’m anxious reactive restrictive practices
CLOSE ME DOWN

Interoception activities, knowledge, negotiation, value and respect
SUPPORT ME

STOP WORRYING ABOUT WHAT CAN GO WRONG, AND GET EXCITED ABOUT WHAT CAN GO RIGHT.

When I’m anxious

Help me to help myself
Work with me Not against me

Positive plan

Inside me
Anxiety Fear
Outward
Towards others
Towards self

Don’t touch me.
Show me.
Don’t speak to me.
Show me.

Anxiety
Fear

Learning

Relief

Interests
Motivation
Negotiation

Work with me
Not against me

Help me to help myself

Do I know what the plan is?
Do I need help?

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