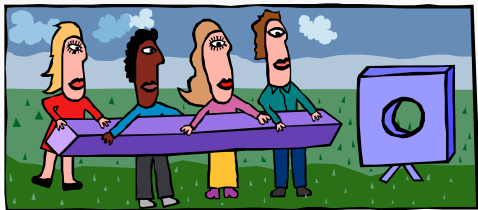


Module 9

Promoting Durable Lifestyle Changes: Generalization and Maintenance

A Tale About Lifestyle Change

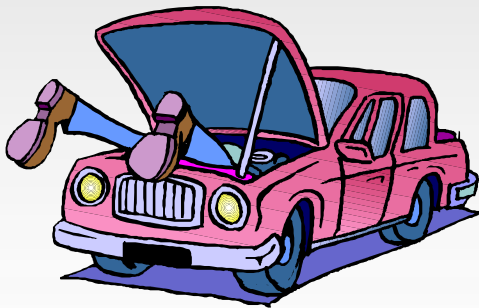
“We have rejected the road that tolerates aversives and characterized by restrictiveness, and we have chosen the road that combines positive Behavior programs with fundamental lifestyle changes reflecting integration, relationships, choices, communication, problem solving, and social skills.”



Turnbull and Turnbull, 1990

Definitions

- Generalization
- Maintenance



Strategies for Promoting Durable Lifestyle Change

(Generalization & Maintenance)

Training Diversely/General Case Programming

- General Case Programming
- Teaching a General Response
- Training Loosely
- Reducing Salient Stimuli



Strategies for Promoting Durable Lifestyle Change

(Generalization & Maintenance)



Incorporating Functional Mediators and Contingencies

Selecting and utilizing elements of the natural environment as cues and outcomes for the target behavior.

- Focus on target behaviors that are relevant for the context
- Modify aspects of the supporting settings to promote adaptive behavior
- Utilize existing natural reinforcers and contingencies

Promoting Broad, Durable Behavior Change

(Generalization & Maintenance)

- Train diversely (i.e., multiple examples general skills, different context)
- Use natural cues & contingencies
- Embed skills within typical routines
- Promote self-management skills



Strategies for Promoting Durable Lifestyle Change

(Generalization & Maintenance)

Teaching in Context

Skills instruction within the context of their natural use accelerates the acquisition, and strengthens the durability of targeted skills.

Examples:

- activity-based instruction
- milieu teaching procedures
- community-based instruction

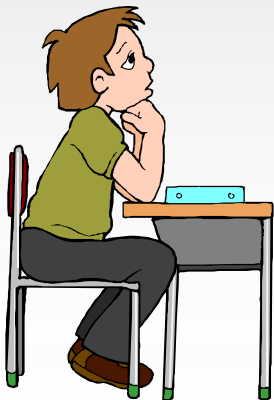


Strategies for Promoting Durable Lifestyle Change

(Generalization & Maintenance)

Self-Management

Monitoring and evaluating one's own behavior affords a level of personal control, independence, and responsibility in changing circumstances.



- Self-monitoring
 - Self-reinforcement
 - Self-correction
-

The Cycle of Behavior Support

- Assessment
- Planning
- Implementation
- Evaluation



Issues in the Implementation of Ongoing Behavior Support



- Comprehensive and dynamic assessment
- Collaborative planning and problem solving
- 'Contextual fit' of Behavior support plan
- Natural supports and contingencies
- Ongoing monitoring and evaluation of plan
- Social support among support team members

Cycle of Behavior Support

