

ADULT BEHAVIOR SERVICES

Understanding What Influences Behavior



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BEHAVIOR IS COMPLEX

BEHAVIOR IS OBSERVABLE

BEHAVIOR IS SOMETHING WE ALL DO

BEHAVIOR SERVES A PURPOSE OR FUNCTION:

**To Get Something*



** To Avoid Something*



** To Escape Something*



** To Enjoy Something*

KEY COMPONENTS TO CHALLENGING BEHAVIOR



Physiological:

- * *comes from within our physical body*

Environmental:

- * *everything around us and others*

Psychological :

- * *feelings, thought processes, emotions*

Social :

- * *situations involving ALL people encountered*

Physiological

Food and water:

** blood sugar drops, shakes, irritable*

Shelter:

** fear, disease, irrational thinking, trauma,*

Sleep:

** memory, mood, immunity, concentration*

Breathing:

** gasping, heart racing, sleep, oxygen drops*

PHYSIOLOGICAL BEHAVIOR

BRIEF AND CONSCIOUS

** Hugging, kissing, driving*

LONGSTANDING AND UNCONSCIOUS

** Ticks, blurting, noise making*

OFTEN INTENSE MENTAL ACTIVITY

** OCD, ruminating, perseverating*

BECOMES UNCONTROLLABLE

** Intense high or intense low*

Environment

Surroundings in which a person, plant, or animal lives or functions for survival.





**IS IT TOO COLD
(PERCEPTION) OR IS
IT TOO HOT
(PERCEPTION)**

**IT'S REALLY WET
WITH RAIN...I DON'T
LIKE BEING WET**

**WHERE IS THE
LIGHT? IT IS
DARK...BOOM...
WHAT WAS THAT?**

EVERYONE RESPONDS TO THE ENVIRONMENT

(SENSORY)

- * THE NEED FOR A COAT OR SWEATER BECAUSE IT'S COLD
(TO THEM?)
- * A JUMP FROM A LOUD NOISE OUT OF FEAR OR STARTLED
(TO THEM?)
- * THE WRINKLING OF A NOSE BECAUSE OF A BAD SMELL
(TO THEM?)
- * FALLING ASLEEP TO GENTLE MUSIC OR ROCK MUSIC
(TO THEM?)
- * A DOG JUMPING IN A LAP FOR A PET IS RELAXING
(TO THEM?)

CONSIDER HOW DO YOU REACT IF:

- * HAVE A TOOTHACHE? (PHYSIOLOGICAL)**
- * HAVE INTENSE HUNGER OR THIRST? (PHYSIOLOGICAL)**
- * NEED TO USE THE RESTROOM AND CAN'T GET ONE? (PHYSIOLOGICAL)**
- * NEED A COAT AND DO NOT HAVE ONE ? (ENVIRONMENTAL)**
- * HAVE A THOUGHT OR SONG STUCK IN YOUR MIND ? (ENVIRONMENTAL)**
- * LOUD NOISES SO YOU CANNOT TALK TO SOMEONE ? (ENVIRONMENTAL)**



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PSYCHOLOGICAL

- * Anxiety disorders including panic disorder, obsessive compulsive disorder, and phobias.
- * Mood disorders including depression and bipolar disorder
 - * Eating disorders
 - * Personality disorders
 - * Post-traumatic stress disorder
- * Psychotic disorders including Schizophrenia
- * Cognitive and intellectual/developmental disabilities
 - * Processing

- * Persistent behavior patterns (intense highs and lows)
- * Chronic or relapsing
- * Interfere with relationships/ability to interact with others
- * Can cause physical symptoms such as, panic attacks, weight and appetite changes, sleep disturbance or excessive sleep, unexplained pain.

WHAT CAN PSYCHOLOGICAL BEHAVIORS LOOK LIKE?



SUPPORTING PSYCHOLOGICAL NEEDS

- * Psychotherapy to address coping strategies, thought processes and work on skill development

- * Psychotropic medications

- * Maintaining consistency among all staff

- * Routines and establishing a sense of safety

- * Always encourage personal choice and offer support

- * Least restrictive measures must always be considered first!



- * Lack of social attention or too much
- * Unrealistic demands/disapproval
- * Not having choices
- * Teasing, tone
- * Familial relationships
- * Boredom, not having enough to do
- * Overloaded, having too much to do
- * Staff turn over, lack of staff

SOCIAL



EVERYONE HAS SOCIAL NEEDS

- * Is the quality of the person's life acceptable (to them)?
- * Do relationships exist in the person's life that support choice and maximize social and personal skills?
- * Are the relationships between staff and the individual appropriate from a professional perspective?
- * Does the person have opportunity for involvement in the community that would support social relationships?

ALWAYS ASK YOURSELF QUESTIONS:

- ❖ What is the person trying to communicate?
- ❖ What does the person get from the behavior?
(Remember, what is considered positive is a matter of perspective).
- ❖ What does the behavior help the person escape?
- ❖ What does the behavior help the person avoid?
- ❖ Always consider what might be going on inside of the person and outside in their environment!



IN CLOSING.....

Always remember that it is important that people:

- * have choice in decisions being made
- * have supports necessary to reach their goals
 - * have something to look forward to
- * strength's, skills, preferences, needs, and limitations are being considered
 - * are provided chance to develop enduring, positive relationships
 - * have the support to lead a purposeful and satisfying life!