Prohibited Practices

Communication
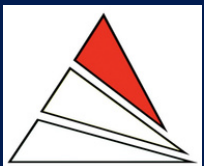
DIVISION OF
**DEVELOPMENTAL
DISABILITIES**

MISSOURI
TIERED SUPPORTS
INTENSIVE
STRATEGIES

12.2023

Housekeeping

- Webinar will be posted on the DMH site under previous Webinars
  - https://dmh.mo.gov/dev-disabilities/webinar/previous
- Participants and those who registered will receive the PowerPoint and the recording
- Put all questions/comments in the chat box and we will acknowledge and address them throughout the presentation

Module Outline

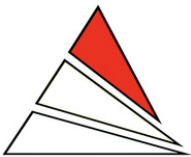Module 1:Prohibited Practices Refresher

Module 2:Considerations When Seeking Help
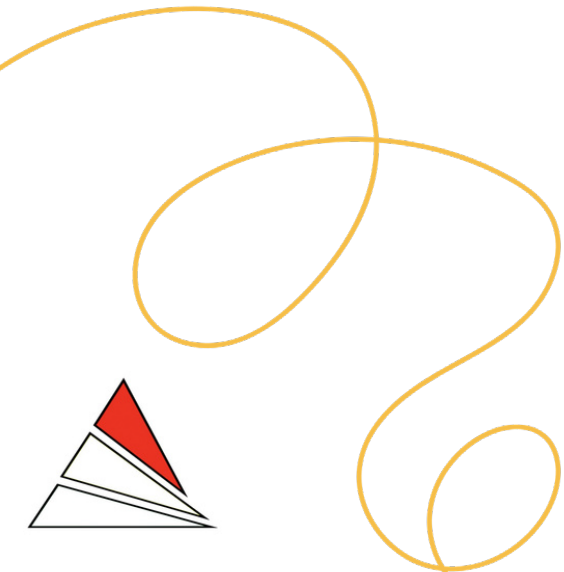
Module 3:Increasing Simple Communications

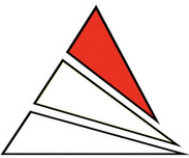Module 4:General Approach to Fading Prohibited

Practices

MODULE 3

Increasing Simple Communications

Increasing Simple Communications Module 3

- Brief Definition of Communication
- Simple Communication/Interaction vs Actual Treatment
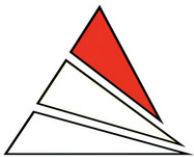- Steps to Increase Simple Communication
- Supports

Brief Definition of Communication

What is Communication and Why is it Important?

- Definition

  - Communication is a process that involves sending and receiving messages through verbal and non-verbal methods.

  - Communication is a two-way means of communicating information in the form of thoughts, opinions, and ideas between two or more individuals with the purpose of building an understanding

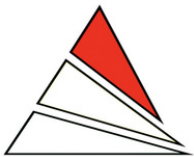Not intended to replace clinical services

Brief Definition of Communication

What is Communication and Why is it Important?

- Communication is essential to our daily lives.

- Any task or activity we do that involves another individual requires us to communicate with them in some way.

- It helps us build relationships, access things in our environments, relay important information, understand the world around us and to be understood by others.

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Brief Definition of Communication

What is Communication and Why is it Important?

- It is essential to communicate with people you support to help them meet their needs and improve their quality of life.

- Challenging behaviors often occur when early attempts at communication either are not understood or are ignored by others.

  - The challenging behaviors often lead to limitations and restrictions being put in place for the individual

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Simple Communication VS Actual Treatment

The goal of the information contained in this module is to increase your understanding of communication and to work on developing communication/interactions while you wait for professional help such as a speech/language assessments and/or an assistive technology assessment

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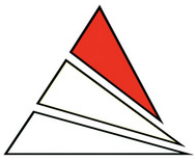
Steps to Increase Simple Communication

- BASIC ASSESSMENT
  - Ask yourself or others who know the individual
    - What are the individuals hearing, listening and visual skills?
    - Does the individual have control of their arms and hands?
    - What visual cues might the individual present to show communication intent?
    - How or where can you document the individual's intent to communicate?

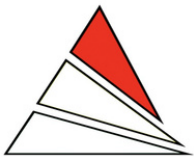Not intended to replace clinical services

Steps to Increase Simple Communication

- BASIC ASSESSMENT
  - Ask yourself or others who know the individual
    - Does the individual have social interactions?
    - Are there noises or vocalizations that are consistent?
    - How does the individual express emotions?
    - What is the individual's ability for motor imitation?

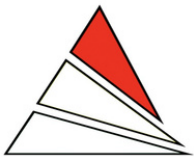Not intended to replace clinical services

Steps to Increase Simple Communication

- BASIC ASSESSMENT
  - Ask yourself or others who know the individual
    - What does the individual recognize
      - Can the individual recognize real object replicas or isolated photos as stand-ins for the real things

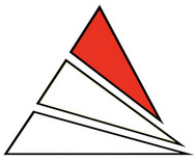Not intended to replace clinical services

Steps to Increase Simple Communication

- BASIC ASSESSMENT
  - Ask yourself or others who know the individual
    - Can the individual follow directions (1-step, 2-step)?
    - Understand social cues, gestures, pointing, pictures?

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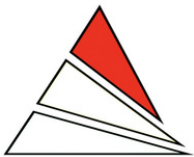
Steps to Increase Simple Communication

- BASIC ASSESSMENT
  - Can the individual make requests?
    - Are requests honored?
    - Are there ways to honor the requests consistently?
    - What are the barriers?

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Steps to Increase Simple Communication

- The answers to these questions are all elements that need to be documented in the individuals plan
  - These are essential for everyone to understand the communication intent of the individual

When … Does This	It Means This
Purses their Lips	They are frustrated or confused

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Developing a Simple Exchange System

This module is not a replacement for clinical services

Steps to Increase Simple Communication

- DEVELOPING A SIMPLE EXCHANGE SYSTEM
  - What is the Purpose of an Exchange System?
    - A way for individuals to communicate without relying on speech.
    - The aim is to teach intentional, functional communication and to allow users to communicate their wants and needs.

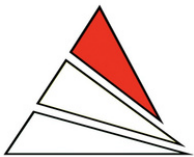Not intended to replace clinical services

Steps to Increase Simple Communication

- DEVELOPING A SIMPLE EXCHANGE SYSTEM
  - What is an exchange system?
    - It is communication that uses visual symbols to teach the learner to communicate with anyone
    - To communicate, individuals use cards with pictures, symbols, words or photographs to ask for things, comment on things or answer questions
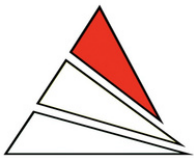
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Steps to Increase Simple Communication

- DEVELOPING A SIMPLE EXCHANGE SYSTEM
  - Who can implement an exchange system?
    - Almost anyone can implement an exchange systems and training is important to everyone.

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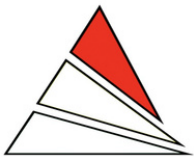
Steps to Increase Simple Communication

- DEVELOPING A SIMPLE EXCHANGE SYSTEM
  - Why use an exchange system?
    - Helps develop intentional communication
    - Reduces negative or challenging behaviors caused by frustration
    - There is in the moment prompting of exchanges
    - There is increased choice-making opportunities

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Steps to Increase Simple Communication

- DEVELOPING A SIMPLE EXCHANGE SYSTEM
  - Why use an exchange system?
    - Increases opportunities for interaction and learning
    - Develops social skills and ability to build meaningful relationships
    - May lead to or improve spoken language skills

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Steps to Increase Simple Communication

- DEVELOPING A SIMPLE EXCHANGE SYSTEM

  Gives the individual a "voice"
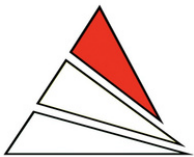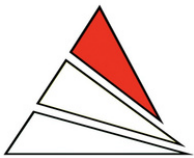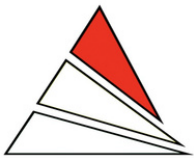
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Steps to Increase Simple Communication

- DEVELOPING A SIMPLE EXCHANGE SYSTEM
  - Understanding the Order of Learning
    - Real object or replica
    - Photo
    - Colored Line Drawing
    - B/W Line Drawing
    - Word

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM
  - When Using a Photo/Picture
    - Select durable materials – heavy card stock, lamination, binder, file box to hold items or picture cards
    - Select clear pictures that
      - Prominently feature the item/action that it represent
      - Resemble as closely (as much as possible) the actual environment

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM
  - Picture cards should be easily grasped/selected by the person who will be using it
  - Consider the use of something like Velcro to hold choices of multiple exchange cards in close proximity (for choosing) and for organization (keep things together so they don't get lost)
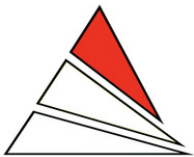
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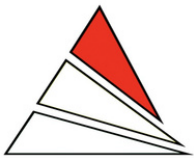
Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM

Picture being prominent

Non-Example

Example

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM

Resembles actual environment

Non-Example
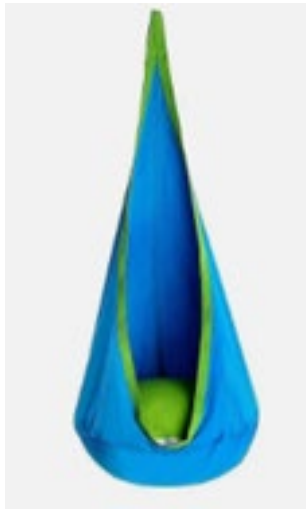
Example

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM
  - IN THE BEGINNING
  - Keep it simple
    - 1 item and then add to it as skills develop
  - It might be a simple snack request that can be honored despite multiple requests
  - Small sizes and broken into smaller pieces
    - Example
      - Choice is carrots to start with pieces of a carrot or carrot match sticks
      - Choice is pretzels then give pretzel sticks or pieces of pretzel

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM

Honor the request when made

Request an item   Receive the item

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM
  - Teaching the Basic Exchange
    - ALWAYS MAKE THE EXPERIANCE POSITIVE
    - LOOK FOR SMALL APPROXIMATIONS OF THE BEHAVIOR AND PAY IT OFF

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM
  - Teaching the Basic Exchange
    - Choose a highly motivating item
    - Place item in clear sight/view of the individual
    - Model how the item can be received by exchanging the card
    - Prompt the person to exchange the card (may need to physically move person through motion)
    - Once the card is exchanged, provide the motivating item
    - Repeat (a lot)
    - Slowly fade out the prompts to use the exchange

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM
  - Teaching the Basic Exchange
    - Arrange for Practice Using the System
      - Find a space that is relatively quiet and clear of distraction for practicing
      - Create a consistent and predictable routine for when practice will occur
      - Introduce person to the materials
      - Teach the basic exchange
      - Start with one card and slowly expand the vocabulary

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM
  - Teaching the Basic Exchange
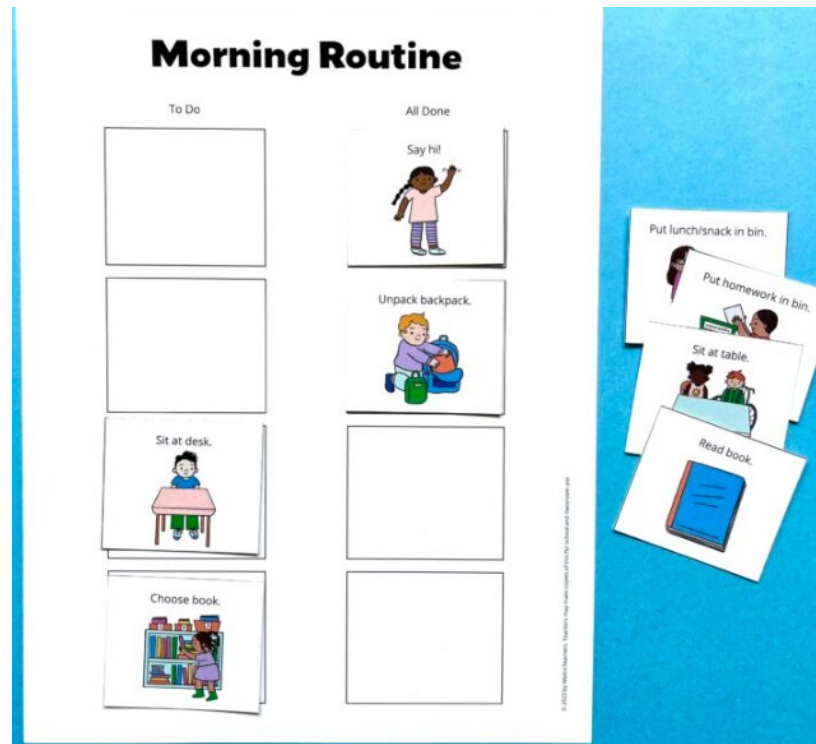   - Arranged practice using system
      - Practice having individual point to/give card and then providing that thing
      - Prompt use of board/cards when choices/communication is programed to happen, increasing choice-making

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM
  - Teaching the Basic Exchange
    - Prompt Use of the System in the Moment
      - Make sure the communication cards are always within reach of individual
        - Put on a ring
        - Have it on a wrist band
        - Have it velcroed on a tag on you
      - ALWAYS have access

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM

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Steps to Increase Simple Communication

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM
  - Teaching the Basic Exchange
    - Prompt Use of the System in the Moment
      - HONOR the request
      - Allow the person the opportunity to independently use communication cards to indicate choices

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM
  - Teaching the Basic Exchange
    - Prompt Use of the System in the Moment
      - Provide lots of enthusiastic recognition when the person independently utilizes the communication cards

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM
  - Teaching the Basic Exchange
    - Prompt Use of the System in the Moment
      - If the individual doesn't use communication cards for learned actions/items
        - Prompt the use of the picture exchange prior to granting access to action/item
        - Physically prompting the use of the card may be necessary

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM
  - Teaching the Basic Exchange
    - Increase Choice-Making Opportunities
      - Once the individual has learned multiple picture cards and how to successfully exchange them then
      - Utilize the cards to present choices among learned actions/items
      - This can be done by presenting a binder with cards velcroed on or arranging cards on a flat table
      - Allow the individual to choose by pointing, grabbing, or otherwise indicating which is the preferred item/action

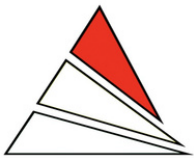Not intended to replace clinical services

Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM

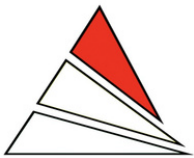Not intended to replace clinical services

Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM

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Steps to Increase Simple Communication

- DEVELOP SIMPLE EXCHANGE SYSTEM
  - Teaching the Basic Exchange
    - Stay with the system until additional supports are obtained
      - Formal SLP
      - Trained communication provider
      - Device obtained and trained

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Steps to Increase Simple Communication

- RESOURCES
  - https://online.regiscollege.edu/blog/online-regiscollege-edu-blog-what-is-picture-exchange-communication-system/
  - https://pecsusa.com/pecs/
  - https://www.integratedtreatmentservices.co.uk/our-approaches/speech-therapy-approaches/picture-exchange-communication-system-pecs/
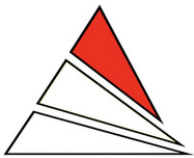
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Steps to Increase Simple Communication

- RESOURCES
 - https://goboardmaker.com/pages/picture-communication-symbols
  - https://nationalautismresources.com/the-picture-exchange-communication-system-pecs/
  - https://www.iidc.indiana.edu/irca/articles/what-is-the-picture-exchange-communication-system-or-pecs.html
  - https://at.mo.gov/
  - https://www.youtube.com/watch?v=XkeKRl36lvA

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Next Steps

Workshops, Consultation & Action Planning
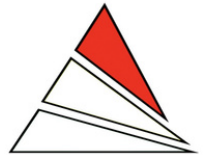
Tier III Prohibited Practice
Trainings & Workshops

2-27-2024 9:00 - 11:00
Module 4: Plans for Fading

Thank you for joining us today!

Contact Us

Email Address

BAT@dmh.mo.gov

Website

https://dmh.mo.gov/dev-disabilities/tiered-supports/tier-3