



FUNCTIONAL
Communication
TRAINING

CAUSES OF CHALLENGING BEHAVIOURS

Challenging behaviour is communication.
It is our job to figure out what the person is trying to tell us.

I have a medical illness.

I have side effects from my medications.

I have a mental illness. I am being abused.



I want something.
I don't want to do that.
Pay attention to me.

I need to develop new skills.

I am bored.

Behavior is Communication

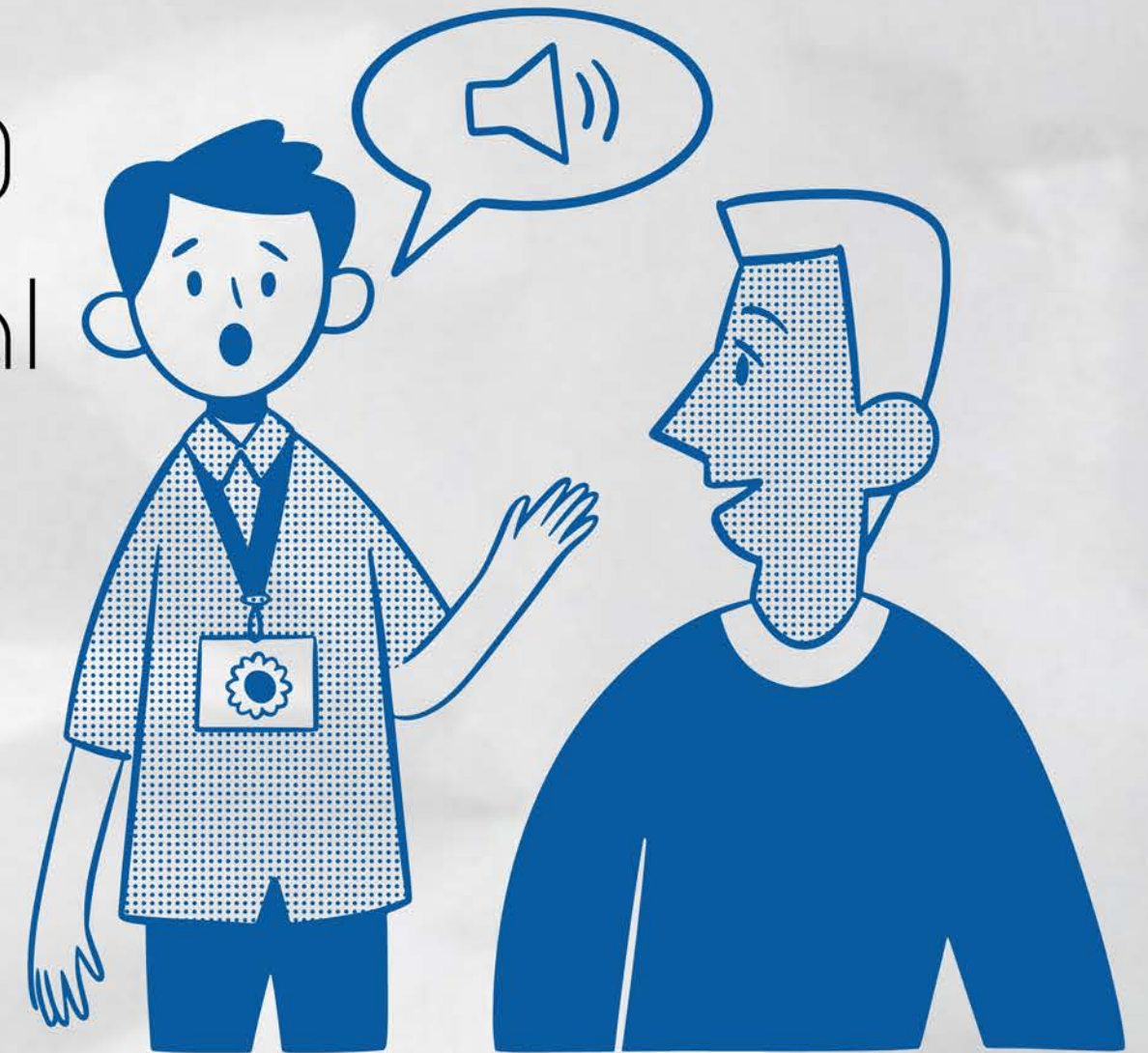
Primary social functions:

- Attention - behaviour occurs to obtain access to attention
- Tangible - behaviour occurs to obtain access to preferred items/activities
- Escape - behaviour occurs to escape from something aversive (person, place, situation)



Skill Building

- Communication is a skill that needs to be learned
 - Expressive (output)—conveying needs and wants through verbal or nonverbal means
 - Receptive (input)—receiving messages from others



Functional Communication Training (FCT)



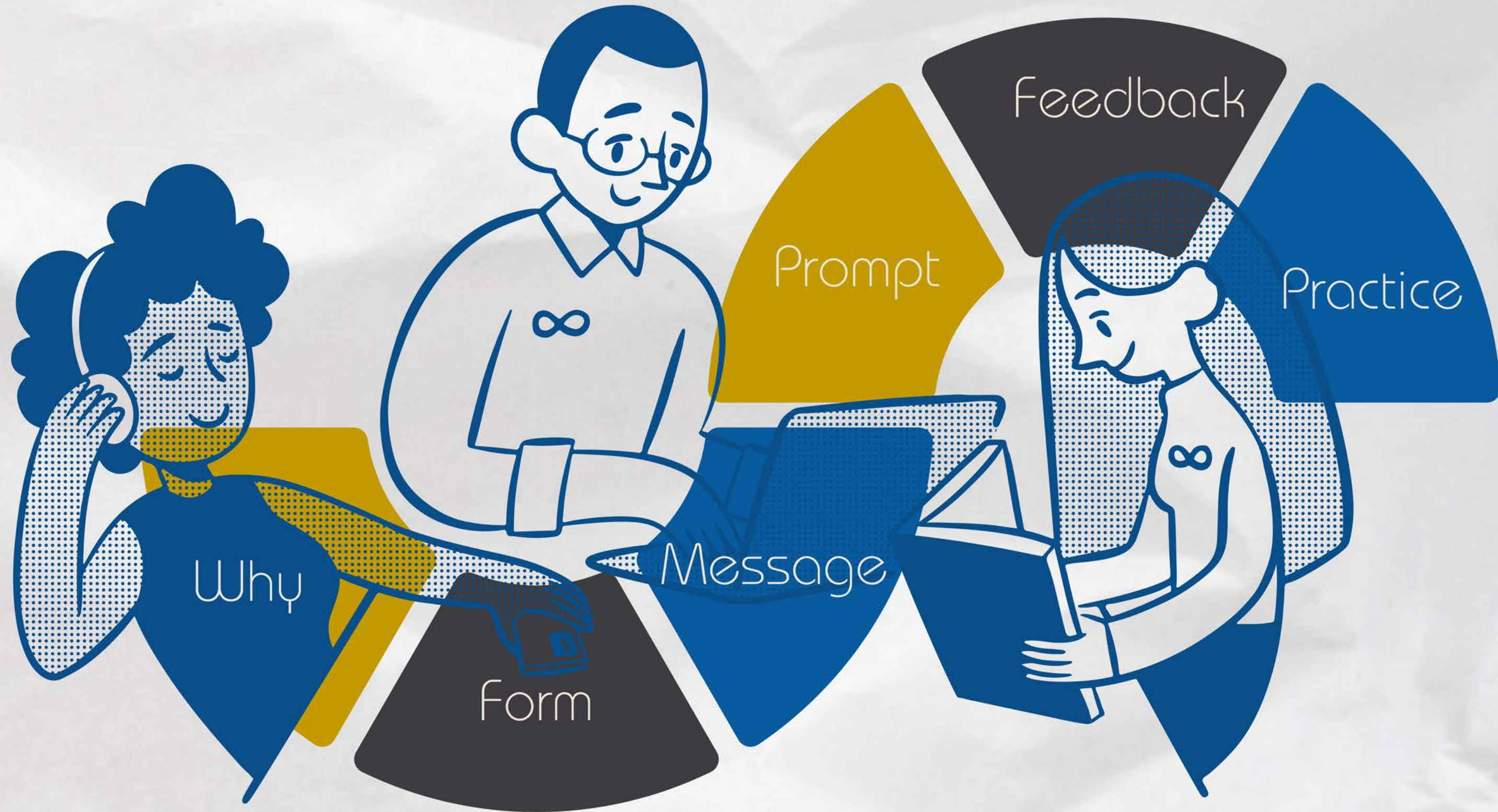
- Teaches how to communicate using alternate (and more socially appropriate) measures
- Very individualised based on client need and skill
 - Using words instead of hitting
 - Pointing to pictures rather than head-banging
 - Pushing a microswitch in place of screaming

Essential Question

Why is communication an essential human need?



THE TRAINING PROCESS



FORM: Identify Communication Options

Behaviour	Consequence	Function	Alt. Communication
Head banging	Music video is turned on	Tangible	Use sign to say 'music please'
Throwing food on floor	Dinner is removed	Escape	Point to all done card
Screaming	Parent helps with task	Attention	Tap parent on the shoulder

Example SITUATION

Scenario: Julia wants to have a cookie

- Parent: "I want cookie."
- Julia: "I want cookie."
- Parent: "Thanks for asking nicely!"

Gives a HUGE piece of cookie.



Example SITUATION

Scenario: Julia wants to have a cookie

- Julia: Screams and scratches parent.
- Parent: Step back, ask, "Stop, please. What do you want?"
- Julia: "Cookie please."
- Parent: "You can ask for cookie next time." Gives small cookie with neutral response.



Reflection

How can good communication help
at home and in the community?





Assignment

1. Observe a real scenario
2. Write a short communication alternative
3. Practice for a week
4. Discuss next session