

Positive Programming



What is Positive Programming?

Positive programming is a term used to refer to a broad range of approaches that focus on supporting the individual with autism, increasing appropriate behaviors, and fostering independence through positive and proactive strategies. Positive programming is not a single approach or a specific strategy. With positive programming, staff identify strategies that can build on successes rather than punishing or relying on negative consequences to change behavior. Positive programming capitalizes on the strengths of the learner, which often entails the use of visual supports for individuals with autism.

Examples of Positive Programming

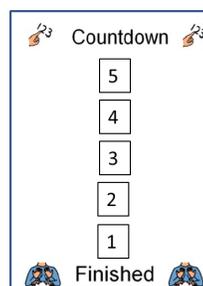
Priming—Priming is advanced exposure to information, including schedule changes, academic material or tasks before instruction. It allows students to become familiar with the material, reduce stress, and ensure that key concepts are understood in greater depth.

Visual Supports—Visual supports are visual representations of information, reducing the need for additional prompts. Visual supports organize sequences of events and enhance the learner's ability to understand, anticipate, and participate in those events

Structured Work Systems—Structured work systems are ways of organizing the work to be done so that 4 questions are answered: Where do I start? How much work do I do? How do I know when I'm done? What do I do next?

Task Analysis—Task analysis is the process of breaking a skill into smaller, more manageable steps in order to teach the skill. As the smaller steps are mastered, the learner becomes increasingly independent in his or her ability to perform the larger skill.

Tomorrow we have an assembly, so let's look now at your schedule for tomorrow.



Task Analysis Data Sheet

List of Steps in Task	Independent	Verbal Prompt	Visual Prompt	Physical Prompt	Modeling Prompt	Practical Prompt	Verbal to Verbal to Independent
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							

Advantages of Positive Programming

- Positive supports rely on using the strengths of the learner, which may lead to more progress.
- Positive supports build on success, so the individual is more likely to like the program or support, and therefore “buy in” to the strategy.
- Positive supports focus on positive changes, rather than on using punishments or making the individual feel badly.
- Positive supports focus on being positive and on encouraging behaviors, which may be more motivating for learners.
- Positive supports change the focus in the home and school to noticing successes rather than responding to problem behaviors, which can improve the quality of life for everyone involved in the individual’s care.
- Positive supports look at the needs of the individual across environments so there is greater follow through with professionals and family members across settings, which in turn often leads to more gains.
- Positive supports often are generalizable across environments, so there is more consistency in the individual’s life.

How Can I Learn More?

Articles

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