

Damian Milton and Richard Mills with Simon Jones

10 rules to ensure people with learning disabilities or on the autism spectrum develop challenging behaviour



*“The best way to make children  
good is to make them happy.”*

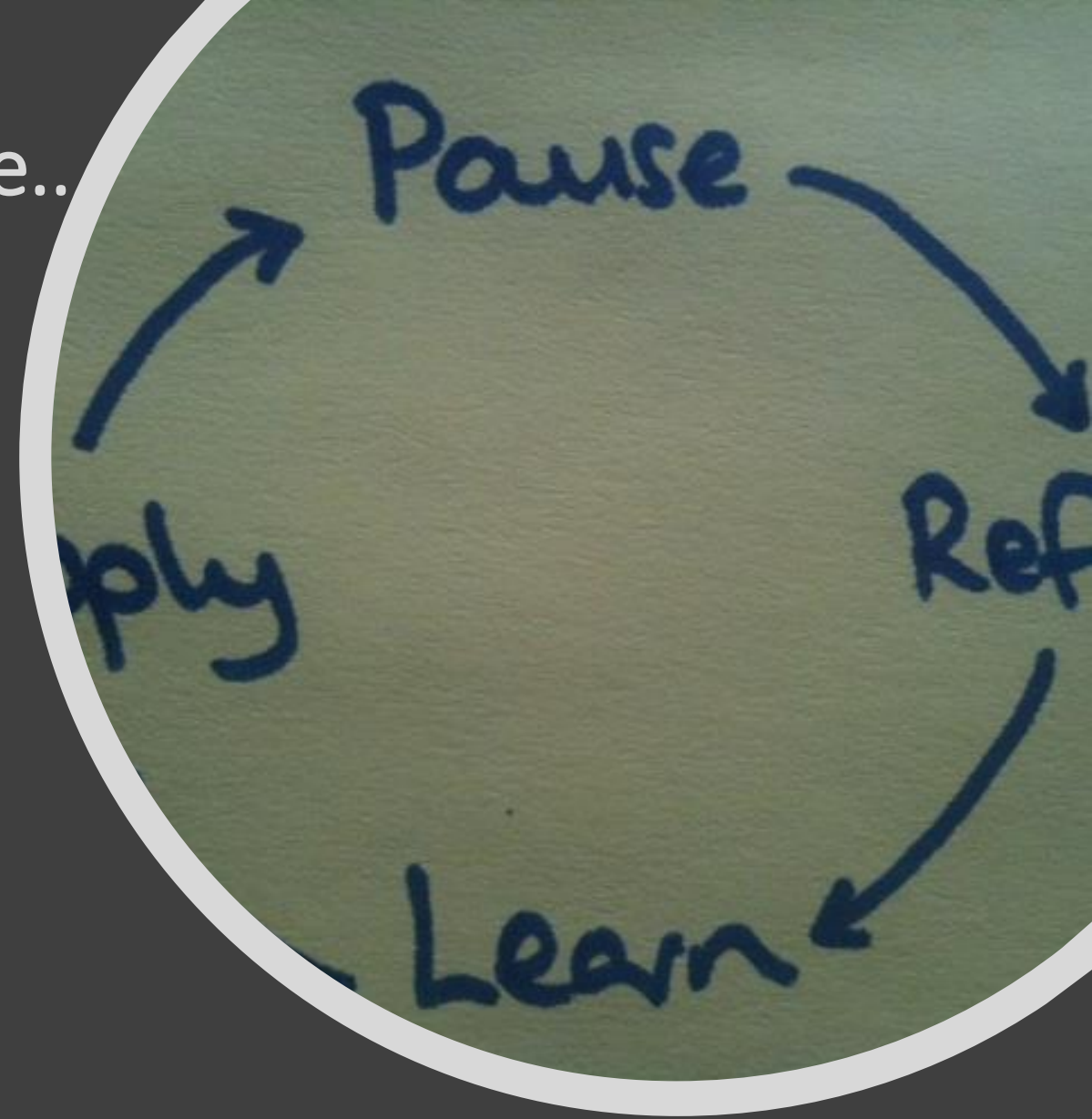
Oscar Wilde





# Rule 1. If you don't understand me.. .....and maybe what to do about it

- *Understand yourself... your own stresses and biases – and the narrative*
- *Try to understand me – and my stress - not reduce me to 'behaviours'*
- *Be kind – be patient – be persistent – be reflective. Behave ethically and fairly*





# Rule 2.

If I get upset

- get me on medication
- or restrain or seclude me



## Rule 2. If I get upset...

.....and maybe what to do about it

### THINK !

- *Find out what might be the cause of the upset*
- *Could it be **you** ?*
- **STRESS IS HUGE- SENSORY ISSUES ARE HUGE**
- *Recognise when I'm losing control*
- *Give me a way of gaining control - no confrontation*
- *Forget the medication, restraint or seclusion*

WERE

think



# Rule 3.

**Take all decisions and control over my life  
.... do not allow me to make choices see  
me as a walking RISK**



# Rule 3. Take decisions and control

....and maybe what to do about it

- ***Build trust and a good relationship with me-***  
*change the narrative*
- ***Make choice and control possible and accessible through a PLAN e.g. what to eat, where to sit etc.***  
*Visual may be best*
- ***Give me an escape route***





# Rule 4.

**Don't give me things to do that interest me - but make me work very hard on things that do not ....or things that I find difficult or really don't like....**



Rule 4. Don't give me things to do that interest me

**.....and maybe what to do about it**

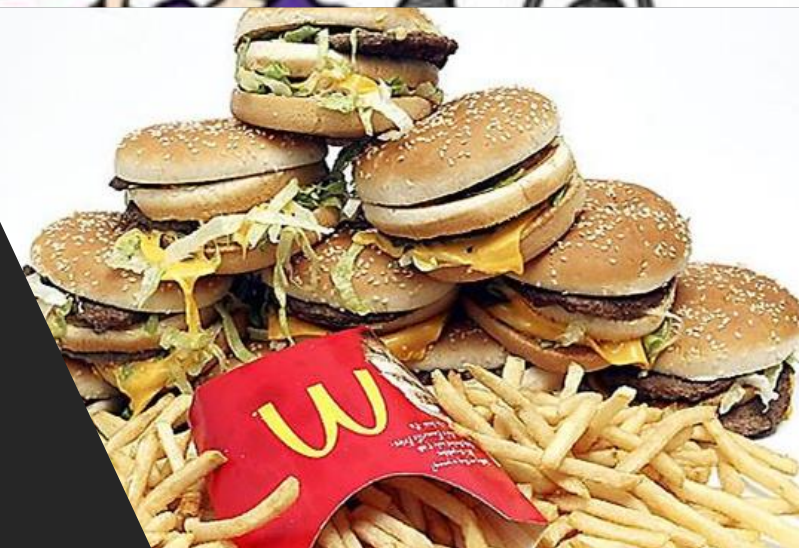
- *Use my interests and strengths to reduce my stress and provide opportunity (not just as a reward for 'good behaviour')*
- *Enjoy doing things with me*



# Rule 5.

**Do not teach me good habits about health or wellbeing.**

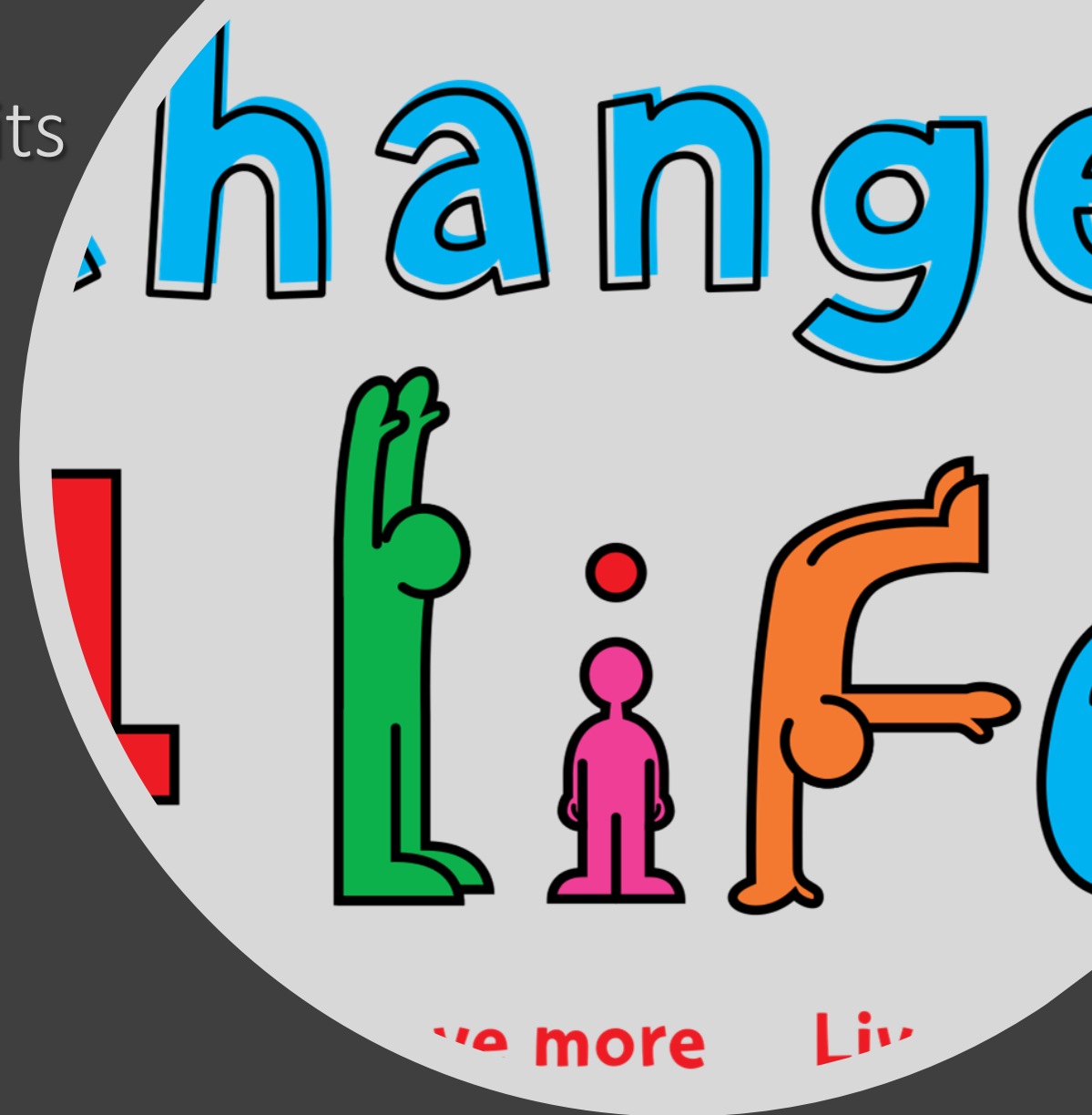
Give me a poor diet and no exercise –  
let me stay up late at night -lie in bed  
all day- it doesn't matter



Rule 5. Don't teach me good habits

.....and maybe what to do about it

- *Exercise and a healthy lifestyle values me and can be interesting and fun –be innovative*
- *Give information in ways that mean something to me - enable me make choices*
- *Build exercise into something I already enjoy*





# Rule 6.

Inflict your preferences and lifestyle on me

Ensure that my life is filled with *your* idea of fun- take me to places **you** enjoy – like shopping malls or restaurants!

Touch me when I'm least expecting it



# Rule 6. Inflict your preferences

.....and maybe what to do about it

- *Work out what I like and allow me to get it*
- *Reduce potential harm from 'stress triggers', such as noise, crowds, touch, and lighting.*
- *Build in 'quiet time'*
- *Reduce language and **confrontation***



# Rule 7.

**Ensure my life has balance**  
..... between boredom and  
nasty surprises

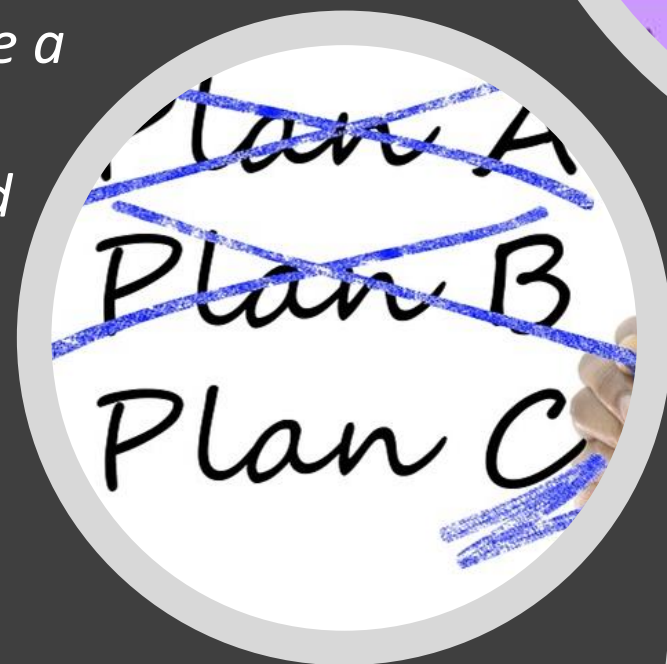


# Rule 7. Ensure my life has balance between boredom and nasty surprises

.....and maybe what to do about it

- *Plan changes in advance. Work to achieve a balance of relaxation, rest and work – and fun*
- *.....Base it on the my own choices and preference. Do not rely on words alone, written and/or visual schedules can help*

Monday	Tuesday	Wednesday	Thursday
CHEM 101 LAB N1 (30576)		BIOL 107 LAB D19 (30399) BS CW 102	
	CHEM 101 LEC H1 (30544) C E1 60		CHEM 101 LEC H1 (30544) C E1 60
BIOL 107 LEC A01 (32934) ETL E1 001	MATH 113 LEC K1 (31287) TL B 2	BIOL 107 LEC A01 (32934) ETL E1 001	MATH 113 LEC K1 (31287) TL B 2
	ENGL 122 LEC A21 (38981) HC L 4		ENGL 122 LEC A21 (38981) HC L 4
	CHEM 101 LAB N1 (30555)	SOC 100 LEC A2 (31818) TL 12	



When do we go to specials?

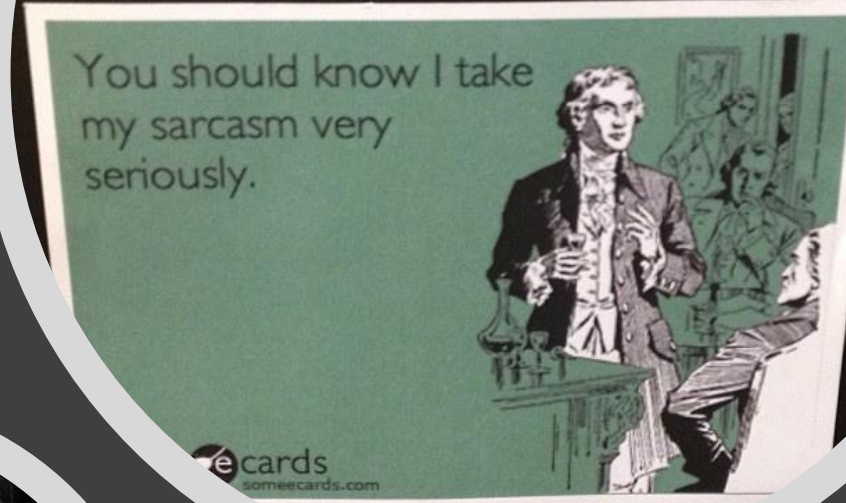
Tuesday 9:50 Thursday 9:50 Friday 9:50	Tuesday 2:00
Tuesday 8:00	1:05
Monday 10:40	Monday 2:00 Wednesday 2:00



# Rule 8.

Make sure I know you don't like me very much.

Talk about me in hurtful ways –  
ignore me – be curt - bully me –  
talk about me as if I wasn't there –  
be sarcastic



# Rule 8. Make sure I know you don't like me very much

.....and maybe what to do about it

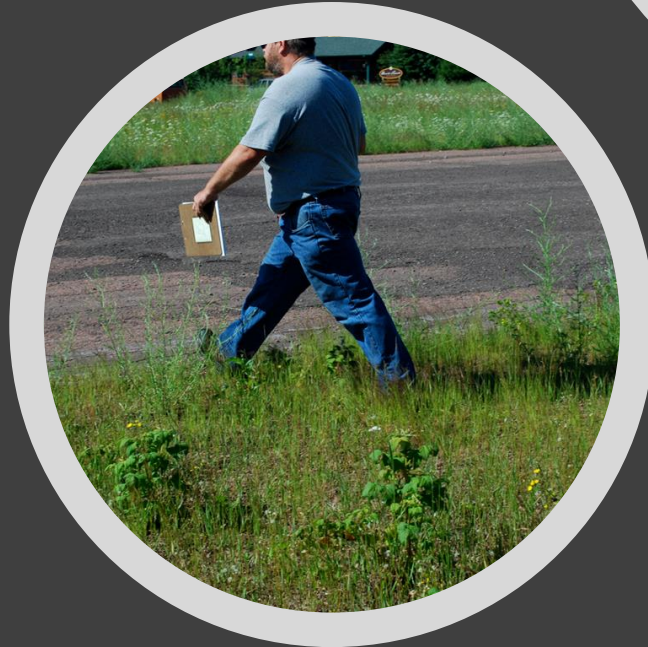
- *Let me know that you are 'on my side'.*
- *Tell me you are there to help me– I might not know*
- *Encourage people to see my good points - Talk to me and about me in positive terms*
- *Show me you care -Tell me when I do well – encourage me –be kind to me*



# Rule 9.

**Prevent me from ‘indulging’ in my own ‘coping strategies’**

‘stimming’, pacing or rocking are things that I do to help calm me – so please physically assault me if I do this- or make it impossible for me





# Rule 9. Prevent me from indulging in my own coping strategies

**.....and maybe what to do about it**

- *Recognise the importance of these activities to me*
- *Give opportunities - e.g. rocking chair- swings - roller coaster*
- *Understand that we all have diverse needs.*

*....Intervene only if I'm suffering distress or harm not just because it annoys you*





Rule 10.

**Freak me out!**

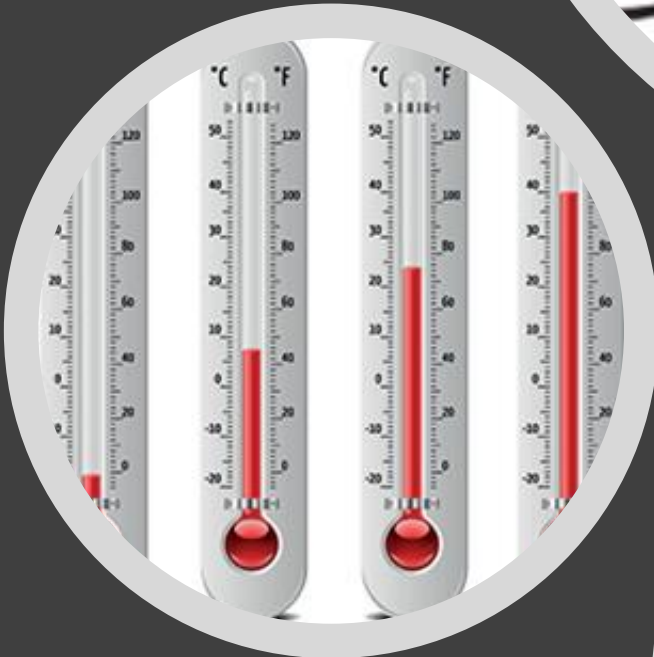
**Expose me to things you know will stress me out so that I 'get used to them'**



# Rule 10. Freak me out !

.....and maybe what to do about it

- *Avoid stressors. Help me rehearse if inevitable (and avoid if too painful).*
- *Provide close support and gentle encouragement. **Avoid confrontation***
- *Find ways to give me control such as self-monitoring devices or a mentor*



# Rule 11.

Do not keep your word or promises (such as having 11 things on this list and not 10!)



# Rule 11. Do not keep your word

**.....and maybe what to do about it**

- *Be precise and direct*
- *Remember I may be literal and find vague or ambiguous language confusing and distressing.*

*It fuels my anxiety. ... and I have the communication problem ?!*

- *Say what you mean and mean what you say ..... keep your word and promises- your word should be your **BOND***





# Henry James

*“Three things in life are important, the first is to be kind, the second is to be kind and the third is to be kind”*



# ten rules

for ensuring people with learning disabilities and those who are on the autism spectrum develop 'challenging behaviour'

...and maybe what to do about it

Damian Milton and Richard Mills  
with Simon Jones



<https://www.pavpub.com/10-rules-for-challenging-behaviour/>

*Thank you !*

Damian Milton and  
Richard Mills

[www.atautism.org](http://www.atautism.org)

[www.kent.ac.uk/tizard/](http://www.kent.ac.uk/tizard/)



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