Addressing Motivation Issues: Mastery

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HOW CAN WE BETTER SUPPORT SOMEONE TO ENGAGE AND REAP THE BENEFITS FROM THE SUPPORTS AND SERVICES AVAILABLE TO THEM?

Don’t we usually establish reinforcers or incentives??
Setting the Stage for Motivation
“Accounts of autonomy within liberal philosophy stress self-determination and the dignity of all individual persons, but have excluded people with intellectual disability from moral and political theories by denying their capacity for individual autonomy, seen as a chief marker of moral personhood.”

Davy (2014)
PURPOSE

Reason  
Direction  
Intent  
Function  
Goal  
Mission  
Relevance  
Benefit(s)
MASTERY

Having the skills to be successful
WHAT?
1 Skill: Communication

1 Goal: Use Communication Pictures

1 Objective: When at home and wanting to change activities, Dan will choose a picture, hand it to mom or dad instead of yelling 100% of the time for one quarter.

1 Instructional Plan: Strategies to teach, ways to reinforce, error correct, environment, etc.
KEEP CALM AND USE COPING SKILLS
- Diagnostic Criteria: Social and communication impairments
- Social skills do not spontaneously improve
- Social skills need to be taught and learned to master a complex social world
- Social relationships become more complex as people mature
COPING SKILLS
Identify what triggers us and make a decision about how to handle it
A caution about coping: do we always cope or sometimes do we just “move on”?
Environment  ➔ Instructional Strategies  ➔ Respond Effectively
General Considerations

• **Individualized** programs
• Teach/support in the **natural** environment
• **FADE!** Include natural and professional support systems
• Systematic and **planned** supports
• Consider **societal norms**
• **Allow ample** time to learn, practice, and use skills
• Frequently **check** for understanding and maintenance
General Considerations

• Make the connection- using **simple** language
  - Point out linkages
  - Talk about your conclusion and how you got there
• **Verbalize** your thought process
• Relate information to other subjects (**focus/interests**)
• Tell why this is important to “**real life**”
• Explain anything **abstract**
• **Check** for understanding
• Don’t demand **multi-tasking**
  - Use lists and break things down
### Skill Building Plan

#### Participant Name

<table>
<thead>
<tr>
<th>Goal Category</th>
<th>Social/Communication</th>
<th>ADL</th>
<th>Behavior</th>
<th>Employment/Education</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Goal Statement</th>
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</table>

#### Objective

<table>
<thead>
<tr>
<th>Condition</th>
<th>Behavior</th>
<th>Criteria</th>
</tr>
</thead>
</table>

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#### Instructional Strategies

<table>
<thead>
<tr>
<th>Setting(s)</th>
<th>Baseline (Current Level of Performance)</th>
<th>Natural Cue(s)</th>
<th>Material and Environmental Arrangement</th>
<th>Description of Strategies</th>
<th>Generalization and Maintenance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home</td>
<td>Prompting</td>
<td>Task Analysis Data Collection used</td>
<td>Provide opportunities in new settings</td>
<td>Provide opportunities in new settings</td>
<td>Provide opportunities in new settings</td>
</tr>
<tr>
<td>Community</td>
<td>Prompting</td>
<td>Task Analysis Data Collection used</td>
<td>Use cues with different people</td>
<td>Use cues with different people</td>
<td>Use cues with different people</td>
</tr>
<tr>
<td></td>
<td>Reinforcement</td>
<td>Error Correction</td>
<td>Change criteria used in objective</td>
<td>Change criteria used in objective</td>
<td>Change criteria used in objective</td>
</tr>
</tbody>
</table>

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Systematic Skill Building Plan 3.2.17
Encourage individuals to be active in the community
Quality is often better than quantity
Try new things by pairing with familiar activities
Setting the Stage for Motivation
Scroll down on the home page to find How To Create an Account.

Phone and email Help Desk options.

Chat Feature.

Navigation Bar with Drop-down Menus.
ASERT Statewide Resource Center

• Statewide Toll-free Number: **877-231-4244**
  - Offering live assistance from ASERT’s Resource Center Specialists

• Website: [www.PAautism.org](http://www.PAautism.org)

• ASERT Outreach Specialists
  - Available to attend conferences, support group meetings and community events to promote autism awareness and provide resources

  ✷ to provide information and support to families
  ✷ to facilitate connections between individuals, families, professionals, and providers throughout the Commonwealth