

LEARNING TOGETHER



Specialized Services At Your Fingertips

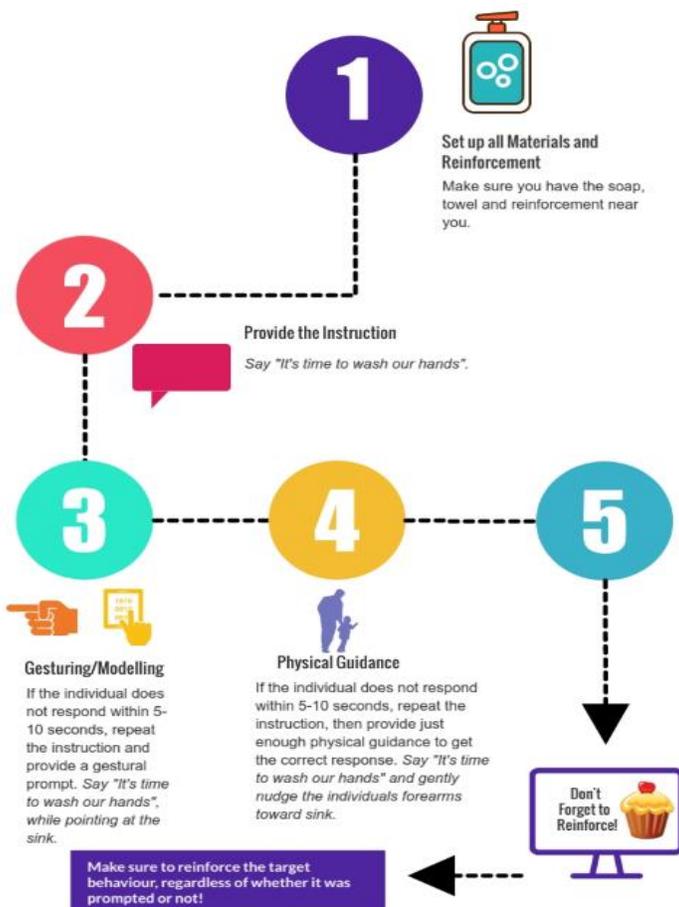
IN THIS ISSUE

Introduction

Hello everyone and welcome back to another edition of Learning Together. This week's issue will be on how to work together during challenging times, especially the individuals we support. It's a fact of life that everyone encounters challenging times now and again, with or without a global pandemic. We have collected a variety of behavioural techniques that everyone can use to foster cooperation and teach new skills. In addition, more tips and tricks for staying connected and busy when at home.

- 1 Introduction
- 2 Graduated Guidance
- 3 High Probability Sequence
- 4 Staying Connected
- 5 Activities at Home
- 6 Time Timer App

How to use Graduated Guidance for Hand Washing



Graduated Guidance

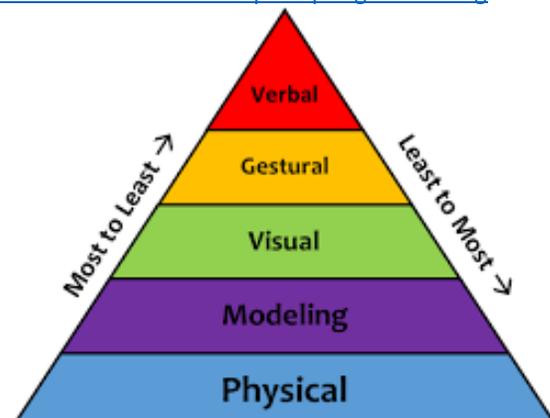
Graduated guidance is an effective teaching method and has been shown to help individuals learn to independently perform a specific behaviour. Graduated guidance, or least to most prompting, is the use of slowly increasing prompting to make sure the specific behaviour being taught is completed without any errors.

Graduated guidance helps to fade out and prevent overdependence on prompts.

Here are some considerations when using graduated guidance:

- Some individuals may not tolerate physical guidance. If you cannot teach tolerance to physical guidance, this may not be the best strategy to use.
- Some individuals may always get it wrong before the prompting is used. In this case, it may be helpful to include physical prompts earlier on in the teaching.

[Click here to learn more about prompting and fading](#)

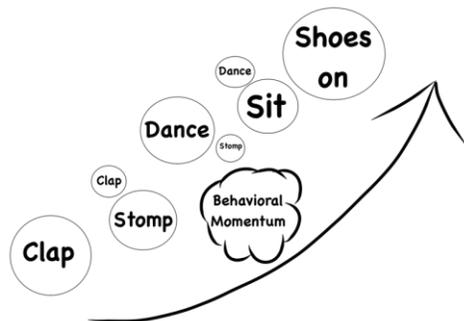


High Probability (P) Sequence

When supporting individuals during this uncertain time, they may be directed to go to unfamiliar places like testing centers or hospitals. This can be a stressful time for both the individual and support person. High P sequence is a preventive strategy that can be used to increase cooperation.

Procedural Description and Rationale

High P sequence consists of providing an individual with a few easy or high probability behaviours followed by reinforcement. Then, after the momentum of couple of easy instructions, instruct them to complete a task they are less likely to do.



The goal of high P sequence is for the individual to come in contact with reinforcement for following instructions. Therefore, building up momentum to complete an instruction that may be more difficult or less desired.

Things to consider before implementing:

- Identify 2-3 simple instructions that the individual can do easily (e.g., clap your hands, stand up, give me that, etc.)
- Identify the instruction you want to provide that the individual may be resistant to (e.g., 'stand up for the doctor', 'roll up your sleeve', etc.)

Procedural Steps

1. Provide the first instruction, prompt them to complete if necessary
2. Immediately provide specific praise for cooperation
3. Provide the second instruction, prompt them to complete if necessary
4. Immediately provide specific praise for cooperation
5. Provide the third instruction, prompt them to complete if necessary
6. Immediately provide specific praise for cooperation and reinforce

Example "Stand Up, great job standing up. High five, nice work giving me a high five, come sit over here on the Doctor's table, great job listening! Here's your iPad"

Check out this video of what a high P sequence looks like:

[Click here for a video model on to do a high P sequence.](#)

Things to keep in mind!

- Use a high P sequence before you provide an instruction the individual is less likely to do.
- Avoid using instructions in the form of a question.
- High P behaviours should already be in the individual's repertoire.
- Some individuals may need more than 3 instructions to build up enough momentum- you can use the one or two instructions more than once may be effective!

What if?



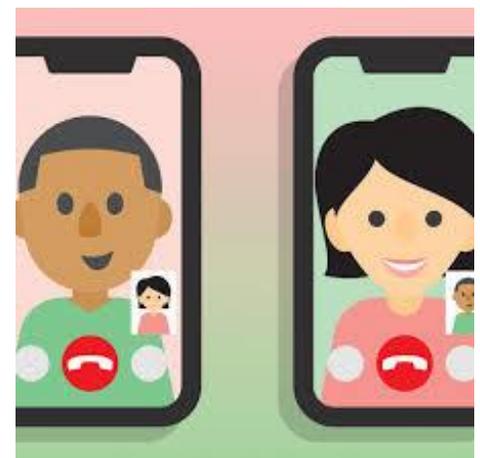
Good question Betty! This likely means that your high P instructions are not good ones, meaning they might be too difficult for the individual. Try and think of new instructions that the individual will likely follow or do without being asked.

Reference

Information retrieved from: QBS, Inc, (2006-2013). Quality Behavioural Competencies.

Staying Connected

Here is another suggestion for keeping strong social ties while social distancing. "Go" to the movies together! Choose a film to stream and set up your own viewing party on social media. Invite friends and family and just hop on the phone, Skype or Facetime with them and enjoy the movie together!



Activities at Home

Keeping Busy While Social Distancing

Online:

1. Explore engaging activities and virtual gallery tours through the [Royal Ontario Museum](#)
2. Fun & Educational content can be found through [The Ontario Science Centre](#) including family friendly films with downloadable education guides that have easy, try-it-at-home activities!

Inside:

1. Try a new recipe or make dinner as a family; find yummy recipes and tips at [Cooking with Kids](#)
2. Stay – at – Home Care Package developed by Big Life Journal has a [printable package](#) full of “I’m bored” activities for children and teens!

Outside:

1. Nature Canada has compiled [10 Ideas](#) for Physical Distancing through Nature

theFamily★place

SOCIAL DISTANCING BLACKOUT BINGO

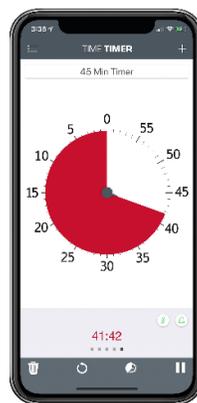
B I N G O

Read-A-Thon Inside or Outside	Blanket Fort	Play a Board Game	Go for a Walk	Bake a Treat
Do a Secret Service	Call a Loved One	Take Out the Trash	Sanitize All Door Handles	Have a Movie Night
Make a Puppet	Set the Table	Help with the Laundry	Read a Book to Someone Else	Scavenger Hunt
Don't Fight with Siblings	Give a Compliment	Finish Today's Homework	Write a Letter to Someone	Make Your Bed
Create a Summer Bucket List	Do a Science Experiment	Pajama Day	Learn a New Skill	Do a Virtual Field Trip

Every family is allowed to pick TWO free spaces to cross out. If there are more than two activities that won't work for your family, you can come up with a different activity to replace it.

Time Timer App

Time Timer App is free during the COVID-19 crisis to help create structure for everyone during this uncertain time.



Time Timer® iPhone App



Product Details

Time Timer is here to help. This app is free during the COVID-19 crisis to help create structure for everyone during this time of uncertainty. Thank you and stay well.

Enjoy stress-free time management with the Time Timer® iPhone App—an award-winning visual timer!

Take advantage of the ability to customize, save and re-use timers with names, colors, alert options, timer scale options and more!

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