

Collaborative behavior change

Plan Change With the Person

Clinicians | 10 to 15 minutes

Choose one behavior the person wants to change for their own reasons. Consider the conditions that make the behavior useful, difficult, or necessary. The task is to design an experiment together, not to make the person meet an outside standard of compliance or productivity.

Use the person's goal and words. Agree on a small action, needed support, and what would justify changing or stopping it.

Understand before targeting

Ask what the behavior accomplishes and what alternative would meet the same need. Check pain, access, communication, fatigue, safety, and structural barriers. Do not select harmless movement, refusal, or cultural difference as a problem simply because it inconveniences others.

Review usefulness rather than obedience

Agree on an observable action and a personally meaningful outcome. Example: test written directions to reduce confusion during one task. Invite a report of burden or unwanted effects. Revise the environment or plan when it does not fit.

1. What change does the person want, and why does it matter to them?**2. What function, need, or barrier must the plan respect?****3. What small experiment and support are freely agreed?****4. What outcome, burden, or feedback will guide our review?****Clinical use and adaptation**

Obtain meaningful consent or assent and attend to power. Do not withhold basic needs, communication access, safety, or essential support to secure participation. Specialized behavioral interventions require appropriate competence and assessment. Distinguish agreed goals from caregiver or institutional priorities.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: S01, S05, S17. Full sources are in the online preview and collection appendix.

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