

PATHOLOGICAL DEMAND AVOIDANCE (PDA)

- 📍 PDA is a profile on the autism spectrum. It describes one way that autism can present
- 📍 Some demands that individuals with PDA find threatening include; verbal instructions, choices, social rules, laws, requests, star charts, prompts, timetables and promises
- 📍 Individuals with PDA find demands of all types threatening and this can cause significant anxiety
- 📍 PDA is often misunderstood and/or misdiagnosed.
- 📍 It is important to remember that an individual with PDA can't follow through with a demand in that moment (not that they won't)

HELPFUL APPROACH TO PDA (PANDA)

Pick battles

Anxiety management

Negotiation and collaboration

Disguise and manage demands

Adaptation

Building a partnership based on trust is highly important when working with an individual with PDA.