



# Navigating for Success Using Positive Behaviour

## Course Overview:

*Navigating for Success Using Positive Behaviour* explains how to support someone using positive behavioural strategies. This is an introduction to positive behavioural support and does not prepare you to support people with severe behavioural difficulties. Please encourage the individual with ASD and/or their family members to consult a health professional in the case of severe behavioural challenges.

## Who Should Take the Course?

This module is designed for all individuals that wish to become respite supporters, or those who wish to gain a base knowledge of how to use positive behavioural strategies when assisting people with ASD.

## Course Objectives:

People with ASD experience many challenges with communicating, socializing, and with sensory stimuli. When navigating through life, facing these challenges can result in experiences of difficult behaviour. As support providers, your job is to assist a person with ASD throughout their day by anticipating and interpreting social situations, supporting communication, easing transitions, and most importantly, reinforcing successes.

In this module you will be able to:

- Describe difficult behaviour that people with ASD experience
- Understand that behaviour is a form of communication and it happens for a reason
- Understand ways to anticipate when individuals with ASD may need help during their day
- Know at least five positive behavioural strategies that you can use to support a person during their day

## Evaluation Process:

At the end of this module, there is a test. Participants that do not achieve 75% can review the module content and try as many times as necessary to advance and complete the course.

*Upon successfully completing this module, there is a printable certificate for your records.*

## Course Duration:

This online module is self-paced. Participants may leave the module at anytime and can resume at any time to complete. The duration will depend on the individual participant and their prior knowledge of the subject matter. On average, the module will take approximately 1 hour to complete.