

Horses, Behavior, Independence...  
Oh MY!

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Why Independence is Important

- Independence for individuals with disability is defined as
  - Having individual autonomy, the opportunity to be actively involved in decision-making and the opportunity to experience the physical, social, economic and cultural environment (UN Convention on the Rights of People with Disability)
- Allow people to view a disability as just one component of life
- Independence builds self-confidence

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5 Ways to Encourage Independence

- Be supportive, not controlling
- Facilitate the ability to make decisions by introducing "choices"
- Be patient and positive
- Celebrate little victories
- Encourage interaction with other people

(Caremark, 2023)

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# 1 Form of Communication is...

# BEHAVIOR

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Functions of Behavior...

- The "Why" behavior occurs
  - Access to something
    - Attention, tangible, preferred activities
  - Avoidance of something
    - Escape task demands, activities
  - Sensory
    - Seeking or avoiding
  - Sensory Systems
    - Visual
    - Auditory
    - Olfactory (smell)
    - Gustatory (taste)
    - Tactile
    - Vestibular (sense of head movement in space)
    - Proprioceptive (sensations from muscles and joints)
    - Interoception

The Sensory Systems ...  
(it all starts here)

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Strategies that Work...

- Prompting
  - Prompt hierarchy (least to most or most to least)
    - Independent
    - Gesture
    - Indirect verbal
    - Direct verbal
    - Model
      - "Do this"
    - Partial physical assist
    - Full physical assist
- Reinforcement
  - Present or remove something that increases the likelihood of the desired behavior to occur again
- Redirection
  - Interrupting non-desired behavior and redirecting to target behavior
- Scripting/priming
  - Telling individual over and over what to expect or what is expected of them
- Task Analysis/Behavior Chaining
  - Break target skill into smaller steps/chunks
    - Forward and Backward Chaining
- Video Modeling

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### Tips and Tricks...

- Only give a choice....if it is a choice
  - "Do you want to push the wheelbarrow vs. Your turn...push the wheelbarrow"
- Wait time or Response time may need to be 5-7 seconds or more

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## Visual Supports

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### Visual Schedule....




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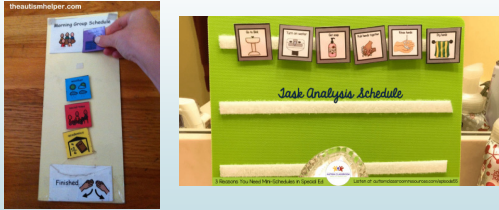
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### Mini Schedules...



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### First Then Board...



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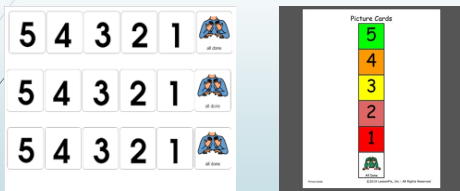
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### Countdown Strips...



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Behavior Cue Cards



The image shows several colorful cue cards. One card features a toilet icon and the word 'bathroom'. Another card shows a person sitting on the floor with the word 'carpet'. Other cards have icons for a car, a person walking, and a person sitting at a table. The cards are arranged in a cluster with some overlapping.

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In the Barn....  
What can independence look like?

1. ?
2. ?
3. ?
4. ?
5. ?
6. ?

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