

ALTA 2023

BEHAVIORAL
INTERVENTIONS
FOR ADHD
AT HOME

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AGENDA



Background
knowledge



5 common
scenarios



Putting it all
together

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BACKGROUND KNOWLEDGE



What does ADHD look like?



What is executive functioning?



What is Applied Behavior Analysis?



Why do we need behavior management tools?

WHAT DOES
ADHD LOOK
LIKE?

Inattentive

Impulsive

Distracted

Disorganized

Constantly moving

Adaptable
thinking

Planning

Self-
monitoring

Self-control

Working
memory

Time
management

Organization

WHAT IS
EXECUTIVE
FUNCTION?

APPLIED BEHAVIOR ANALYSIS

Science of learning and behavior

How behavior works

How the environment affects behavior

How to improve learning behaviors

How to lessen problem behaviors

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5 COMMON SCENARIOS

Not a morning person

The car ride home

Where is my...

Will you please just...

More schoolwork??

Not a morning person

Routine
Model
Organize
Visual cues
Just one thing

Not a morning person

The car ride home

Command overload

Chunking

Timing

Prioritize

Picture schedules

Not a morning person

The car ride home

Where is my...

Natural cues
Visual labels
Calendars
Logical homes

Not a morning person

The car ride home

Where is my...

Will you please just...

Chunking
Choice
Reinforce/Reward
De-escalate
Avoid tone matching

Not a morning person

The car ride home

Where is my...

Will you please just...

More schoolwork??

Can't versus Won't

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PUTTING IT ALL TOGETHER

What other activities are a struggle?

How does executive functioning impact
this problem?

What strategies might help?

Adaptable
thinking

Planning

Self-
monitoring

Self-control

Working
memory

Time
management

Organization

EXECUTIVE
FUNCTION



BEHAVIOR STRATEGIES

TAKE-AWAYS

Less is more

Prevention is your best tool

Don't take it personally!

MORE QUESTIONS?

Email me to set up a zoom call:

Stephanie Hart

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