

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, timestables 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.

For more information head to <https://www.pdasociety.org.uk/pda-day-2021/>