

FROM COMPLIANCE TO CONSENT

Provider Autonomy Checklist

BEFORE THE SESSION - Antecedent Setup

- Run/review a preference assessment (MSWO, PS, or Free Operant)
- Identify 2-3 high-preference items or activities for today
- Plan at least 2 choice opportunities in the session
- Embed choices in tasks: when, what, how, or with whom
- Give advance notice of any transitions or changes
- Know the individual's FCT phrase(s) for refusal / "break"
- Arrange high-p sequence - 3 preferred tasks first

DURING THE SESSION - In the Moment

- Offer a choice before every instruction or demand
- Use wait time: 5-10 seconds after presenting a choice
- Honor ALL refusals and break requests immediately
- Follow through: if they choose it, they receive it
- Avoid repeating demands - let the choice stand
- Reinforce every instance of preference expression
- Praise specifically: "I love that you told me what you wanted"

IF RESISTANCE OR REFUSAL OCCURS

- Pause — do not escalate or repeat the demand
- Offer modified choice: "Now or in 5 minutes?"
- Switch to high-p task first, then return
- Prompt FCT phrase if individual hasn't used it
- Document: What triggered it? What worked?

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