

CLINICS

For all behaviours/issues that do not pose a risk of injury to self or others (e.g., emotional regulation/tantrums, daily living), we offer individual clinics where the caregiver can meet one-to-one for up to an hour with a Consultant to review the concerns.

The Consultant will discuss the concerns and review possible causes for the behaviour. The Consultant will then offer suggestions to help resolve the issue.

We recognize that there may be more than one issue you will need to discuss. SDRC will offer up to three clinics to help resolve all concerns. The clinics are held monthly and require a referral.

WORKSHOPS

The Behaviour Consultants offer a range of workshops including:

- Tips for Guardians of Individuals with Autism
- Parenting Individuals with Autism
- Helping Individuals with Autism Navigate the Social World
- Anxiety and Autism Spectrum Disorder
- Discussing Puberty and Sexuality with Your Child

INQUIRIES

Please direct inquiries, referrals, and requests for services to:



**205 - 1120 Victoria St. N.
Kitchener, Ontario N2B 3T2**

**Phone: 519-741-1121
Fax: 519-743-4730**

**Or email us at:
sdrc@sunbeamcommunity.ca**

Website: www.sdrc.ca

Satellite Offices

Elmira: 118 Barnswallow Dr.
Elmira, ON N3B 2Y9

Kingsway: 2749 Kingsway Dr.
Kitchener, ON N2C 1A7

Cambridge: 757 King St. E.
Cambridge, ON N3H 3N8



Funded by the Ministry of
Children, Community and Social Services



Behaviour Consultation



WHO WE ARE

Sunbeam Developmental Resource Centre (SDRC) serves as the single point of access for clinical services, service coordination, children's residential services, children's respite and service resolution.

These services are available to children and adults in Waterloo Region who have an intellectual disability and/or an autism spectrum disorder.

BEHAVIOUR CONSULTATION

SDRC offers in-home Behaviour Consultation to individuals of all ages with an intellectual disability and/or an autism spectrum disorder.

The goal of the consultation is to help individuals and/or their caregivers work through behavioural difficulties that cause injury/risk to self or others. The consultation uses a mediator model where the Consultant will work with a parent/caregiver to support the individual with the serious behaviour.

WHAT WE KNOW

People behave in certain ways because those behaviours get their needs met.

Behaviour needs to be understood in relation to the person's physical health, emotional well-being and cognitive functioning level.

Events that come before and after the behaviour need to be examined.

We can model and support more positive behaviour.

WHAT CONSULTATION CAN DO

- ◆ Help people understand why unwanted behaviour occurs.
- ◆ Offer suggestions about ways to change the situations in which the behaviour occurs.
- ◆ Explore with parents and care providers other ways to address behaviour.

REFERRALS

All referrals for children under the age of 18 years can be made by calling Sunbeam Developmental Resource Centre.

Referrals for those 18 and older must be deemed eligible through Developmental Services Ontario by calling 519-894-1153.

WHAT TO EXPECT ONCE A REFERRAL IS ACTIVATED

To help understand why people act the way they do, the Consultant will need information from you. The Consultant will need you to record information about the behaviour (e.g., what happens before the incident, what is happening during it and what happens afterwards).

You may need to make some changes to your family's routines and your home environment. Sometimes the best way to stop behaviour from happening is to prevent it from occurring in the first place.

The individual may be asked to visit the doctor to make sure that there is nothing wrong physically that may be causing the behaviour. If your child is on medications the doctor may want to do a medication review (e.g., reconsider the dosage, the times they are given or prescribe a different medication altogether)

The Consultant will work with you to develop ideas to change the behaviour, but you may need to change your behaviour too. You may be asked to respond to it in a different way. You will need to respond to the behaviour in the same way all the time otherwise the ideas we give you will not work.