

Best Practices Protocol

Behavioral Momentum

General Description

Behavioral Momentum is designed to increase the likelihood of compliance with treatment, cooperation with care, and/or increase participation in activities and events by individuals who are often resistive to care. It may also reduce agitation and combativeness.

Difficulty: Low

Behavioral Risk: Low

Time: 10-15 seconds.

Procedural Steps

1. Identify three behaviors that the individual will always do, if asked.
2. Direct the first behavior, using prompting and modeling, if necessary.
3. Immediately praise compliance.
4. Direct the second, then the third behavior, praising each immediately after its occurrence.
5. Direct the fourth behavior, using prompting and modeling, if necessary.
6. Immediately praise compliance.

Considerations

- ✓ The first three behaviors to be directed should be behaviors that the individual is able and will always do. For instance, clapping, snapping fingers, raising hand, standing up are behaviors that individuals will typically do if requested.
- ✓ Make sure the praise is personalized and individualized to the individual – i.e., the individual will enjoy your praise.
- ✓ When requesting, be directive (i.e., “Jim, please sit up for me!) rather than asking (Jim, do you want to sit up?). Otherwise, the individual may say ‘no’!