Response Interruption & Redirection

PROJECT ACCESS

WHAT IS IT?

Response Interruption and Redirection (RIR) is an evidence-based practice used to reduce interfering behaviors in individuals with autism spectrum disorder (ASD). Interfering behaviors can include repetitive, stereotypical actions that hinder learning and social engagement. RIR involves interrupting the problem behavior and redirecting the individual to a more appropriate behavior.

HOW TO IMPLEMENT RIR

1. Identify the Behavior:
   a. Clearly define the interfering behavior you want to reduce.
2. Collect Baseline Data:
   a. Observe and record the frequency and context of the behavior.
3. Plan for RIR:
   a. Select appropriate redirection strategies.
   b. Prepare materials and settings for intervention.
4. Implement RIR:
   a. Interrupt:
      i. Immediately intervene when the interfering behavior occurs.
   b. Redirect:
      i. Guide the individual to a different, more appropriate behavior.
5. Monitor Progress:
   a. Continuously track the individual's behavior to assess the effectiveness of RIR and make necessary adjustments.
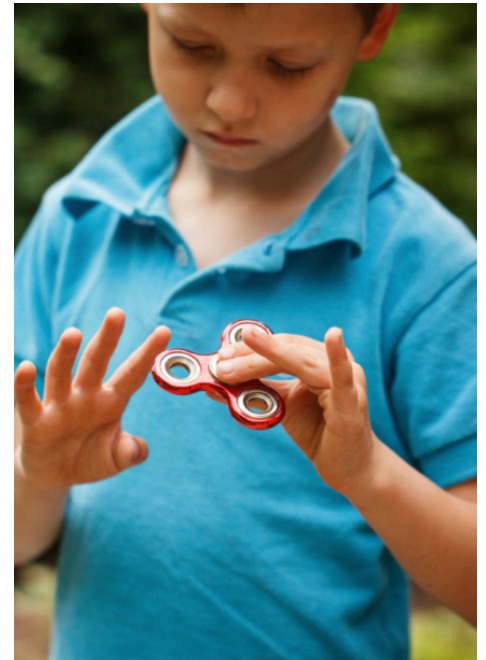
BENEFITS

- Reduces Interfering Behaviors:
  - Helps decrease behaviors that disrupt learning and daily functioning.
- Promotes Positive Behaviors:
  - Encourages the development of appropriate, functional behaviors.
- Improves Learning:
  - Enhances the ability of individuals to focus and engage in educational activities.

TEACH YOUR TEAM

1. Training:
   a. Educate all team members (teachers, caregivers, therapists) on the principles and steps of RIR.
2. Role-Playing:
   a. Practice scenarios to ensure everyone is confident in using RIR techniques.
3. Consistency:
   a. Ensure that RIR strategies are applied consistently across all settings.

WHAT IS STEREOTYPY?

Frequent repetition of the same, typically purposeless movement, gesture, posture, or vocal sounds or utterances.

Two Types:
Vocal: Vocalizations that have no apparent function and are not directed toward another individual
Motor: Movement of body parts that has no apparent function and movement that is not directed toward another individual

Behavior	What it looks like	Alternative Behaviors
Visual Stereotypy	Staring into lights	Watching videos
	Looking out of corner of eyes	Kaleidoscopes
	Flapping hands in front of eyes	Water Toys/Bubbles

REMINDERS

- Stereotypy includes behaviors other than stimming. They can include: lining up items such as cars, or toys, self injurious behaviors, and pica (ingesting non edible items).
- Never use RIR to forcefully stop a behavior, unless they are a harm to themselves or others, or it is unsafe. Take into consideration all ethical and safety measures.
- Think about why you want the target behavior to stop. Just because a behavior is annoying or atypical, doesn't always mean it needs to be stopped.

ADDITIONAL RESOURCES

Ethically Choosing a Target Behavior #73

Reinforcement #34

Autism Parenting Magazine

GET CONNECTED!