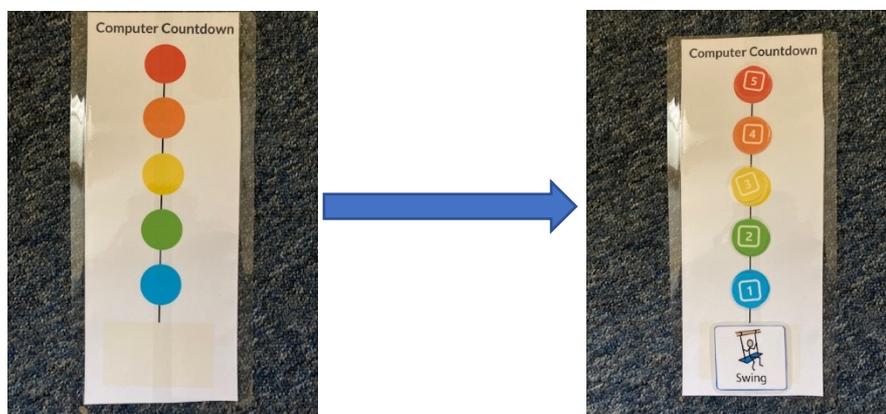


Countdown for finishing on the computer

The aim of this strategy is to ensure that X is supported to leave her preferred activity of being on the computer in a consistent way to minimise the risk of it triggering a behaviour that challenges.

To support X to finish on the computer please do the following:

1. Ensure that there is a reason to finish on the computer and there is something enjoyable for her to move onto (even if this is just to eat a preferred item before having to do something no preferred e.g. get ready for bed)
2. Prepare the computer countdown sheet by placing the numbers onto the relevant circles and the activity that X is going to move onto at the bottom:



3. Provide X with the countdown timer and say “five minutes left, then (state name of activity)”
4. After one minute has passed encourage X to remove the number 5 and then say “four minutes left, then (state name of activity)”



5. Repeat every minute until the number one is removed and only the symbol for the next activity remains.
6. After the last minute, say "computer finished, now (state name of activity)," Encourage X to turn off the computer and immediately start the next activity.

Notes:

- a. If X chooses to leave the computer before the five minutes is up this is okay, praise her for finishing on the computer and start the next activity
- b. If X does not leave the computer at the end of the timer, prompt her again. If she still does not leave offer her a choice of things to do instead. Do not force X to leave or be tempted to switch the computer off yourself. If the countdown continues not to work report this to the responsible clinician.