



PDA Day 15th May

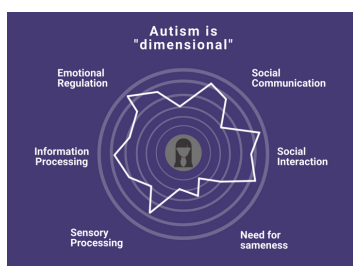
Please **join us** and help
improve outcomes for the
PDA autistic individuals
you work with.

Hello,

PDA (Pathological Demand Avoidance) is a profile on the autism spectrum. Recognition and understanding of PDA is really important to the person sending you this letter.

We'd like to take this opportunity to share some brief information with you about PDA.

Autism is dimensional,
this means that it
varies a lot from one
person to another. A
PDA profile describes
one way in which
autism can present.



Demand avoidance in PDA is a question of **can't** not **won't**: PDAers often describe it as a neurological tug of war between brain, heart and body.

can't
not
won't



With PDA, demands of all types, including lots of things that you might not think of as a demand, can trigger an automatic threat or anxiety response and a feeling of panic can rapidly set in.



Also the approaches that help can seem a bit unconventional: a partnership based on trust, flexibility, collaboration, careful use of language and balancing of demands works best.

Pick battles
Anxiety management
Negotiation & collaboration
Disguise & manage demands
Adaptation



Because PDA is often missed, misunderstood or misdiagnosed, it's important for us all to have PDA on our radar.

If you'd like to know more about PDA and how you can help, you ...

- can access some useful information here: www.pdasociety.org.uk/working-with-pda-menu
- may be interested in registering to receive a copy of the new guide to identifying the PDA profile produced by a group of multidisciplinary experts in the field: www.pdasociety.org.uk/idguide
- may like to sign up for a quarterly newsletter with a round-up of relevant news, information & training opportunities: www.pdasociety.org.uk/professionals-newsletter

Thank you for taking the time to increase your understanding and helping to improve outcomes for PDA individuals.

Best regards,
Trustees of the PDA Society

www.pdasociety.org.uk

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