

PDA Awareness Card

Pathological Demand Avoidance is an Autism Spectrum Condition

Everyday activities can be very difficult for my child; they will often feel driven to avoid demands/expectations
They have social interaction & communication difficulties
They experience extreme levels of anxiety and a need for control/certainty
They may hide their distress, react unpredictably, lose control or become disruptive very rapidly

Please understand and help us cope (see reverse)



Please help by:

- Being flexible, patient and supportive
- Phrasing any requests indirectly
- Keeping us informed, explaining reasons and reducing waiting times

If my child is in distress, please:

- Give us space and respect how I approach the situation
- Watch my other children or belongings

Thank you - for further information, please visit: www.pdasociety.org.uk



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