



# Reframe & Reconsider: Non-Compliance

Non-compliance means not following instructions or meeting expectations.

*"Don't assume I'm intentionally not following the rules, I might just not understand what you expect from me."*

- Adult with FASD

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## Could be misinterpreted as...

- Stubbornness or being difficult
- Being undisciplined, oppositional, wanting a power struggle
- Refusing out of spite
- Attention seeking
- Being lazy or unmotivated

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## Should be interpreted as possibly...

- Not knowing appropriate social responses
- Slower processing of verbal instructions
- Misinterpreting a word with multiple meanings
- Having difficulty understanding, instructions are too long, too many words/steps
- Difficulty figuring out the first step
- Being rigid, perseverating, one-track thinking
- Being anxious, overwhelmed, distracted, "fidgety"

## STRATEGIES

- .....
- Give examples/model what is expected so they understand
  - Explain the reason behind it so it is easier to remember
  - Maintain a neutral voice
  - Allow for processing time
  - Check understanding: "What do you need to do?"
  - Validate attempts; do not engage in the power struggle
  - Build confidence through encouragement
  - Teach words/processes explicitly more than once
  - Use a curious approach to understand reason behind non-compliance

