

Why Choices Can Be Hard

(AS, ADHD, ODD, PDA)

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AS/Autism



UNCERTAINTY & ANXIETY

- "I don't know" or freezing
- Worry about "wrong" choice
- Shutting down

What Helps:

- Predictable routines
- Visual choices
- Two clear options

PDA



CHOICE FEELS LIKE A DEMAND

- "I don't know" or freezing
- Worry about "wrong" choice
- Shutting down

What Helps:

- Indirect language
- Playful approach
- Collaborative tone

ADHD



IMPULSIVITY & OVERLOAD

- Quick, impulsive choices
- "You choose" or indecision
- Regret after choosing

What Helps:

- Two choices
- Time limits
- Visual menus

ODD



POWER STRUGGLE

- Rejecting both options
- Arguing defiance
- "You can't make me!"

What Helps:

- Build connections
- Offer real choices
- Avoid power battles

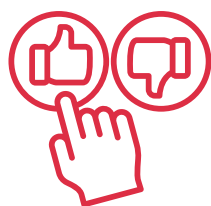
Remember: Behaviour looks similar, but the **REASON** is different.

AS/Autism:
Uncertainty

PDA:
Demand Avoidance

ADHD:
Executive Overload

ODD:
Control Battle



How to **OFFER CHOICES** To Your Neurodiverse Students (AS, ADHD, ODD, PDA)



WHY do we offer choices?

increase
engagement

give
autonomy

decrease
behaviour

teach
decision
making

REMEMBER:

Offer from
a **LIMITED**
menu of
choices.

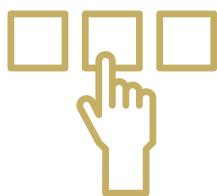
Make sure
they're
available.

If they worry
about "making
the wrong
choice",
show them how
to swap
activities

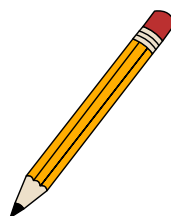
Offering
choices
prevents
negotiation,
power
struggles or
anxiety



Chair or
floor
cushion
today?



Which task
will you do
now and
later?



Will you
use a
pencil or
pen?

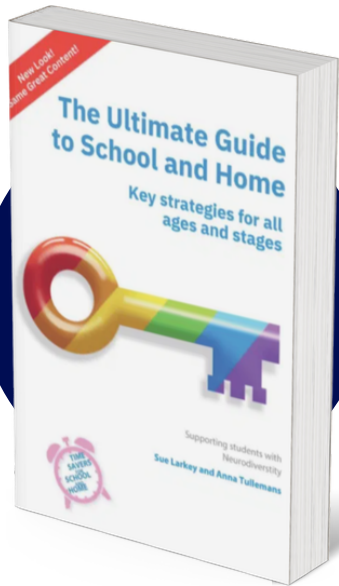


Will you
work for
5 minutes
or 10
minutes?

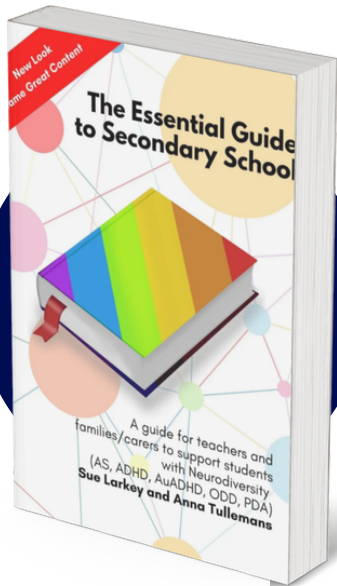
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Listen to Sue Larkey Podcast Episode 338: Why Choice Making is hard for Neurodiverse Children.

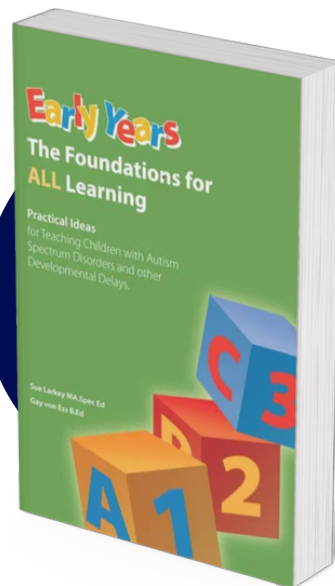
BOOKS BY SUE LARKEY



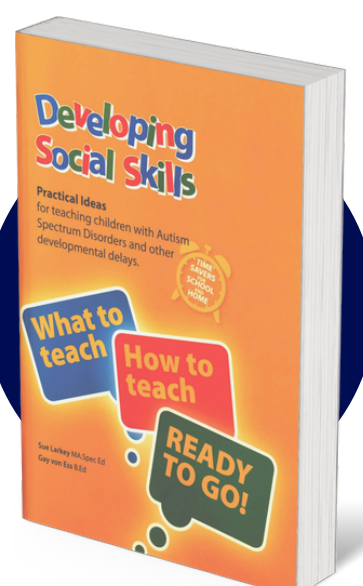
The Ultimate Guide to School and Home



The Essential Guide to Secondary School



The Early Years: The Foundation For All Learning



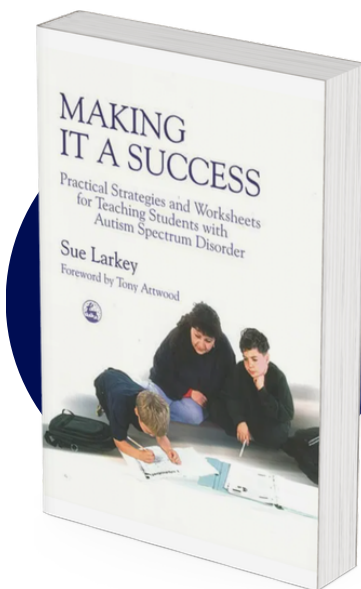
Developing Social Skills



Teacher Assistant's Big Red Book of Ideas



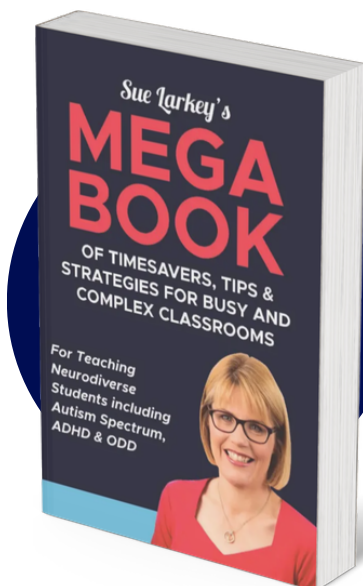
Teacher Assistant's Big Blue Book of Ideas



Making it a Success



Tips for Toileting



The Mega Book

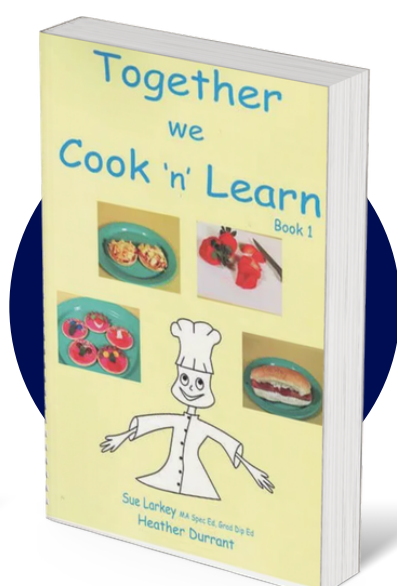
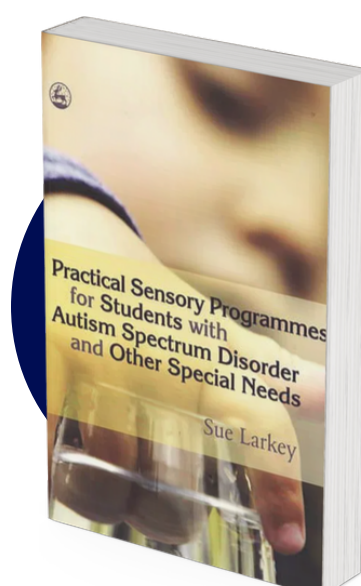
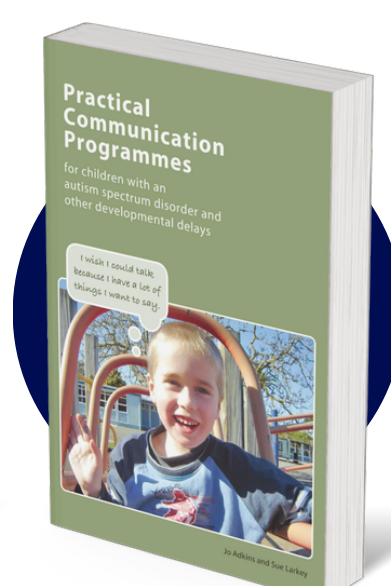


Photo Cook Book 1



Practical Sensory Programmes



Practical Communication Programmes

My Name is:

Now

.....

Next

.....

Later

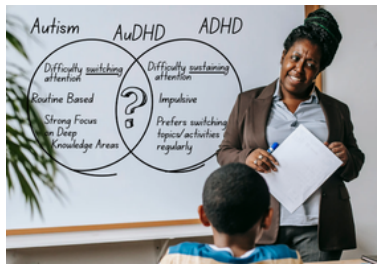
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ONLINE COURSE

Understanding AuDHD: Teaching & Supporting Students with Autism and ADHD Co-occurrence

Pathological Demand Avoidance (PDA) in the Classroom: Understanding Strategies for Educators

Educators Guide to Executive Functioning



PRESENTER

Laura Kerby
(Teacher & Grad Dip Psychology)

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(Teacher & Grad Dip Psychology)

Sue Larkey (Teacher) & Dean Beadle (Autistic Adult & Education Consultant)

EARLY YEARS



PRIMARY



SECONDARY



POST-SCHOOL



IN THIS COURSE YOU WILL LEARN

- ✓ Understanding what AuDHD is and how Autism and ADHD overlap
- ✓ How co-occurrence impacts learning, behaviour, and daily functioning
- ✓ Understanding monotropic focus and why task-switching is difficult
- ✓ How executive functioning differences affect organisation and attention
- ✓ Strategies for supporting motivation, novelty seeking, and hyperfocus
- ✓ Understanding sensory needs and how they fluctuate day to day

- ✓ Understanding of Pathological Demand Avoidance (PDA)
- ✓ What are Demands and How to Avoid PDA & Anxiety: Key Strategies
- ✓ Difference between PDD, ODD, and ASD
- ✓ Practical Approaches and Strategies to Support Learning
- ✓ Supporting and Understanding Behaviour PDA and Education: How to Make it Work

- ✓ What is Executive Functioning and Autistic Inertia
- ✓ Myths and Misconceptions about Executive Functioning, ADHD & Autistic Inertia Time Management in the Classroom: Why it's so difficult and how to make it easier.
- ✓ Key Strategies for Supporting Executive Functioning at School & Home
- ✓ Classroom Strategies for Building Executive Functioning Skills
- ✓ Understanding Autistic Inertia and ADHD Paralysis Emotional Regulation and the Importance of Safe Spaces

AUSTRALIAN PROFESSIONAL STANDARDS (ALL STATES)



COURSE DURATION

2 HOURS

2 HOURS

2 HOURS

COURSE COMPLETION (CAN EXTEND AT ANY TIME)

6 WEEKS

6 WEEKS

6 WEEKS

Register at elearning.suelarkey.com.au

Group discounts available contact: support@suelarkey.com.au

CERTIFICATE ON COMPLETION FOR ALL COURSES