

# LEARNING TOGETHER



## Specialized Services At Your Fingertips

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## REMINDER

Wash your hands for a minimum of 20 seconds with soap

Keep your mask on at work

Use gloves only when needed for personal care

COMMUNITY LIVING  
Toronto

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### Introduction

Good Day Readers! As mentioned last edition, Ontario is in phase 3 of the governments Covid-19 reopening plan. Meaning that businesses and community services previously closed due to the pandemic are now open. So, for this week's edition of Learning Together we compiled great resources and tips you can use to keep yourself and others safe when access the community.

SAFETY FIRST

This issue we will also be introducing Behaviour Skills Training (BST)

Reminder starting in September the Learning Together Newsletter will be moving from bi-weekly issues to monthly. The next edition will be out on

In order to better support our readers, we would love to hear from you! Please take a few minutes to fill out this [survey](#) and let us know how we are doing or what topics you would like us to discuss in future editions. You can also give us feedback or your topic suggestions to the Learning Together newsletter email at: [specservesnewsletter@cltoronto.ca](mailto:specservesnewsletter@cltoronto.ca)

### Community Safety During Covid-19

As Ontario reopens and there are more options of places to go it is important that we remember to be safe. Below you will find a social story outlining how we can be safe in the community when we do go out. The social story discusses physical distancing, wearing masks, where in the community we can go, rules to follow when indoors in the community, and covid-19 prevention hygiene practices.



Another great resource comes from Holland Bloorview. Which created a family tipsheet on what to do if your child, or an individual you support, cannot or has difficulty wearing a mask. Please take a look at the [link here](#).

### Activities in The Community

Enjoy this list of fun places you can visit now that businesses and community services are reopening. Make sure to call these places before visiting to ask what rules they have put in place. Also remember before visiting don't forget:

- Practice social distancing
- Wear a mask
- Wash hands frequently
- Crowded? Visit another day
- Feeling sick? Stay home!

Enter into a world of adventure and discovery with over 20,000 aquatic animals at Ripley's Aquarium, which reopened on June 29th.

Go on a self-guided tour and explore Canada's foremost castle Casa Loma.

Visit Canada's largest museum, of both natural history and world cultures. The Royal Ontario Museum reopened on July 9th.

Prefer to be outdoors? Visit [Andrews Scenic Acres](#). At this farm enjoy fields where you can 'pick-your-own' strawberries, raspberries, blueberries, currants and gooseberries, as well as pumpkins, apples, sweet corn and flowers.

# REDUCE FACE TOUCHING

Tips from behavioral scientists to reduce the spread of COVID-19

## Increase Awareness

- Ask a partner to tell you when you touch your face
- Wear perfume or bracelets to remind you not to touch your face
- Carry a pen and paper to record how often you touch your face each day

## Help Others

- Think of the people you are trying to protect by not touching your face
- Gently remind others when you notice them touching their face

## Do Other Things with Your Hands

- Put your hands in your pockets
- Hold a ball or deck of cards in your hands
- Make fists with hands for 1 minute if you bring your hands near your face

## Change Postures

- Keep your elbows off the table
- Sit in chairs without armrests, or in the middle of the couch
- Sit on your hands if it's hard to not touch your face

## Practice Relaxation Techniques

- Focus on taking long, slow, deep breaths and on relaxing muscles that feel tense
- Sit in a quiet place and focus on the present moment rather than the past or future
- Spend time in nature at a safe distance from others, even sitting under a tree



More information is available [here](#).

## Reducing Face Touching

When out in the community, we know that it is important to practice hand hygiene. It is also important to remember to avoid touching your face. This can be extremely challenging to remember and may be even more challenging for the individuals we support. There are many ways that we can help to reduce face touching by using differential reinforcement, becoming more aware of face touching and practicing at home.

Differential reinforcement of alternative (DRA) or incompatible (DRI) behaviours may be used as a strategy to reduce face touching. For more

information on the different types of differential reinforcement and how to use them, refer to the July 15<sup>th</sup> issue [here](#).

A DRA can be introduced by reinforcing all alternative behaviours to face touching. Using verbal praise or edibles to reinforce behaviour such as keeping their hands down, can help to encourage less face touching. For example, you could reinforce “great job keeping your hands down!” when out walking in the community.

A DRI can be utilized to reinforce incompatible behaviours to the behaviour you are trying to decrease. Incompatible behaviours refer to behaviours that can not be done simultaneously with the target behaviour, in this case, face touching. This strategy can be

used out in the community by providing the individual objects to hold while walking (a ball, a favorite toy), having the individual keep their hands in their pockets, or keeping the individual engaged in activity with their hands (manipulating an object, playing with sensory toys). We can then reinforce the individual, with a reinforcer of choice, for engaging in these incompatible behaviours.

Some other strategies are listed here in this infographic!

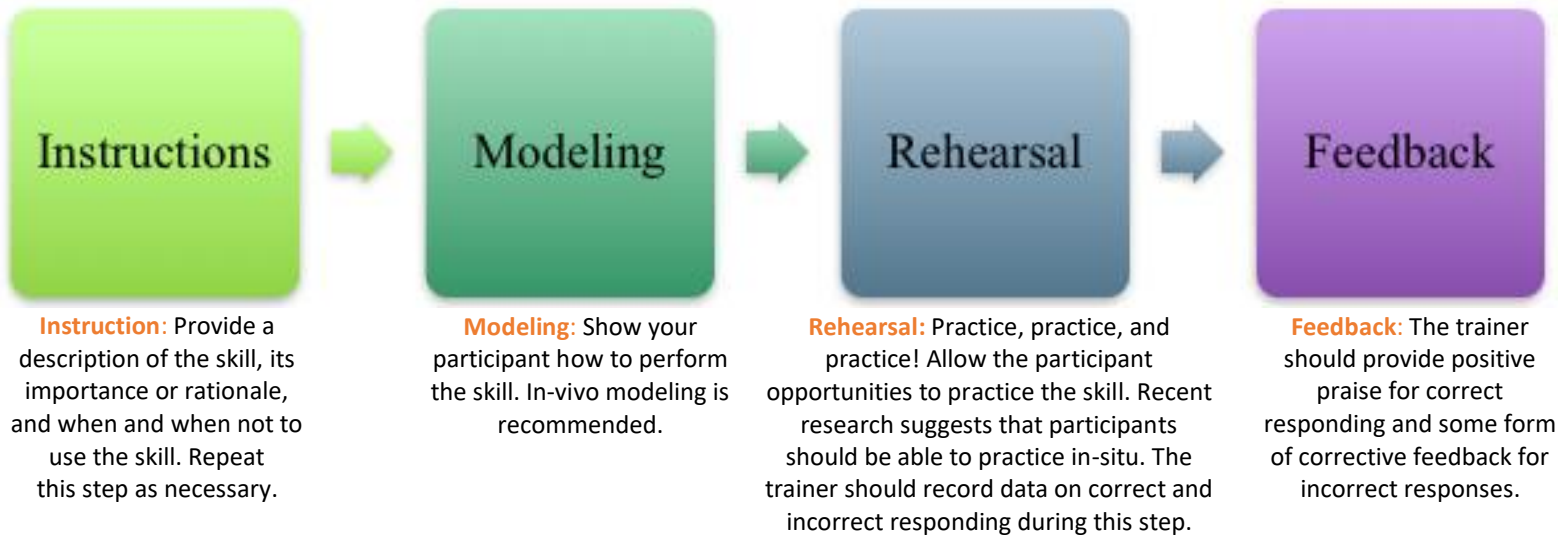


## BST - Practising at Home Makes Perfect

If you teach anyone, anything, behavior analysis has a secret to share with you – **Behavior Skills Training (BST)**. It is a method to teach students, staff, parents, and anyone else you are teaching a new skill. Dr. Miltenberger defines BST as “a procedure consisting of instruction, modeling, behavioral rehearsal, and feedback that is used to teach new behaviors or skills” (2004, p. 558). And that’s exactly what it is, a 4-step teaching strategy that works!

BST teaches a person what to do — that is, what behaviors to engage in under a particular circumstance. It allows for practice within the program so that the person can become fluent with the skills. It is an effective train-the-trainer procedure. And perhaps most importantly, can be individualized to each person. Sounds pretty good, doesn’t it?

Let’s break down each of the steps:



Some requirements before you can implement a BST program include: the person receiving the training must have the pre-requisite skills required for the behaviors you are teaching, the skill must include a chain of behaviors (a number of skills), and you must be able to role-play or video model the skills.”

BST can be used to teach individuals community safety skills as well. As restrictions ease in Phase 3 of the COVID-19 lockdown, caregivers and staff can utilize BST to help supported individuals to navigate their community safely. Follow the 4 steps described above (instruction, modeling, rehearsal, and feedback) to teach mask wearing, standing in lines, maintaining social distance, and following direction arrows in stores.

If you would like more information on Behavioural Skills Training, we welcome you to join our webinar on the topic being held on Thursday, August 27th, 2020 at 11:00am on ZOOM. Link to the webinar can be found [here](#) or send an email to [specservicenewsletter@cltoronto.ca](mailto:specservicenewsletter@cltoronto.ca) requesting to join.

*Reference:*

Entire description above taken from: <https://bsci21.org/behavior-skills-training-in-4-steps/> (we will need to properly reference this)

For feedback or questions please email us at: [specservicesnewsletter@cltoronto.ca](mailto:specservicesnewsletter@cltoronto.ca)



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