

## Specific Intervention Plan Instructions

Ruth Aspy, Ph.D., and Barry G. Grossman, Ph.D.


**INSTRUCTIONS:** Use the ABC-I when designing an intervention to address specific behavioral concerns. Complete the questionnaire below. Transfer the information to the ABC-I form (using the numbers as a guide) and to the Ziggurat Worksheet as indicated. Once the information has been transferred to the Ziggurat Worksheet, develop interventions for each level of the Ziggurat and ensure that the intervention is complete (5 levels, 3 points, addresses underlying needs).

### Behavior:

What specific behavior is of greatest concern? \_\_\_\_\_  
*Transfer behavior to the top of the ABC-I(1) and to the upper-left corner of the Ziggurat Worksheet.*

Next to the  icon, describe the behavior in observable, measurable terms.

- |   |   |
|---|---|
|  |  |
|  |  |
|  |  |

*Place observable, measurable behavior descriptions next to the  icon on the ABC-I(2) and on the Ziggurat Worksheet.*

### Antecedents:

When and where does the behavior occur? List what is happening at the time or just before.

- |   |   |   |
|---|---|---|
| • | • | • |
| • | • | • |

*Transfer to the antecedents column of the ABC-I(3)*

### Consequences:

List what usually happens after the behavior occurs.

- |   |   |   |
|---|---|---|
| • | • | • |
| • | • | • |

*Transfer to the consequences column of the ABC-I(4)*

### Function:

Behavior serves a purpose. Common functions include:

- |                       |                                |                  |
|-----------------------|--------------------------------|------------------|
| • Escape/avoidance    | • Adult/peer attention         | • Tangible items |
| • Sensory stimulation | • Access to preferred activity | • Other          |

What is the hypothesized function of the behavior? \_\_\_\_\_

### Underlying Characteristics:

Review **ALL** the checked UCC items. Identify underlying characteristics that may be associated with the behaviors described on the ABC-I. *List the UCC item numbers and a brief description of the item on the bottom of the ABC-I(5) and next to the # icons in the "Prioritized UCC Items" section on the Ziggurat Worksheet.*

From Aspy, R., & Grossman, B. (2008). *Designing Comprehensive Interventions for Individuals with High-Functioning Autism and Asperger Syndrome: The Ziggurat Model*. Shawnee Mission, KS: Autism Asperger Publishing Company ([www.aapctextbooks.net](http://www.aapctextbooks.net)). Used with permission.