

## Intensive Schedule Change Criteria

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### Intensive day 1:

- Teacher will increase off-toilet time each hour (see schedule below) unless there are no successes by noon. If this is the case, hold the schedule at 5 minute sits and 15 minutes.
- Schedule will stay the same all evening at home. Use the last level attained at the school.
- Drink Schedule: offer drinks to the child at the following intervals (intensive day 1 only)
  - Hour 1: every 5 minutes
  - Hour 2: every 10 minutes
  - Hour 3: every 15 minutes
  - Hour 4 until departure: every 30 minutes

### Intensive day 2 (at home):

- From school departure until 5pm, keep the same schedule as the final schedule set at school
- At 5pm, increase the time to the next level if the child has had at least 2 successes since departure

### Intensive day 3 (at home):

- If the child had at least 2 successes between departure and 5pm, start the day at the next level.
- If they did not have 2 successes between departure 5pm, keep the morning schedule the same.

### Following day 3 through follow up phase:

- The new criterion for increase is 80% success at both home and school for two consecutive days. The team will determine when changes should occur and communicate to staff and family.

### Levels of toileting sits:

1. 10 min. sit - **5** min. off
2. 10 min. sit - **10** min. off
3. 5 min. sit - **15** min. off
4. 5 min. sit - **25** min. off
5. 5 min. sit - **35** min. off
6. 5 min. sit - **45** min. off
7. 5 min. sit - **60** min. off

8. 5 min. sit - 1 ½ hours off
9. 5 min. sit - 2 hours off
10. 5 min. sit - 2 ½ hours off
11. 5 min. sit - 3 hours off
12. 5 min. sit - 4 hours off
13. No sitting schedule in place (child should initiate if he or she needs to use the toilet)

**Formula for percentage of success:**

$$\frac{\text{Successes}}{(\text{Successes} + \text{accidents})}$$

Or

The number of 'Y's in the success column divided by the sum of the # of 'Y's in the success column and the # of 'Y's in the accidents column

**Remember:**

- The child can get off the toilet if he or she urinates appropriately, even if the full 5 minutes have not elapsed.
- A **success** is any urination IN the toilet.
- An **accident** is any urination OFF the toilet (i.e. in pants, diaper, pull up, on floor, etc.)
- A toileting incident is **self-initiated** if the child requests to go to the bathroom (e.g. PECS, vocal, sign, etc.) without being prompted, or walks to the toilet and starts the process on his/her own. This does not include scheduled sits.

LeBlanc, LA; Carr, J.E.; Crossett, S.E.; Bennett, C.M.; & Detweiler, D.D. (2005) Intensive outpatient behavioral treatment of primary urinary incontinence of children with autism. *Focus on Autism and Other Developmental Disabilities*, 20(2), 98-105.