

## **Pathological Demand Avoidance (PDA)**

**PDA is a characteristic whereby a child might avoid the demands of everyday activities due to fear, anxiety, reaction to sensory difficulties etc. If these demands feel overwhelming there will be a desire for the young person to try to control the situation.**

**Not all professionals agree with a diagnosis of PDA. Currently in the UK it is not diagnosable and is seen as being part of autism by the NHS.**

**Whatever the diagnosis, strategies that help to reduce the pressure from demands and potential conflict and boost self-confidence will allow young people to better cope with every-day life.**

