



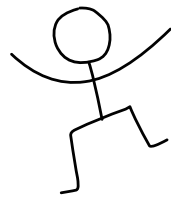
**01.** Pathological demand avoidance (PDA) is when a person strongly avoids real or perceived everyday demands.

Not because they are being difficult, but because those demands feel like a threat to their sense of control.

This can trigger an intense threat response, which can make avoiding the demand feel safer than facing it.



**02.**



**PDA is not a formal diagnosis.**

But it helps us to understand a person's responses and how to support them.

PDA often overlaps with Autism, but not always. We are still learning more.

Typical 'behaviour supports' do not work. A different approach is needed.

**03.**



**Also known as Persistent Drive for Autonomy.**

This term is more accurate and less stigmatising.

**PDA presents in many different ways.**

Demands might not always look like a demand. But if the sense of control is threatened, it can still cause huge anxiety.

**04.**

