

Aversive Procedures

Some people with intellectual or developmental disabilities are still being treated in cruel and harmful ways to try to control their behavior. AAIDD says this is wrong and needs to stop right away.

These harmful treatments are ones that cause physical pain, can lead to injury or even death, or make a person feel humiliated and disrespected. This kind of treatment is unacceptable for anyone, disabled or not.

Instead, the AAIDD wants researchers and caregivers to find kinder, more effective ways to help people with disabilities manage their behavior. These better approaches—called **positive behavior supports**—don't just reduce problem behaviors. They also help people make their own choices, live more independently, and keep learning throughout their lives.

People with disabilities deserve to be treated with dignity, to have real choices, and to be included in their communities. The relationship between caregivers and the people they support should build trust and confidence, not fear.

AAIDD calls on researchers to keep working on these respectful, humane approaches to behavior support.
