

Quality Improvement and Program Development for inClusion ClubHouse

Tristen Taylan, OTD/S

Faculty Mentor: Danielle Friberg, OTD, OTR/L

Site Mentor: Linda B. Hall, CEO, Founder



Site Description

- 501(c)(3) non-profit organization
- Seeks to be all-inclusive as they provide social and recreational community activities
- **Mission:** "To provide a safe and fun environment that fosters opportunities for education, socialization, and independence in a recreational setting for families with special needs" (inClusion ClubHouse, 2019)
- **Vision:** "To create a space that is truly all-inclusive and accessible for all to help create a more inclusive community" (inClusion ClubHouse, 2019)

Identified Needs

1. Implement structure for programs, events, and other services offered
2. Establish official volunteer procedures
3. Develop specific programs catered to the needs of adolescents and young adults with severe disabilities

Literature Review

- There are limited community-based programs that offer adequate leisure opportunities for families with special needs (Sharaievska & Burk, 2018)
- People with varying abilities benefit from social skills programs and recreational activities (Arbesman et al., 2013; King et al., 2016)
- Activity-based group interventions in the community encourage increased social participation and quality of life (Egan, 2019; Beisbier & Laverdure, 2019)
- Pairing typically developing college students with teenagers with severe disabilities led to improved self-sufficiency in a recreational community transition program (Kunstler et al., 2013)
- Programs are needed to help transition youth with disabilities to young adult life to achieve greater outcomes (Kunstler et al., 2013)

Learning Objectives

1. Understand and analyze staff role
2. Develop and implement a six-week program for the transition to adulthood
3. Create and provide handouts for families
4. Develop various adapted sporting activities

Project Description

- **Purpose:** To assist inClusion ClubHouse in building a stronger foundation for future services offered
- **Three-fold approach** that facilitated quality improvement with emphasis on:
 1. Volunteer Recruitment and Training
 2. Transition to Adulthood Program
 3. Adapted Sports League Guidelines

Program Description

- Total of 4 families with adolescents and young adults (ages 15-25) with moderate to severe disabilities planned for the transition to adult life after receiving school services
- 90-min. workshops, 1x/week, for 6 weeks
- Peer buddies paired with participants to maximize engagement and increase social participation
- **Topics:**

1. Determining Leisure Activities and Goals
2. Learning to Adapt and Achieve Goals
3. Building Strengths to Meet Needs
4. Making Choices and Solving Problems
5. Job-Related Skills
6. Completing Applications/Final Review



Project Outcomes

- **Volunteer Results:**
 - 100% reported clear expectations and safety as top priority
 - 75% strongly agreed the training increased their confidence to perform duties
- **Qualitative Program Themes:**
 - Benefit of small group size
 - Positive overall feedback of program implementation
 - An "eye-opening [experience] that every caregiver should know"
 - Understanding of program's importance
- **Quantitative Program Results:**
 - Total of 2 families completed the program

Goals/objectives were discussed	1	2
Confident using at least 1 strategy	2	0
Identified at least 1 leisure activity	2	0
Identified at least 1 paid/unpaid job	1	1
Completely satisfied with program content	2	0
Handouts/info were current	2	0
Instructors had thorough explanations	2	0
Safety was top priority	1	1

■ Strongly Agree ■ Agree

Scholarly Deliverables

- Volunteer Application
- Volunteer Staff Manual
- Volunteer Training Presentation
- Program Weekly Group Protocols
- Program Resources
- Program Binders
- Adapted Sports League Manual
- Adapted Sports League Resources



Discussion/Implications

- Volunteer manual and training provided clear expectations and was beneficial for improved confidence with an increased sense of responsibility
- Program participants gained overall positive experience and were completely satisfied with the program content
- Those with severe disabilities had an equal opportunity to enhance skills and participate in meaningful activities with others
- Parents/caregivers may be unaware of their children's abilities, with a tendency to focus on limitations and assistance needs
- Occupational therapists can help change their mindset to focus on strengths for a better sense of well-being and quality of life



Future Directions

- Increase number of programs for those with moderate to severe disabilities
- Obtain further research to generalize data
- Assist inClusion ClubHouse to launch their All-inClusive Sports League

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References Available Upon Request