

# Achieving Beyond Limits: An Occupation-Based Wellness Program for Adults with Special Needs Erica Chau, OTD/s Site Mentor: Heidi Tulcan, MT-BC Faculty Mentor: Stephanie Attenni, OTD, OTR/L

# DCE Site: Able Arts Work (AAW)

- Non-profit organization located in Long Beach, CA
- Art-based adult day program Achieve Results Together (ART) Center
- Mission: To provide inclusive services to individuals of all abilities through creative art (art therapy, music therapy, dance/ movement, drama/theater, visual arts, media, and digital arts)





# **Needs Identified**

- 1. Increase self-regulation skills, coping skills, & overall mental health
- 2. Increase social engagement and community awareness
- 3. Improve functional skills in daily activities

# Literature Review

#### Themes:

### Life Challenges

- Deficits in social, practical, conceptual, and executive functioning skills; Decreased communication and learning ability (Richardson et al., 2020)
- Depression, anxiety, and behavior issues (Richardson et al., 2020)
- Issues with problem solving, decision-making, social isolation, and decreased social engagement (Stanojević et al., 2022)
- Challenges in daily activities, mobility, and adaptive behavior at home, work, school, and community settings (Perez & Crowe, 2021)
- Barriers: societal stigma, environmental barriers, lack of available programs, financial resources, and limited community support (Perez & Crowe, 2021)

### Interventions

- Activities of Daily Living (ADLs), Instrumental ADLs, functional skills training, social interaction & leisure, community engagement (Blaskowitz et al., 2021; Waldman-Levi et al., 2019)
- Social skills training, self-advocacy, self-image, (Perez & Crowe, 2021)
- Mindfulness & yoga (Richardson et al., 2020; Hartley et al., 2019)



# Learning Objectives

. Developed a 6-week occupation-based wellness program that improved quality of life, health, and well-being for adults with IDD

2. Implemented & evaluated a 6-week occupation-based wellness program that improved quality of life, health, and well-being for adults with IDD B. Improved interdisciplinary collaboration and increased advocacy for the occupational therapy profession

# **Program Description & Implementation**

#### • Purpose of a 6-week occupation-based wellness program:

- Increase quality of life, health, & well-being
- Improve health management
- Increase social & community engagement Increase functional life skills

### **Program Outline**

### Health Management (week 1 & 2)

- Activity 1: Zones of Regulation Board
- Activity 2: Mindfulness & Yoga
- Activity 3: DIY Aromatherapy Lavender Bag
- Activity 4: Lifestyle Balance

### Social Participation & Community Engagement (week 3 & 4.5)

- Activity 5: Fairy Succulent Garden
- Activity 6: New Year Vision Board
- Activity 7: Community Exploration

### Life Skills (week 4.5, 5, & 6)

- J Activity 8: Time Management
- Activity 9: DIY Laundry Folding Board
- > Activity 10: Money Management
- > Activity 11 & 12: Grocery Shopping Part 1 & 2

### • Purpose of staff training modules:

To advocate for the occupational therapy profession

- To equip staff with knowledge and resources to enhance quality of care
- To provide caregivers with educational support to meet their clients basic needs



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### **Group Session**

- Frequency: 3-4x / Week
- **Duration:** 45 minutes / Session

# **Design & Population**

- Pre-test & Post-test study design
- Sample Size: 4 Participants
- Inclusion Criteria:
- Age 21+ years
- Diagnosed with mild-moderate IDD
- Verbal
- Exclusion Criteria:
- Non-students of AAW
- Non-english speakers
- Visually impaired
- > Nonverbal

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	Happiness	Level of Independence	Choices & Decisions	Social Rela
Pre-test	Desire to increase engagement in occupations	Desire to complete daily activities more independently	Lack of opportunities to make choices	Lack of relation
Post-test	Positive thoughts & feelings	Increased understanding & independence	Increased comfort in speaking up & making decisions	Sense of b Know how to pa atways call mo eets good to ma
<ul> <li>Pro</li> </ul>	ogram implementation	nterviews conducted prior te	closer to peers enriched be outdoors know how to pay always call more	s friends



always call mom for help lood to make choices ow to pay









\*Permission granted from AAW to share client photos\*