

# Client-Centered Program Development for People with Parkinson's Disease at SLEA

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# Speech, Language, and Educational Associates (SLEA)

SLEA specializes in services for the pediatric population across southern California with locations in Antelope Valley, Culver City, Hollywood, Encino, and Redondo Beach. Their long term goal is to become a "one stop shop" for services in their existing offices. SLEA has expressed interest in expanding their services to provide treatments for people with Parkinson's disease (PD) by offering holistic and client-centered services for PD in their Encino and Culver City locations.

**Mission Statement:** A multidisciplinary team of educators and therapists working with families to enhance the lives of individuals with special needs using systematic and innovative strategies to develop strong understanding, speaking, reading, and writing skills.

### Areas of Need

- 1) Acquiring funding for the necessary duration and number of sessions for treating PD
- 2) Educating the SLEA team about client-centered care
- 3) Expanding the diversity of marketing materials for the Parkinson's program
- 4) Creating audio-visual content for clients and caregivers
- 5) Improving the delivery of telehealth services

# Individualized Learning Objectives

- 1) Improve my grant writing skills to assist in program implementation at SLEA.
- 2) Enhance my communication skills across multiple disciplines at SLEA.
- 3) Gain advanced knowledge about the LSVT program to create resources for caregivers and clients who are diagnosed with PD.

#### Literature Review

- Though both Lee Silverman Voice Training (LSVT) programs are effective individually,
   participating in LSVT BIG and LOUD simultaneously has been proven to be effective for people with PD (Fox et al., 2012)
- The following themes were explored when analyzing the program development process:
   Funding, support, interdisciplinary conflict, role expectations, staffing, and professional development. (Stav, 2012)

## Problem Statement

Medical insurance coverage may affect the type of care a client receives due to the frequency, duration, an type of coverage their plan allows. Due to a lack of funding, SLEA can not provide the proper amount of services that is considered best practice when treating people with PD.

# **Program Description**

The Speak, Live, and Enable Action Parkinson's Program (SLEA Parkinson's Program) utilizes a multidisciplinary approach to address people in southern California with PD. SLEA's speech therapists, occupational therapists, and mental health specialists are involved in providing individualied, holistic, and little to no cost treatments in person and over telehealth platforms. Services are provided with accessibility, safety, and the progressing symptoms of PD at the forefront of treatment.

# Methodology

Design: Pretest-postest study

Participants: SLEA Staff (OTs, SLPs, CEO, COO, and board director)

Data Collection: Customized Likert scale survey and short free response questions.

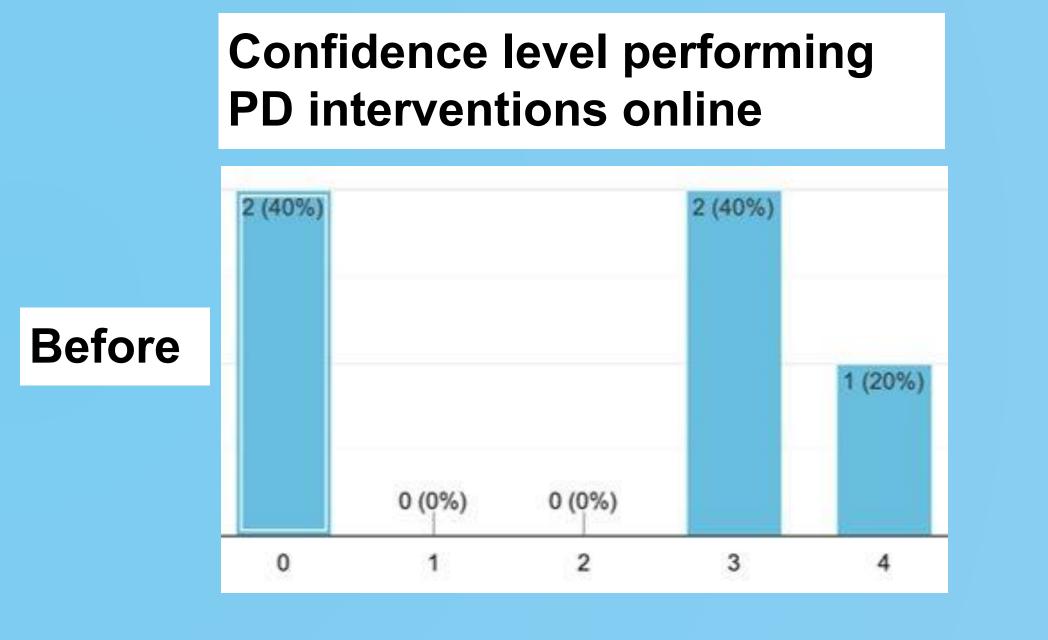
Data Analysis: Quantitative and qualitative data

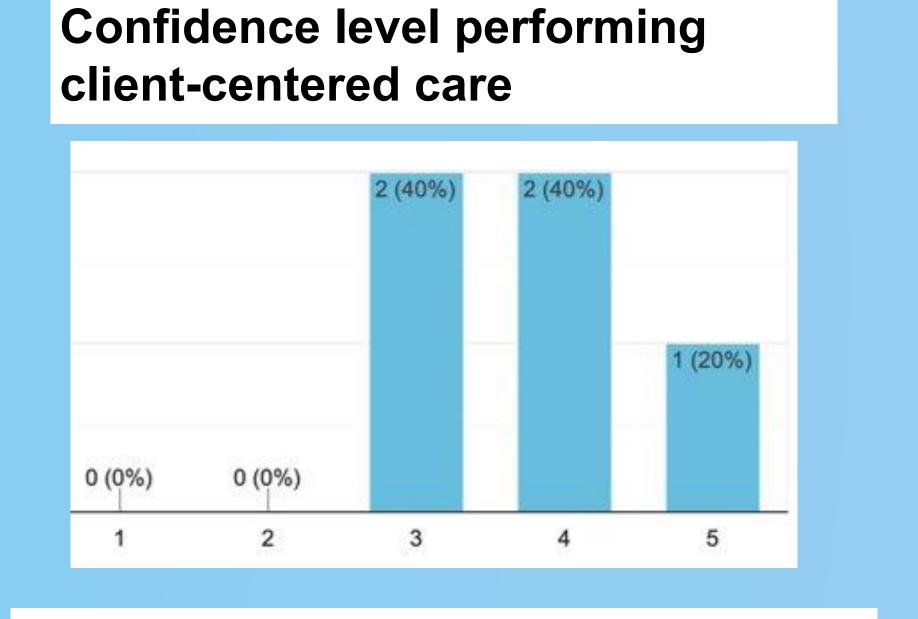


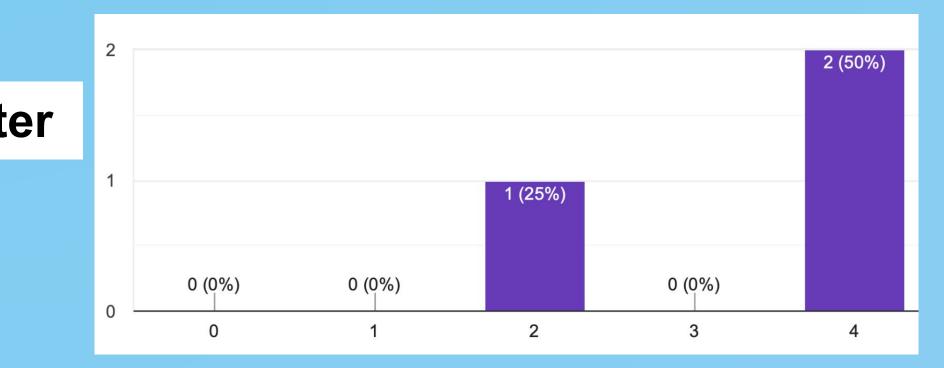


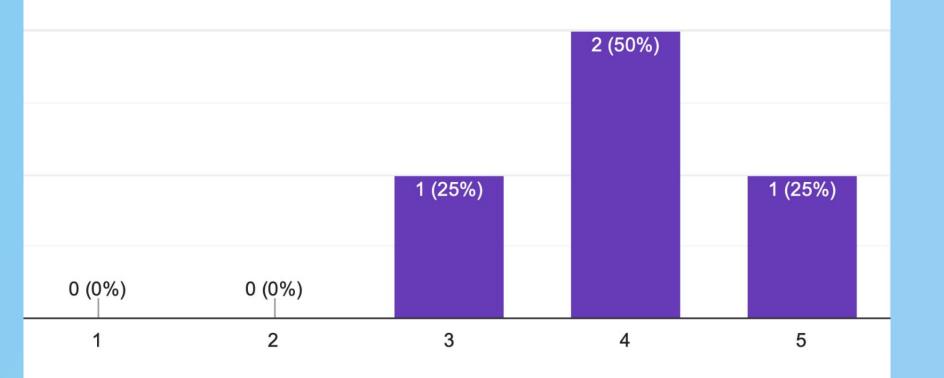
#### Results

A grant proposal written through the client-centered perspective was sent. Patient and caregiver handouts were created to supplement treatment sessions. Various media was created for SLEA's electronic social media platforms. A presentation on client-centered care was created and presented for SLEA staff. Finally, a quick reference manual was developed to aid in the implementation and development of the program at SLEA.



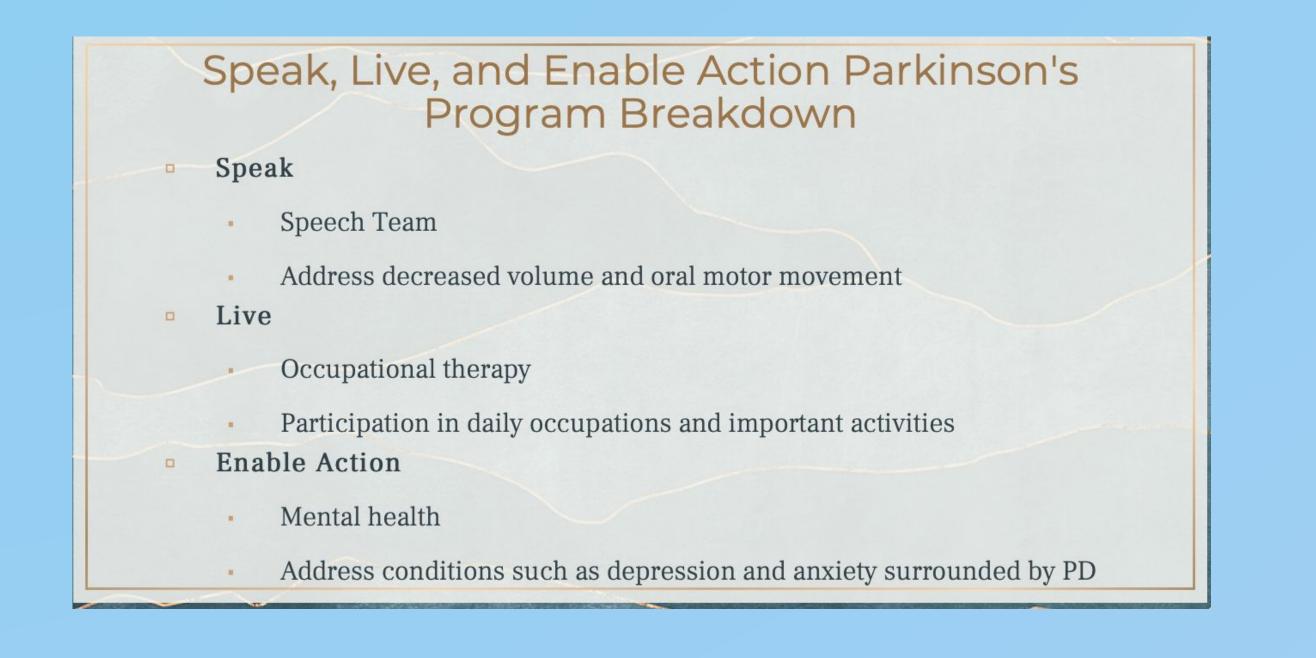




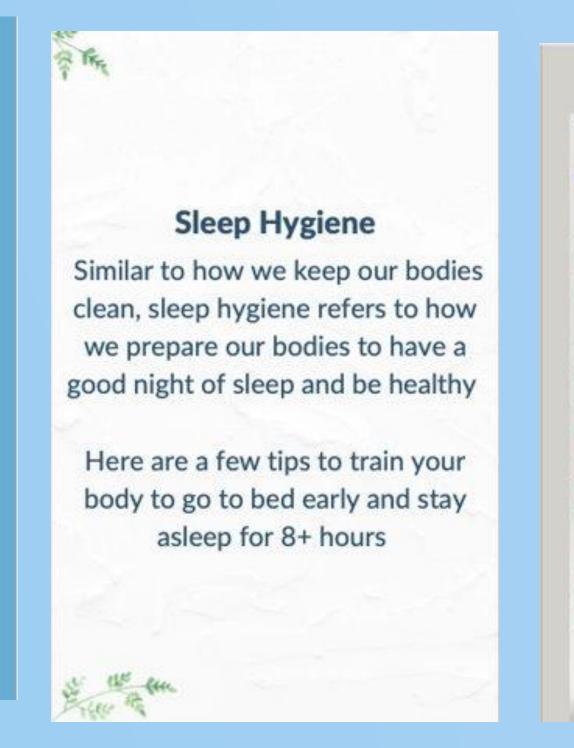


On a scale from 0 (not very confident) to 5 (extremely confident)

- Post-Presentation
- 3.75/5 confidence providing PD interventions over telehealth
- 4/5 confidence providing client-centered care
- Themes
- Handouts increase carryover of education at home
- Telehealth Set Up handout helps increase safety and participation during sessions



# Benefits of Tai Chi Practicing tai chi: Improves your flexibility Strengthens your body Improves balance Decreases risk of falls Improves your mental health



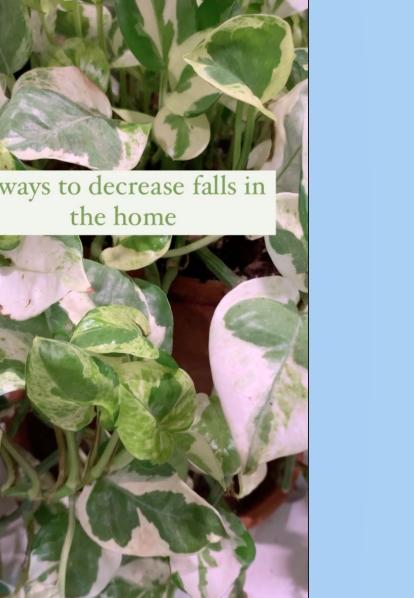


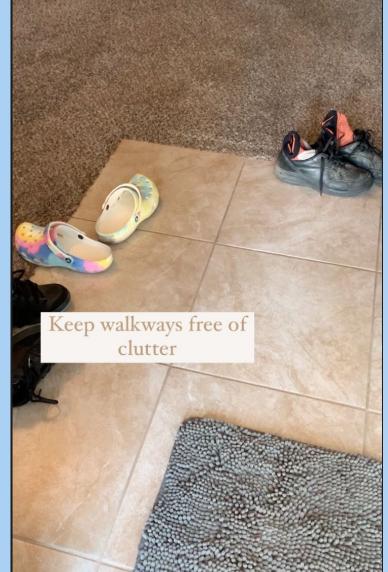














#### Discussion

Reviewing the purpose of your treatment process can decrease confusion and improve the efficacy of treatment within a multidisciplinary team. By presenting on client-centered care, the team developed an understanding of how to create motivating treatment sessions and learn effective approaches to addressing the progressive symptoms of PD in the context of the client's life.

#### Conclusion

Creating client-centered treatment sessions, programs, and grant proposals have the ability to improve a client's motivation to attend rehabilitative services. Incorporating client-centered care across a company's operating process may encourage them to move from a medical model and treat the client as a whole.

#### References

Available upon request