

Effectiveness of a Life Skills Program for Adolescents



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Beach Kids Therapy Center

- Outpatient pediatric clinic located in Laguna Hills and San Clemente
- Target population: Birth to 18 years old
- Interdisciplinary team comprising of OT, PT, ABA, SLP
- Specialize in Sensory Integration, ASD and developmental delays

Needs Assessment

- Life skill resources for adolescents
- Adequate space tailored for adolescents
- Funding to implement a life skills program

Literature Review

- Adolescence is a crucial period for development and is typically correlated with developing autonomy and independence, however, life skills resources and programs are limited for these adolescents, decreasing their chances to learn these essential skills (Chiang et al., 2017).
- Individuals with disabilities may be taught some life skills in special education classes; however, they are not usually taught how to apply the skills in other settings or receive all of the fundamental skills needed to live a more independent life (Abel et al., 2015).
- Benefits on learning life skills include improved self-esteem, positive effects on self-knowledge, interpersonal relationships, problem-solving skills, social competence and independence (McPherson, A. C. et al., 2018).

Learning Objectives

1. The doctorate student created and implemented a life skills program for adolescents to improve their occupational engagement and independence in IADLs.
2. The doctorate student created educational resources for parents/caregivers to promote carry-over for topics covered during the six-week program.
3. The doctorate student created and distributed weekly competency checklists for the participants and assistants of the life skills program.

Program Description

- TeenSHIP (Self-Help Independence Program)
 - Life skills program at San Clemente location
 - Once a week for six weeks
 - Two-hour sessions
 - All-inclusive
 - 12-18 years old

Program Weekly Topics

Week 1
Social Skills

Week 2
Personal
Hygiene

Week 3
Household
Tasks

Week 4
Money
Management

Week 5
Meal
Preparation

Week 6
Fitness and
Nutrition

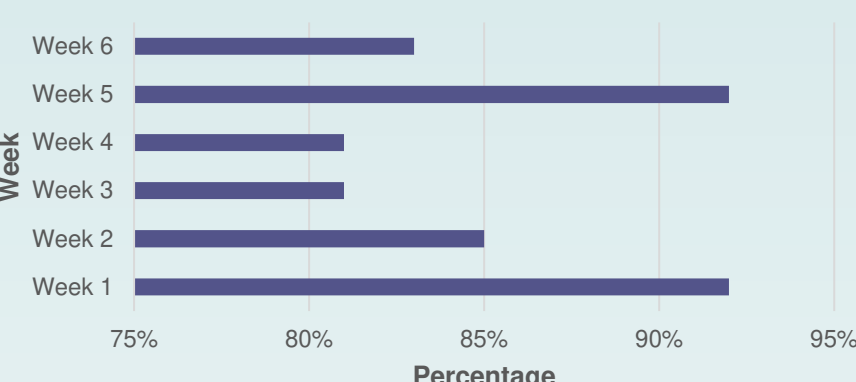
Outcomes

Quantitative Data

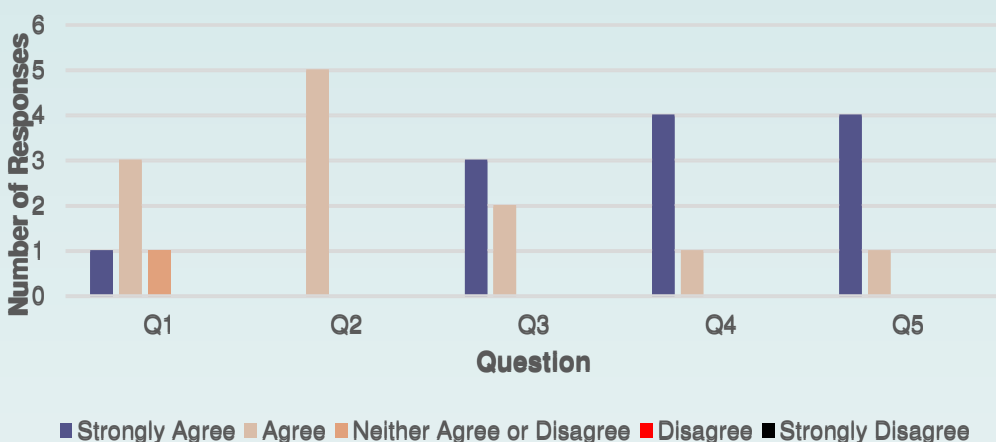
Pre-Post ABAS-3

- There were no changes in any life skill areas for any of the six participants.

Weekly Participant
Competency Averages



Post TeenSHIP Parent
Questionnaire



Q1: "I was able to have my preteen/teen practice each week's topic at home or in the community"

Q2: "I have seen improvements in my child's life skills that were covered in the program"

Q3: "I would want my child to participate in another life skills program with other topics"

Q4: "I am satisfied with the TeenSHIP program"

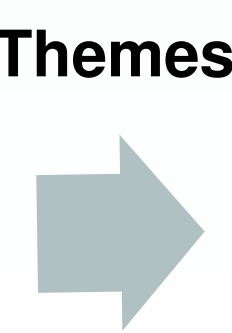
Q5: "The TeenSHIP program was effective"

Qualitative Data

Post TeenSHIP Parent Questionnaire

- "What did you like the most about TeenSHIP"
- "Which other topics would you like for the program to address"
- "Other comments and feedback about TeenSHIP"

Increased Socialization
and Participation in
Learning Life Skills



Need For Additional Life
Skills Programs

Summary of Deliverables

- 6-week program curriculum
- Educational handouts for parents/caregivers
- Weekly progress notes
- Weekly competency checks
- PowerPoint presentation on program's effectiveness and data



Limitations

- Small sample size
- Short duration of program
- Late enrollments
- Participant tardiness

Future Directions

- Implement program year around
- Include additional topics
- Promote program on social media platforms to obtain participants
- Include fieldtrips to practice life skills in natural environment

Acknowledgments

Thank you, Beach Kids Therapy Center, for allowing TeenSHIP to be implemented at your facility. Also, a special thank you to Dee Marszal and Dr. Elise Leizerovich for all of your support and guidance that contributed to this capstone project.

References

Available upon request.