



A Health and Wellness Program for Adults with Special Needs



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Description of DCE Site

- **Site Name:** OV's Willing Workers
 - Nonprofit organization in Los Angeles, CA
- **Population Served:** Adults and Older Adults with Special Needs
- **Mission Statement:** "Ensuring that Individuals at Willing Workers perform to their highest potential and become full participants in their communities."

Identified Needs

1. Staff Education on Caring for the Special Needs Population
2. Social Media Promotion
3. Health and Wellness Program

Literature Review

- Adults with special needs have limited access to public spaces, recreation, healthy foods, public health efforts and prevention activities (Anderson et al, 2013).
- Inadequate support is a barrier to a healthy lifestyle which further limit's ability to engage in ongoing healthy choices (Caton et al., 2012).
- Increased access to nutrition education and physical activity was associated with improved well-being and quality of life(Canton et al., 2012).

Learning Objectives

1. Developed a health and wellness program to improve the understanding of a healthy lifestyle while improving overall quality of life for the special needs population.
2. Implemented and evaluated a health and wellness program for clients.
3. Implemented and evaluated health and wellness workshops for the staff.
4. Practiced advocacy by developing and implementing social media accounts (i.e., Facebook) for the DCE site to promote community outreach and engagement.

Program Description

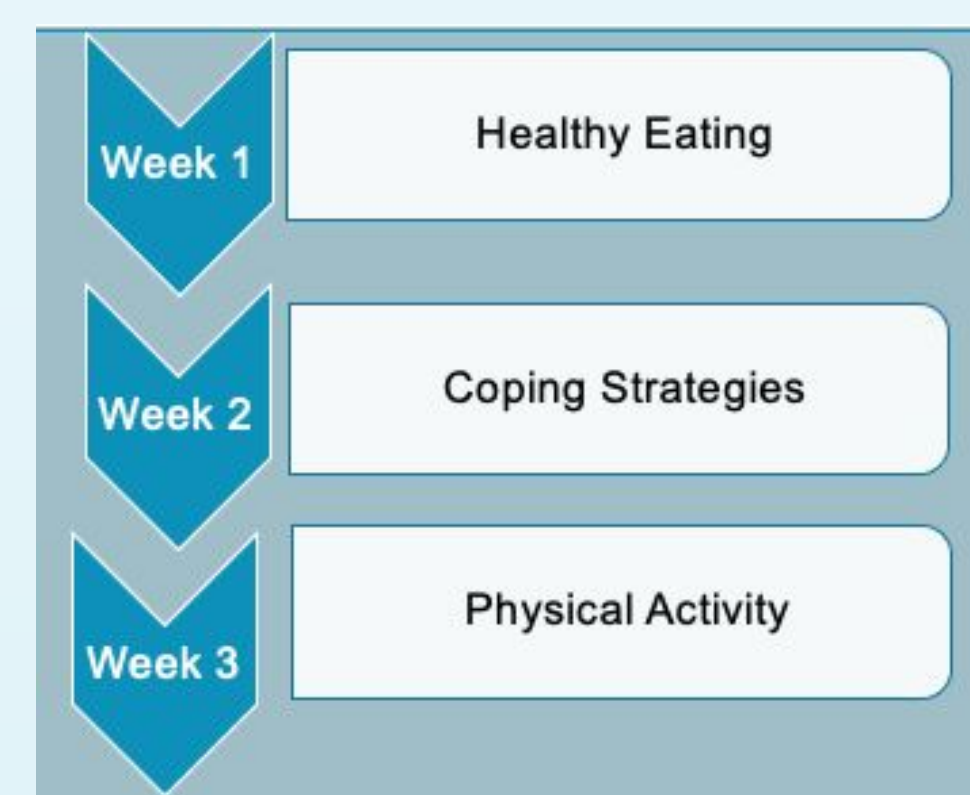
Health and Wellness Program

- Six-week and three-week program
- 30-45 minutes sessions, 1x/week

Client Groups



Staff Workshops



Evaluation

- **Observational Notes:**
 - Notes were made during groups about each client behaviors, peer and group interactions and verbal quotes mentioned.
- **Google Forms Survey:**
 - Post-surveys were administered to staff at the end of each workshop.

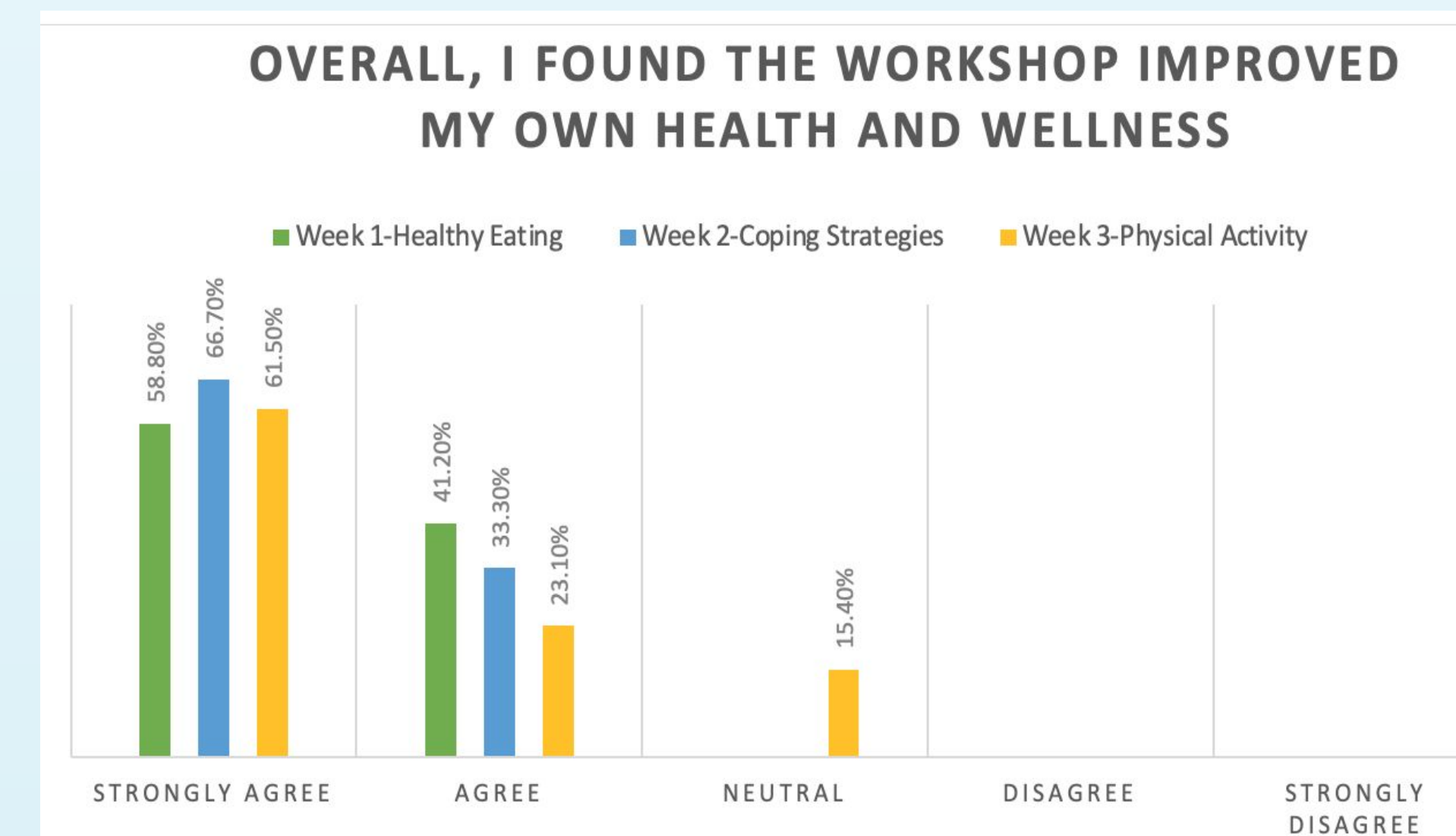
Outcomes

- **Client Qualitative Data:**

Themes:



- **Staff Quantitative Data**



Scholarly Deliverables

- **6 Client Protocols**
- **6 Client Educational Handouts**



- **3 Staff Protocols**
- **3 Staff Educational Handouts**



Acknowledgements

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References

