



THE EFFECTIVENESS OF A DIGITAL CAREGIVER RESOURCE LIBRARY

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Uplift Therapy Center

- Uplift Therapy Center is an outpatient pediatric clinic located in La Cañada, California
- Provided in-home services in 2019 and expanded into a clinic in July 2022
- Providing occupational, physical, speech, and feeding therapy; offering Parent & Me classes

Identified Needs

1. Caregiver Resources
2. Skills Groups/Group Protocols
3. Social-Emotional Regulation-Based Interventions

Learning Objectives

Primary Focus Area: Program Development

1. Developed a caregiver education program with specific resources, curating a digital library.
2. Implemented and measured the effectiveness of the caregiver education program.
3. Increased clinical practice skills in outpatient pediatrics.

Literature Review

- Online programs and interventions help overcome barriers related to distance, scheduling, and transportation (Roberts et al., 2019)
- Online parenting programs improved aspects of parenting, such as stress management, feelings of competency, and knowledge (Chestnut et al., 2019; Franke et al., 2020)
- Improved parental knowledge and skills translate into better outcomes for children (Gee & Peterson, 2016; Roberts et al., 2019)

Program Description & Implementation

Digital Caregiver Resources Library (DCRL)

- Digital drive accessible to practitioners for customizable caregiver resources
- Curated specific topics collected from needs assessment
- Included an At-Home Intervention Bank for clinicians to incorporate within the customizable templates for at-home interventions

Main Topics

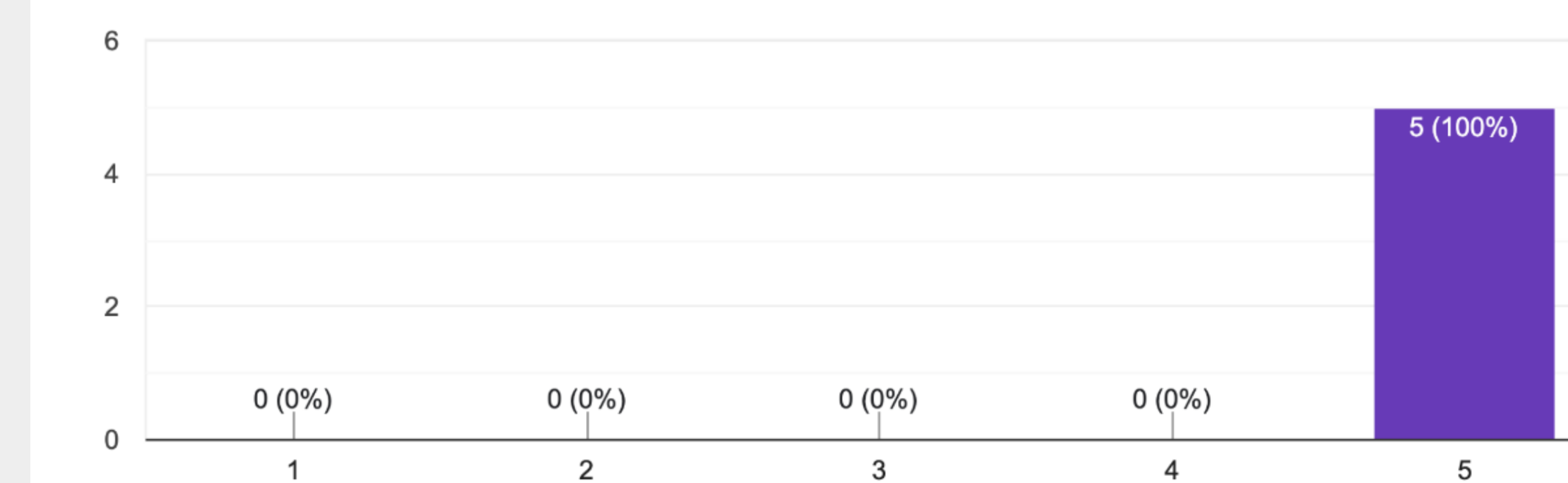
- Sensory Processing
- Toileting
- Visual Schedules
- Autism Spectrum Disorder
- Toileting

Program Outcomes

OT practitioners:

On a scale from 1-5, how useful did you find the resources?

5 responses

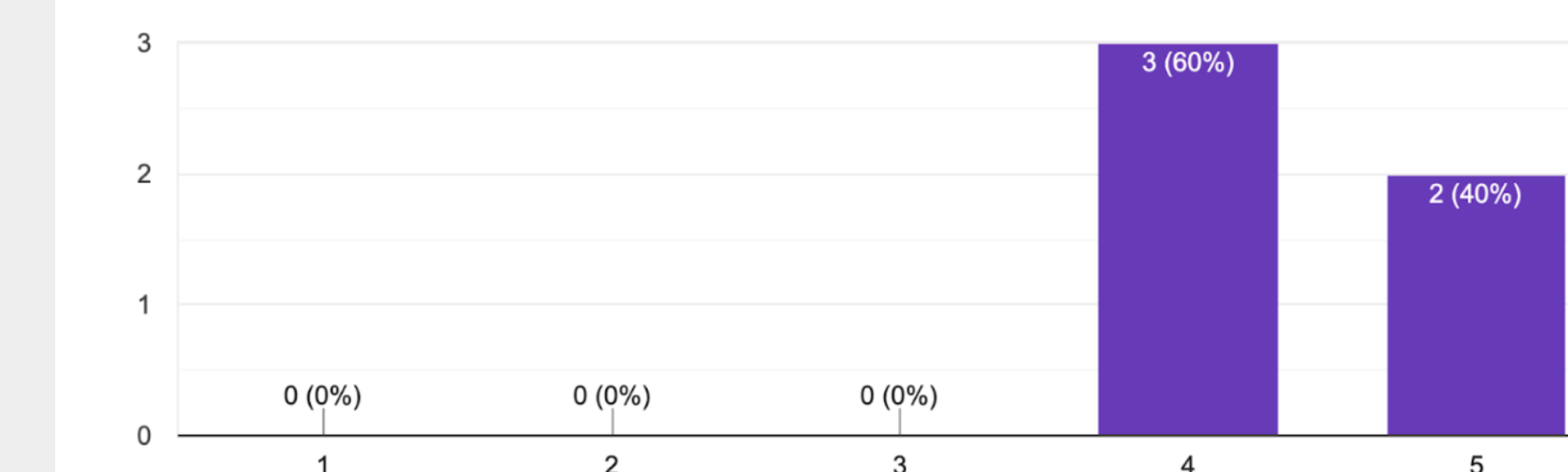


- All practitioners rated the resources “5 - **Very Useful**” on a scale of 1-5

Caregivers:

On a scale from 1-5, how useful did you find the resources?

5 responses



- 60% of caregivers rated the resources “4 - **Useful**” and 40% as “5 - **Very Useful**”

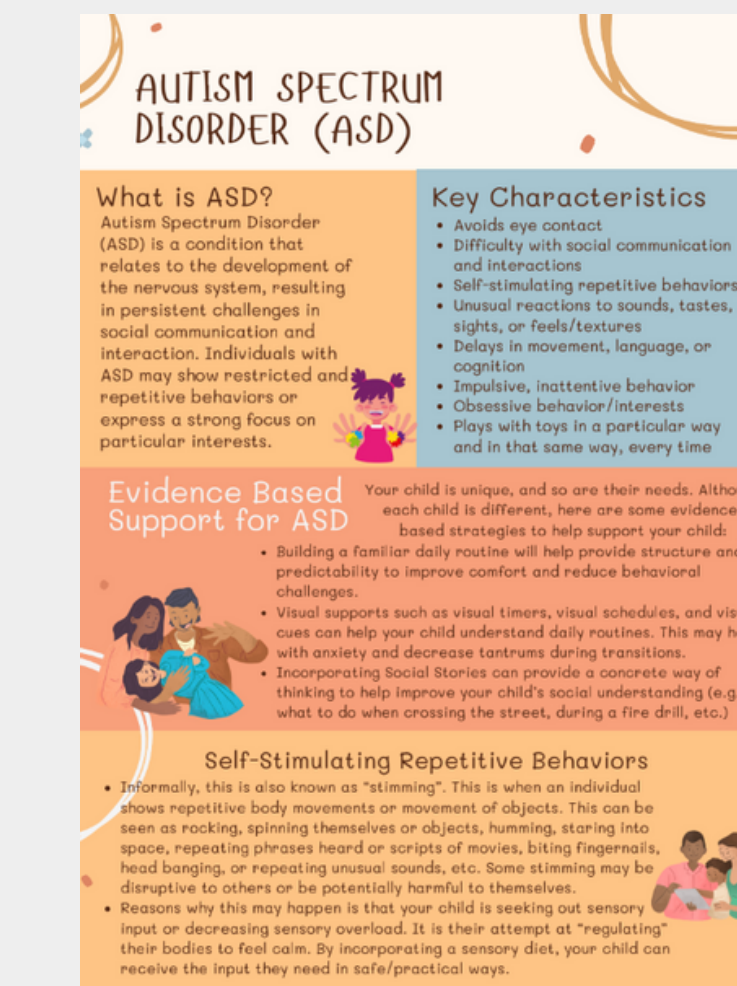
Common Themes:

Increased number of resources & topics

Increased supplemental visual aids

Overall satisfaction

Scholarly Deliverables



- DCRL
- At-Home Intervention Bank
- Effectiveness data analysis

Scan QR code to view DCRL



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