



The Impact of Strength-Based Practice on Empowerment

Pauline Beroukhim OTS
 Aaron Picus OTD, OTR/L, Rizza BiscochoOTR/L
 Department of Occupational Therapy, West Coast University



Description of The Site

Learning Tree Therapy (LTT) is a pediatric outpatient clinic providing speech, physical, and occupational therapy services, and early intervention groups.

LTT has four locations throughout the Los Angeles area:

- North Long Beach
- Harbor City
- East Long Beach
- Anaheim

Mission Statement: Where children love to play and play to learn.

Summary of Needs Assessment

- The Need to Understand Neurodivergent Experiences
- The Importance of Caregiver Empowerment and Education
- Systemic Stigmas Hinder Caregiver Empowerment

Scholarly Deliverables

- Pre/Post Test measuring the effectiveness of caregiver empowerment.
- 50+ page caregiver educational toolkit

Student Learning Objectives

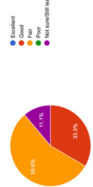
- Advocate and support neurodivergent individuals to provide evidence-based education to their caregivers.
- Design educational resources for parents/caregivers of neurodivergent children to promote empowerment.
- Develop and implement an OT- based-educational self-paced program to provide caregivers with advanced clinical knowledge and skills in strength-based practice.

Project Outcomes

The capstone project shows a notable improvement in caregivers' neurodiversity understanding and empowerment, supported by positive changes in pre/post-test scores and semi-structured interviews.

Pre-Test

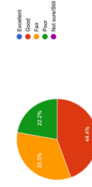
How well do you understand the specific needs and preferences of your child?
 (Frequency)



In your opinion, how effective are your strategies in supporting your child in their daily routine?
 (Frequency)



How confident are you in supporting your child in different environments?
 (Frequency)



Post Test

How well do you understand the specific needs and preferences of your child?
 (Frequency)



In your opinion, how effective are your strategies in supporting your child in their daily routine?
 (Frequency)



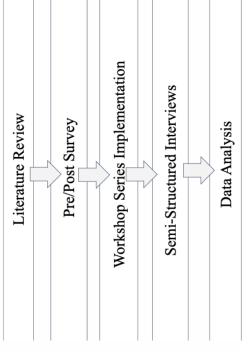
How confident are you in supporting your child in different environments?
 (Frequency)



Qualitative Themes

Boosts self-confidence and learning	<i>"Using the toolkit has been a game-changer for me. It's like having a teacher by my side, guiding me through the complexities of caregiving a neurodivergent child."</i>
Increase empowerment	<i>"The content is very informative. I feel like I'm equipped with all the tools I need and have more confidence."</i>
Promotes openness to understanding neurodiversity	<i>"The self-paced element makes learning fun and interactive, turning what could be overwhelming tasks into manageable steps."</i>
Supports and guides caregivers	<i>"The toolkit is not just a resource; it's a lifeline for caregivers like me. Understanding that some of the world's greatest inventors and actors are neurodivergent has inspired me to continue using the strengths-based approach."</i>
Reduces caregiver stress.	<i>"Knowing that I have different approaches to rely on depending on the situation gives me a sense of having allowed me to navigate the ups and downs with greater ease and peace of mind."</i>

Project Implementation



Evaluation Method

Participants:

- Seven caregivers of neurodivergent children
- English speakers

Quantitative Data

- Pre/Post survey
- Statistical data
- Data collection measures: consist of multiple-choice questions, a Likert scale, open-ended questions, and yes or no questions.

Qualitative Data

- Semi-structured interview with four caregivers.

Literature Review

- The Importance of Cultural Sensitivity and Adaptability
- The Importance of a Supportive Environment
- The Need to Understand Neurodivergent Experiences
- The Importance of Caregiver Empowerment and Education
- Systemic Stigmas Hinder Caregiver Empowerment

References

