The Impact of Motor Intervention on Older Adults with Special Needs

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OV's Willing Workers

- Nonprofit organization located in Los Angeles.
- Specializes in offering comprehensive services to adults ages 18 and older with special needs.
- Services include behavioral support, creative expression and art therapy, communication and language development, recreational activities and leisure skills, and life skills and independence training.

Identified Needs

- Integration of teamwork and interprofessional communication and collaboration among staff members.
- Tailored programs for older adults with special needs.
- Personalized programs to improve the quality of life for older adults with special needs.

Literature Review

Key themes identified in the literature:

- Improved fine motor skills with motor intervention (Cantone et al., 2018).
- Physical exercise improved gross motor skills (Azar et al., 2016).
- Elevated perceived stress levels with decreased independence in ADLs (McQuaid et al., 2022).

Learning Objectives

Learning Objective #1

By week 14, Capstone student will develop a six-week motor intervention program for older adults with special needs.

- **1a.** To develop weekly group protocols.
- **1b.** To create corresponding evidence-based handouts for each weekly group protocol.
- **1c.** To develop pre/post-ADL/IADL assessment.

Learning Objective #2

By week 14, Capstone student will implement a motor intervention program for older adults with intellectual disabilities.

- **2a.** To implement weekly groups.
- **2b.** To provide caregiver training to promote carryover of skills.
- **2c.** To evaluate program by analyzing pre-and post-data.
- **2d.** Present findings to site administration.

Learning Objective #3

By week 14, capstone student will develop training for staff professional development.

- **3a.** To complete a needs assessment to understand professional development needs.
- **3b.** Develop staff training.
- **3c.** To implement staff training.
- **3d.** To administer pre/post surveys to evaluate the effectiveness of staff training.

Motor Intervention & Staff Training

Participants were expected to engage in a 45-minute motor intervention session 1x a week for 6 weeks and complete a pre/post ADL/IADL assessment.

Purpose: To improve independence for older adults with special needs with ADL/IADL tasks.

Inclusion criteria:
- Ages 55+
- Consent form signed by a legal guardian
- Safe behavior at WW

Staff members were expected participate in a one hour staff training on safety and emergency preparedness and complete a pre/post survey.

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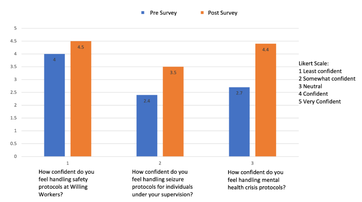
Purpose: To improve interprofessional collaboration, education, and teamwork among staff.

Inclusion criteria:
- A staff member at WW

Outcomes

Note. Scores of each pre and post-ADL/IADL assessment from the six participants involved in the motor intervention program.

Note. Average score of each survey question before and after the staff training.



Evaluation

Motor Intervention Program

- Six individuals completed the pre and post-ADL/IADL assessment.
- Five out of the six participants showed similar scores or an increase in total scores compared to their original assessment.
- Analysis of pre and post-assessment scores did not achieve statistical significance.

Staff Training

- Nine staff members participated in the pre and post-analysis.
- All three questions in the survey demonstrated an overall increase in average scores related to safety, seizure protocols, and mental health protocols.

Scholarly Deliverables

Weekly Schedule & Group Protocols

Staff Training

ADL/IADL Assesment

Evidenced-Based Handouts

References & Contact Information