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Power Skills Curriculum Development for Individuals with Intellectual and Developmental Disabilities at Friends Life Community

April Coleson, OTD/S



Friends Life Community Mission

To create an opportunity for teenagers and adults with disabilities to develop socially, grow personally, and enjoy community as they experience life together. As a certified 501(c)3, Friends Life Community empowers each participant to live as independently as possible as they age out of high school and other traditional support programs. Through continuing education and job training, we provide our Friends with every opportunity to achieve their full potential and discover their place within the community and the world.



Population Overview

- Teens and adults with intellectual and developmental disabilities
- Variety of specific diagnoses, skills, and abilities
- Individual must be independent with feeding and ambulation
- Private pay institution, offering some financial scholarships

Power Skills

Power skills is a class offered to the Friends that focuses on independent living and employment skills. Friends practice home and job skills including but not limited to folding and hanging clothes, making beds, sorting office supplies, wrapping utensils napkins, money skills and many more. All activities provide practice in following directions, focusing, increasing accuracy with tasks, and developing professional behavior.

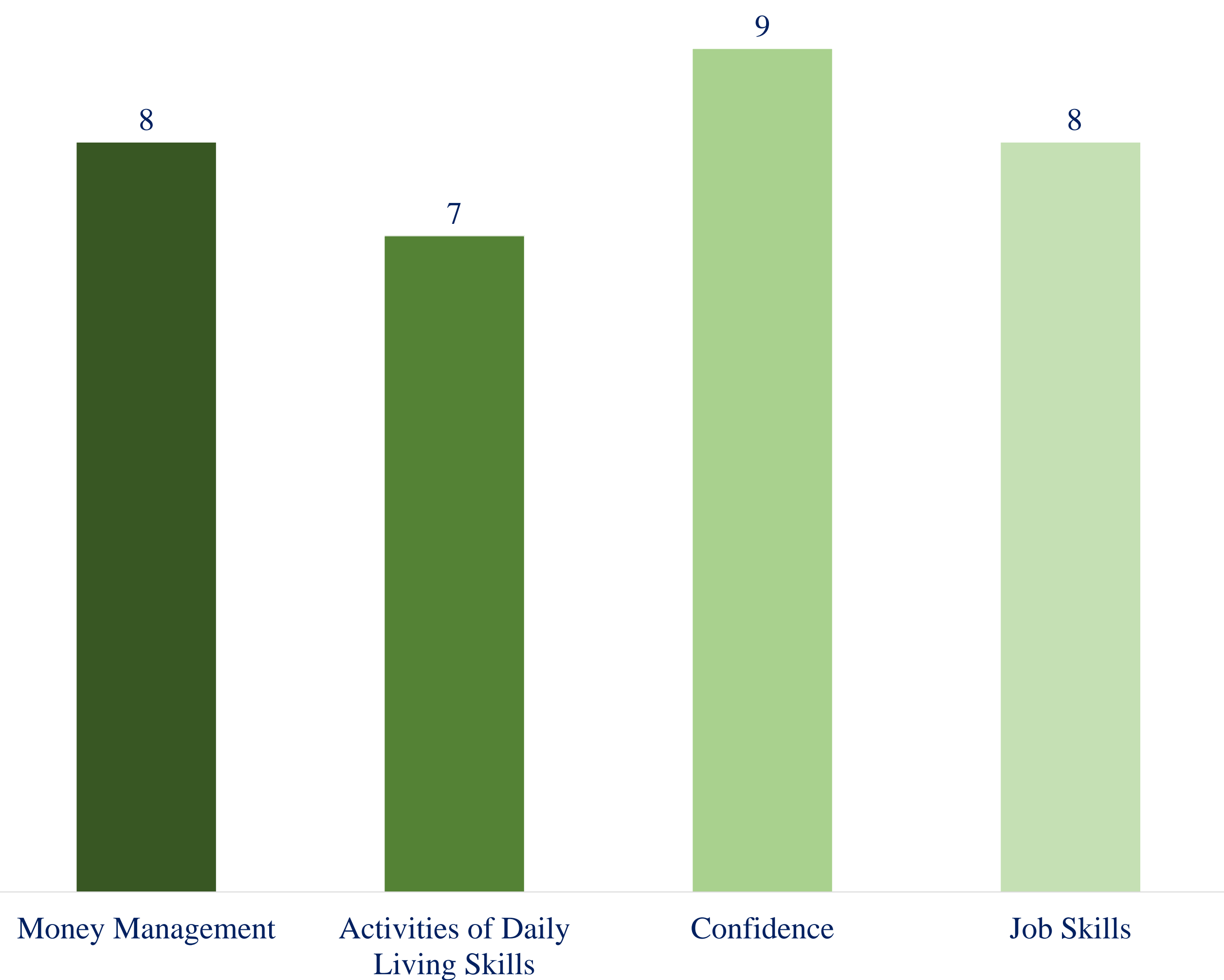
Identified Needs

- Update and restructure power skills curriculum to meet the individualized needs of each Friend via activity analysis
- Interventions and activities based on OT's role within the Intellectual and Developmental Disabilities population
- Providing Friends with opportunities to learn valuable life and job skills to promote independence and success through meaningful occupations
- Increase confidence and self-advocacy of the Friends

Project Goals

- Research, develop and pilot a power skills curriculum to update the existing curriculum with a focus on kitchen/restaurant skills, clothing organization, and money management
- Apply activity analysis and an occupational therapy perspective to interventions and activities to increase participation and success within the course
- Enhance clinical understanding of the intellectual and developmental disabilities population through observation of client factors, performance patterns, and skills
- To increase professional development of leadership, communication, adaptability, and initiation skills

Caregiver Reported Goals



Artifacts of Work Project

- Conduct research to gain insight into the population and determine individual and site-specific needs
- Attend and assist with Friends Life Day Programming classes to develop advanced knowledge and understanding of the Friends habits and routines in order to outline a power skills curriculum
- Develop and conduct focus group for Friends and staff
- Create parent/caregiver survey to gain understanding of individualized needs from a caregiver perspective
- Create a 12-week curriculum covering specific skills that can be graded up or down based on a variety of abilities
- Update and create visuals to enhance outlined activities

Acknowledgements

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References Available Upon Request