Lipscomb IDEAL: Promoting Independent Living Skills in Students with Intellectual Disabilities

Abigail Hamblen
abigailllh1@gmail.com

Follow this and additional works at: https://repository.belmont.edu/otdcapstoneprojects

Part of the Occupational Therapy Commons

Recommended Citation
https://repository.belmont.edu/otdcapstoneprojects/69

This Scholarly Project is brought to you for free and open access by the School Of Occupational Therapy at Belmont Digital Repository. It has been accepted for inclusion in OTD Capstone Projects by an authorized administrator of Belmont Digital Repository. For more information, please contact repository@belmont.edu.
Lipscomb IDEAL: Promoting Independent Living Skills in Students with Intellectual Disabilities
Abigail Hamblen, OTD/S
Belmont University, School of Occupational Therapy
Faculty Mentor: Elena Espiritu, OTD, OTR/L, BCPR
Expert Mentors: Andrea Pewitt, Ed.D, and Halle King, OTD, OTR/L

Mission and Vision:
Empowering students with disabilities to grow into adults with opportunities and to meet the needs of all students to prepare them for lives filled with confidence, deep knowledge, and faith.

Program Description:
The two-year IDEAL certificate program is uniquely designed for students with intellectual or developmental disabilities who want to receive the full college experience to prepare for their future, right alongside their peers. This includes taking classes, eating in the cafeteria, going to sporting and cultural events, and completing on and off-campus internships.

The optional third-year program provides increased opportunities for students to advance independent living skills, including paid employment, living off campus, grocery shopping, cooking, and more!

Agency Needs:
Curriculum and resources for the new and constantly evolving third year program
Resources for task analysis to evaluate and track development of independent living skills
Assistance for third-year students in developing appropriate independent living skills

Project Goals:
- Assist third-year students in developing independent living skills including weekly planning, grocery shopping, cooking, and cleaning
- Assist with education for first and second-year students including health management, cooking, and emotional regulation through an OT standpoint
- Create deliverables, including but not limited to a program manual and visual app guide, for curriculum for the third-year transitional program

Project Outcomes:
1. 90+ page manual compiling resources and curriculum to outline third year objectives and required skills
2. Visual app guide for all IDEAL students to provide resources for task analysis, transportation, shopping, etc.
3. Increased independence and self-efficacy of third-year students
4. Increased knowledge, strategies, and skills of first and second-year students through classroom and hands-on learning

Acknowledgements:
Thank you to my faculty and expert mentors for their assistance, knowledge, flexibility, and grace throughout this project!
Additionally, thank you to the students and faculty of the IDEAL program for allowing me to work with you over the last few months and for welcoming me with open arms. I could not have done it without any of you!