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GiGi's Playhouse Program Development

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GiGi's Playhouse Program Development

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Belmont University School of Occupational Therapy



Mission and Vision

Mission

To change the way the world views Down syndrome and to send a global message of acceptance for all.

Vision

To see a world where individuals with Down syndrome are accepted and embraced in their families, schools and communities

Identified Needs

- Leadership for adult programming for individuals with Down Syndrome
- Development of adult program curriculum focusing on career and life skills in order to promote increased independence and confidence
- Modification of adult program curriculum to meet the needs of the current participants
- Increased continuity of programming through an updated written curriculum, online organization of materials, and suggestions and guidance for future leaders of the program

Goals

- Facilitate the GiGi University program for adults with Down Syndrome three times each week
- Modify and create additional activities for the cooking portion of GiGi University
- Modify and create additional activities for the education portion of GiGi University
- Develop a modified curriculum, including additional materials created and resources for future leaders, in order to increase continuity and assist in program facilitation
- Build rapport with participants and understand the needs of individuals with Down Syndrome by assisting with other programs throughout each week
- Create and send out a survey to parents to understand caregiver perspective on skills that are of most importance to them

Program Description

- GiGi University (GiGi U) is a program for adults with Down Syndrome. This program follows the GiGi Prep program and continues building on career and life skills, with a focus on communication skills, wellness, money management, customer service, public speaking, team building, creating a resume, and job interviewing.
- Program goals include, increasing self confidence, career skill knowledge, personal wellness, and quality of life.
- Participants attend this program three days a week for four hours each day during the semester.
- GiGi U is meant to prepare the participants for GiGi Professional, in which participants will be matched to an internship.



Outcome: Survey of Parents/Caregivers

- Created and sent a survey to parents/caregivers of adult participants halfway through the program asking for feedback about the overall organization of the program and topics addressed thus far, what their participant has been enjoying the most, and other specific topics they would like to address throughout the remainder of the semester
- Parents reported participants really enjoyed the program thus far, including the cooking portion and having additional cooking/nutrition resources to bring home. They suggested continued focus on communication skills, such as starting and maintaining conversations, as well as career skills, such as responding to negative situations at work.

Outcome: Adult Program Development

- Led GiGi University program focused on career skills, communication, nutrition, and wellness
- Modified the national curriculum each week to match and meet the needs of the current participants
- Created supplemental educational materials within the curriculum for each week's topics
- Created supplemental materials for the cooking portion of the curriculum, including picture recipes, additional nutrition information, and kitchen safety resources
- Created a goal bank with examples of SMART goals to guide participants in creating their own goals each week
- Outlined a new modified curriculum index based on the progression we took during the semester for increased continuity of programming
- Outlined an example weekly schedule with suggestions and tips based on our experience for future program leaders to reference
- Organized the online program materials for increased access and consistency
- Communicated with parents/caregivers to update them on weekly program schedules



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