

Belmont University

Belmont Digital Repository

OTD Capstone Projects

School Of Occupational Therapy

Spring 4-11-2024

Bridging the Gap: Equipping Caregivers with Skills to Promote Development

Victoria Long

Belmont University, torilong210@gmail.com

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



Part of the [Occupational Therapy Commons](#)

Recommended Citation

Long, Victoria, "Bridging the Gap: Equipping Caregivers with Skills to Promote Development" (2024). *OTD Capstone Projects*. 181.

<https://repository.belmont.edu/otdcapstoneprojects/181>

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.



Bridging the Gap: Equipping Caregivers with Skills to Promote Development

Tori Long, OTD/S

Expert Mentor: Amber Alverson, OTD, OTR/L, CPAMS

Faculty Mentor: Kristin Mecha, OTD, OTR/L, BCP, CLC



Mission and Vision

“To equip all parents with the skills and confidence to help their child reach the next stage of development”

Agency Needs

- Accessible caregiver education on developmentally appropriate skills
- Increased social media presence
- In depth caregiver education on specific topics
- Improved marketing to promote continued company growth

Capstone Goals

- Review current literature to fulfill the needs of the agency
- Create and disseminate caregiver education through social media, handouts, and video module scripts
- Expand Alverson Pediatric Therapy’s virtual connection with clients through social media
- Expand professional skills through observation of community-based services

Outcomes

14-Week Social Media Programming

- Disseminated free, accessible, and digestible caregiver education through Instagram and Facebook series
- Provided caregiver education on various pediatric topics including: developmental milestones, emotional regulation, sensory processing, dressing, and so forth
- Created a total of 70 educational posts
- Carefully crafted captions to supplement caregiver education and encourage engagement in content

Example Weekly Series:



Follow this QR code to view the collection of series
@alverson_pediatric_therapy



Video Module Scripts

- Completed extensive literature reviews on topics relevant to video module series
- Scripted caregiver education on the following topics:
 - Attention-Deficit/Hyperactivity Disorder
 - Homeschooling Tips
 - School Readiness
 - A Guide to Development
- Created handouts and worksheets to supplement video module scripts

Sample Handouts



Acknowledgements

I would like to extend a special thanks to:

- Amber Alverson- who provided enriching and collaborative expert mentorship, allowing me to grow personally and professionally
- Dr. Kristin Mecha- who provided support and encouragement as my faculty mentor