



Baylor University

ROBBINS COLLEGE OF HEALTH AND HUMAN SCIENCES  
Occupational Therapy

# Addressing Life Skills and Workforce Integration for Adults with Disabilities

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### Background and Problem

- There is a significant gap in services between people without disabilities and people with disabilities when it comes to programs offered to assist with transitioning into the community throughout their adult lives. The lack of studies for transition preparedness further indicates the health gap. The studies do show that adults with disabilities value work, and want to be included, reiterating the importance of caregiver involvement (Amado et. al, 2013, Ellenkamp et. al, 2015, and Yuen et. al, 2018).
- The Rehabilitation Model

### Purpose/Aim/Question

- This capstone project aims to identify the needs adults with disabilities face when preparing for adult responsibilities and workforce integration. The results of the needs assessment pose as a starting point in developing the first phase of a program that addresses life skills and workforce integration.

### Method

**Setting:** Families for Inclusion - non-profit organization

**Participants:** Twenty- four board members of a non-profit. Their age ranged from 23 -64 years old. Their roles include parents of children and adults with disabilities, healthcare workers, business owners, accountants, educators, adults with disabilities, and a grant writer.

**Instrument Used:** Five surveys were available based on the participant's role in the community. Each survey consisted of four to six multiple-choice and open-ended questions.

**Procedures:** Surveys were distributed online via email with instructions to complete and return. Weekly reminders were sent out over three weeks to encourage participation.

**Data Analysis:** Responses were coded, and thematic analysis was used to determine themes within responses.

### Results

- Ten surveys from Adults with Disabilities, Parents of a Child with Disabilities, and Organizations:

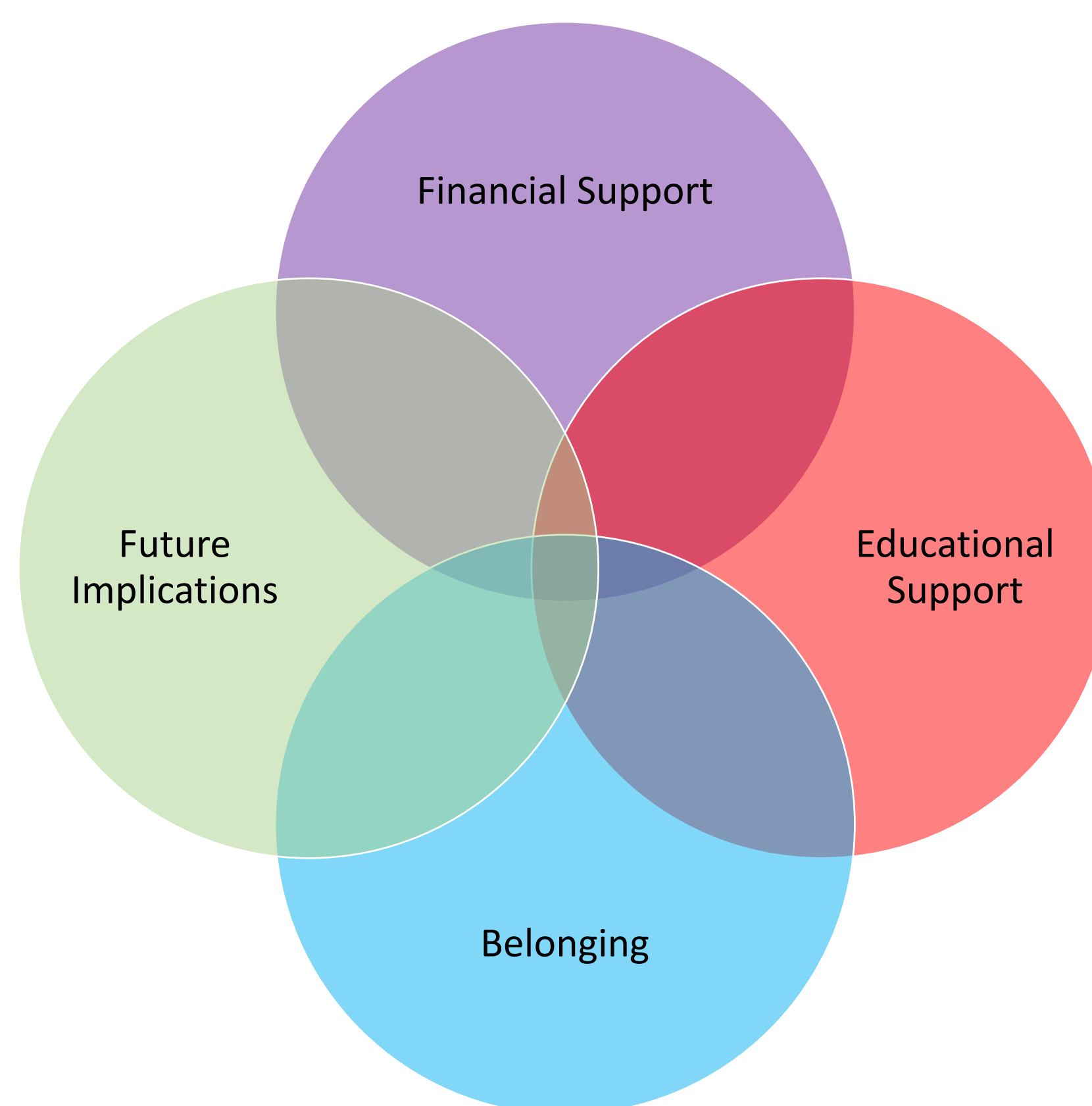


Figure 1. Thematic Analysis of Surveys

Participant	Survey Completed	Age Range
Organizations	4	N/A
Parents of Child with Disabilities	4	3 surveys - 0-10 years of age 1 survey – 11-21 years of age
Adults with Disabilities	2	36 – 46+ years of age

Table 1. Demographics of Completed Surveys



### Conclusions

The study concluded that the needs of organizations, parents of a child with disabilities, and adults with disabilities consist of financial support, educational support, future implications, and belonging. Financial support consisted of affordable durable medical equipment as aging occurs, the ability to attend various therapies, and medical coverage. Educational support consisted of caregiver education, support with life skills such as communication, financial literacy support, time management, and increased independence. Future implications surrounded job opportunities, aging without appropriate accommodations, and adult learning opportunities. Belonging was a common theme that included truly having opportunities like persons without disabilities from all completed surveys. Limitations include the lack of responses with only ten completed surveys returned and two categories not being addressed within the responses.

### Implications for Occupational Therapy

This study allowed the needs to be identified for various roles that people have in the disability community. The needs identified serve as building blocks and a window into a health gap that is underserved, which is the adults with disabilities community. The study displays areas of specific concern that can be addressed and developed to eliminate the health gap and provide services that are not currently available.

### References

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