

A.T. Still University

Still ScholarWorks

OT Student Capstones

Occupational Therapy Department

2022

Ability360 Program Evaluation and Modification

Tim Fillion

A. T. Still University

Follow this and additional works at: <https://scholarworks.atsu.edu/ot-capstones>



Part of the [Occupational Therapy Commons](#)

Recommended Citation

Fillion, Tim, "Ability360 Program Evaluation and Modification" (2022). *OT Student Capstones*. 56.
<https://scholarworks.atsu.edu/ot-capstones/56>

This Capstone is brought to you for free and open access by the Occupational Therapy Department at Still ScholarWorks. It has been accepted for inclusion in OT Student Capstones by an authorized administrator of Still ScholarWorks. For more information, please contact mohammadaslam@atsu.edu.

Ability360 Center for Independent Living Program Evaluation and Modification

Authors: Tim Filion, OTS

Faculty Advisors: Dr. Rebecca Wolf, JD, MPH, OTR/L, Dr. Brandi Fulwider, PhD, OTR/L

Community Mentor: Darrel Christenson, MS, VP of Community Integration at Ability360

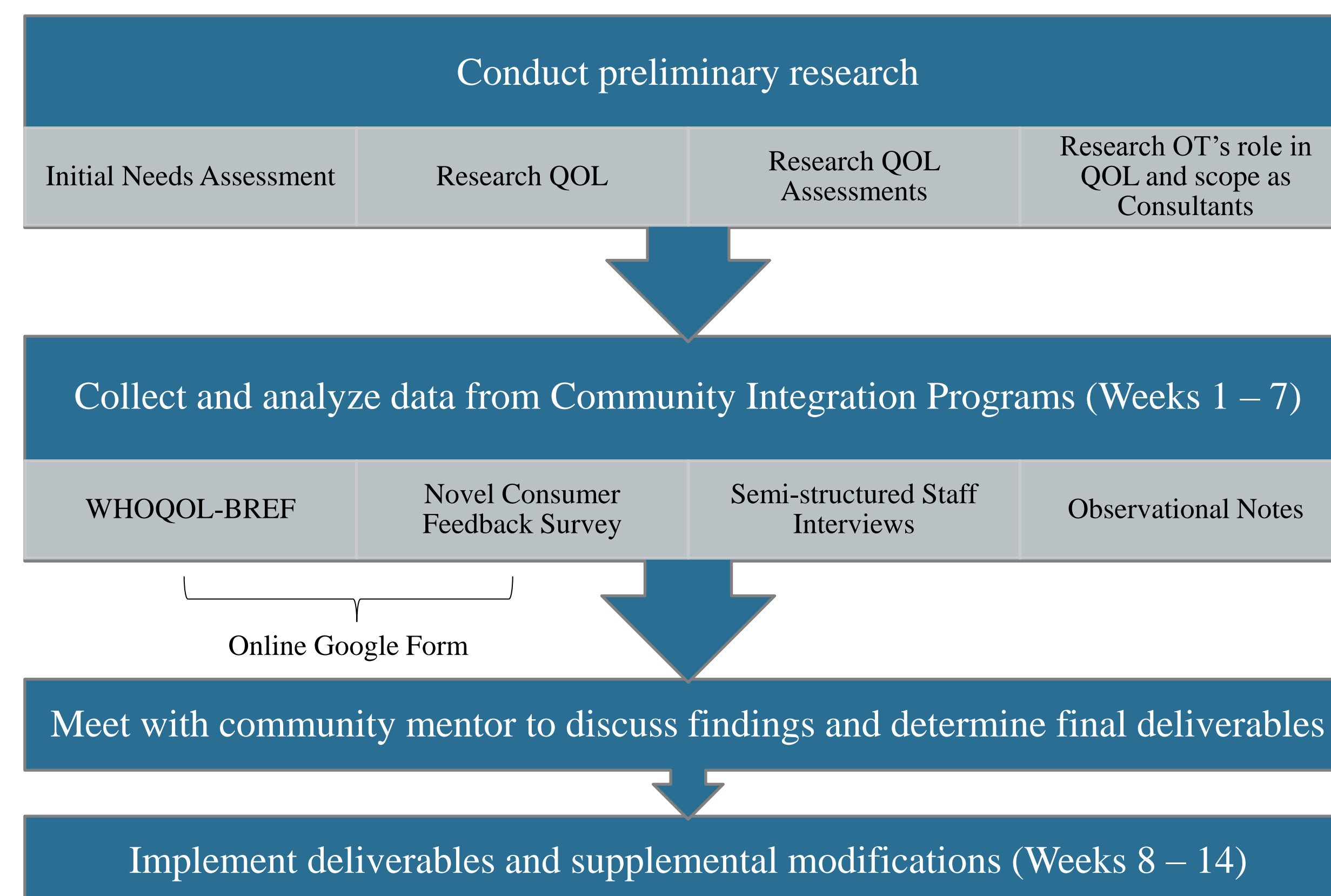
Occupational Therapy Department, A.T. Still University, Mesa, AZ



INTRODUCTION

- Health care providers have increasingly emphasized the importance of addressing well-being and quality of life (QOL) for all populations beyond mere health status.⁹
- QOL** is defined as “an individual’s perceptions of their positions in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns”³⁷
- The **create/promote** approach is designed to provide enriched contextual and activity experiences that enhance performance for all people in the natural contexts of life^{1, 3, 26}
- OTs can also support QOL by providing **indirect services** to various community-based stakeholders, such as Centers for Independent Living (CILs), supporting people with disabilities through tools, resources, and supports to fully integrate into their communities with equal opportunity, self-determination, and respect.^{1, 35}
- The purpose of this project was to illustrate the collaborative process between an OT student and CIL staff to improve services that promote QOL through increased occupational engagement at home and in the community.**

EVALUATION/MODIFICATION DESIGN



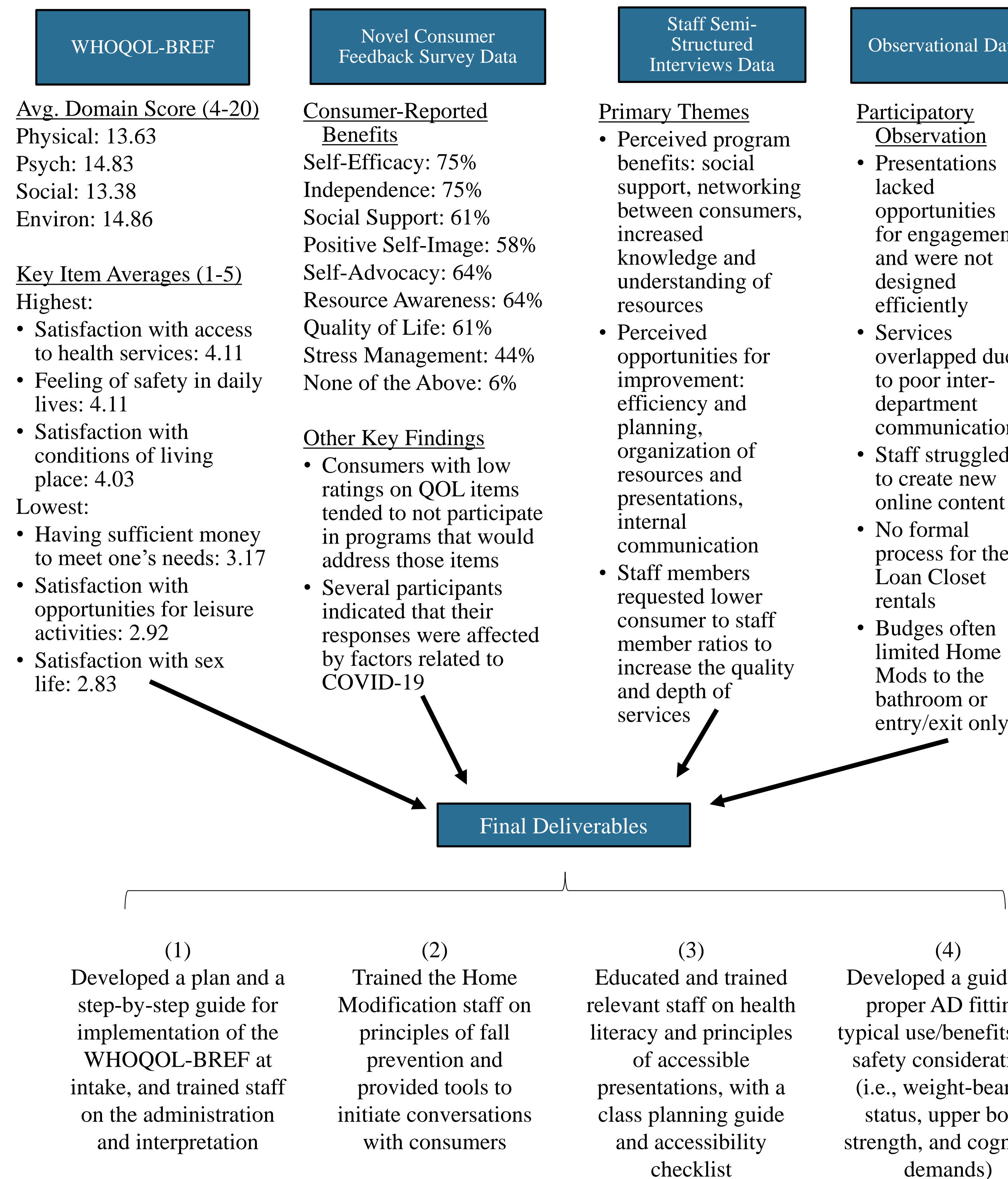
RESULTS

Assessment & Survey Demographics (n=36)

Gender	Marital Status
Male: 14	Single: 24
Female: 22	Married: 5
	Divorced: 4
	Widowed: 3
Education	Age
None at all: 1	18 – 40: 16
Elementary School: 0	40 – 60: 12
Middle/High School: 19	60 – 80: 7
College: 17	>80: 1

Programs Evaluated & Number of Staff

Independent Living Skills: 4
Home Modifications: 2
Transition from Nursing Homes: 1
Housing Transitions: 1
Community Living Workshop: 1
Socialization through Recreation: 1
Men’s Support Group: 1
Information and Referrals: 1
DME/AD Loan Closet: 1



DISCUSSION

- Limitations** included: a small sample size due to difficulty with recruitment, a restricted timeline (which prevented the use of a pre/post-test or other experimental design), and the effects of factors related to COVID-19
- Despite the limited utility of the WHOQOL-BREF results, the **data was still beneficial** as it informed further research and investigation
- Occupational therapists are uniquely qualified** to identify and address all areas that affect QOL, including the accessibility of health information, home safety and fall prevention, and appropriate use of mobility aids.
- By partnering with community-based organizations, **OTs can improve the knowledge of non-clinical service providers and improve service delivery to community-dwelling adults to sustain/build upon the progress made in therapy, and increase awareness of the scope and benefits of the profession**
- Future research** should examine WHOQOL-BREF scores over time, the perceived benefit of occupational therapists as consultants for community-based programs, and consumer-reported perceptions of the benefits or opportunities for improvement among CILs nationwide

CONCLUSION

- The program **evaluation design implemented at Ability360 allowed for significant freedom** regarding data collection and modifications
- Research indicates that **risk factors** such as old age, gender (typically female), lower SES, and more severe injury/illness may be associated with lower QOL
- Occupational therapists may provide indirect services** such as consulting with CIL staff and administration to provide knowledge, tools, and resources to relevant client populations **that can help maintain the progress made in therapy and develop further opportunities for improved QOL**

ADDITIONAL ACKNOWLEDGEMENTS

Thank you to Chris Rodriguez, CEO at Ability360, for supporting this project, and thank you to all the amazing staff and consumers at Ability360 for your assistance and openness!

*See Citation List