

Building capacity of youth with disabilities to pursue 'real-world' participation beyond PREP intervention: Preliminary findings



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Rationale: Occupational Therapists (OTs) are increasingly proposing **capacity building approaches** to address current and future needs of youth transitioning to adulthood. However, **processes and outcomes are unclear**.

Objective: To explore the ways PREP intervention (*Pathways & Resources for Engagement & Participation*) builds capacity of youth with physical disabilities to pursue participation in new self-chosen occupations.

Methods

- 26-week individual-based mixed methods design; in-depth data collection

Phase	Data Collection	
Week 0	AIR-S (self-determination)	Y-PEM (community participation)
OT-PREP Goal #1 8 weeks	COPM Goal #1 (weekly)	
Break 4 weeks	AIR-S	
Youth-led Goal #2 8 weeks	COPM Goal #2 (weekly)	+ PREP Diary (weekly)
OT-PREP Goal #2 6 weeks	COPM Goal #2 (weekly)	+ PREP Diary (weekly)
Week 26	AIR-S	Y-PEM

Participants & Goals

- 7 youth (4 female) with physical disabilities (ages 18-24)

Goal #1 (PREP)	Goal #2 (Without OT)
Cooking	Hosting a dinner party
Training dog	Going to gym
Hiking	Rock-climbing
Painting	Going to gym

Results

Goals Positive trend observed in **six** trajectories of new goals

COPM ↑ 1-4 points

Self-determination (AIR-S) Maintained or improved for 6 youth

Community Participation (YPEM) # of activities ↑ in 5 youth (1-4 additional activities)

PREP Diaries



- 1) Knowing what I want and what's stopping me
- 2) Building on experiences, resources and networks
- 3) Planning it out
- 4) Forward momentum
- 5) Realizing it's a process

Take-home message

Initial findings **capture the process** of youth pursuing new occupations beyond the intervention and suggest that **PREP may build youths' capacity to problem-solve through environmental barriers**, promoting future participation.