



McGill

WFOT  
Congress 2026



## Intervention Strategies to Promote Participation of Youth and Young Adults with Physical Disabilities

Presented by: Michal Waisman-Nitzan

Authors: Esra Keskin, Mallory Ryan, Dana Anaby



Reported studies were supported by CIHR, REPAR, OPHQ, & TÜBİTAK

# INTRODUCTION



**Pathways and Resources for Engagement and Participation (PREP)** is an environmental-based intervention designed for Occupational Therapists (OTs) to improve individual's participation in self-chosen occupations

- Participation of youth and young adults with physical disabilities is crucial for health and well-being
- PREP has been found effective in improving participation in self-chosen activities for this population
- Limited understanding of the specific therapy strategies used within the PREP approach

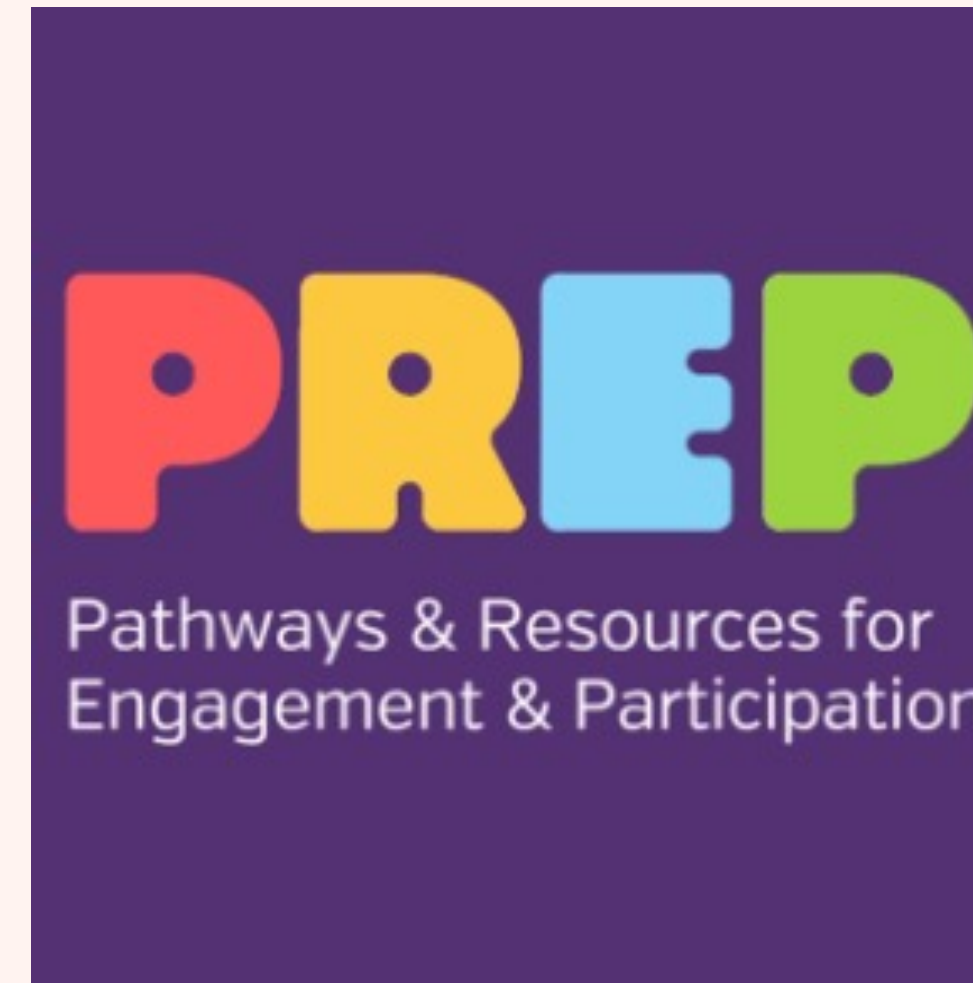
# PREP

PREP online module:



5-step process:

- 1 Make Goals
- 2 Map Out a Plan
- 3 Make it Happen
- 4 Measure Process and Outcomes
- 5 Move Forward



# OBJECTIVE

- This study aims to identify the strategies employed by OTs to promote the participation of youth and young adults in self-chosen activities through the use of PREP intervention.

# METHODOLOGY

## Study Design

**Qualitative descriptive approach** was used to synthesize strategies used in PREP.

- Focused on **Step 3 (Make It Happen)**, which documents the process of implementing the chosen activity including barriers encountered and solution-based strategies used.

## Participants

- Data were extracted from **PREP Intervention Forms** completed by OTs for: **65** youth and young adults with physical disabilities (35 females, 30 males) aged 12-25 (mean=18)

# METHODOLOGY

## Participation Goals

Each youth selected 1 to 3 community-based participation goals, resulting in **127 goals**

Examples:

- cooking classes
- skiing
- shopping
- badminton
- wheelchair basketball
- to have 30-min conversation in Spanish with a friend
- to play violin

## Analysis

PREP Intervention Forms included **524 documented strategies** to overcome barriers and enhance participation

**Inductive content analysis** was conducted to identify categories of strategies.

# RESULTS

Four overarching strategy categories were identified, with 28 actions:

1) Reach out to community resources and partners

6 actions:

1a) Explore and select feasible activities that fit with youth's desires

1b) Search for relevant programs, organizations, or venues

1c) Reach out and identify an instructor or volunteer who can support the activity

...

10 actions:

2a) Identify accessible, convenient location and venues

2b) Visit organizations and coordinate a trial together with youth and/or family

2c) Plan, support, and advocate for registration, transportation and financial need

....

2) Set the stage for an accessible and adaptable context for participation

# RESULTS

Four overarching strategy categories were identified, with 28 actions:

**3) Engage partners** (youth, family, community service providers) in learning and education and foster agency for enabling feasible and supportive participation

8 actions:

3a) Collaborate with instructors/volunteers to plan and adapt the schedule, environment, equipment and activity content

3b) Provide youth with opportunities and practical tools to take initiative, reach out to resources, and self-advocate

3c) Facilitate access and exchange of information and resources with youth and family

...

**4) Monitor the process, and consider new solutions**

4 actions:

4a) Staying connected with youth through regular check-ins and ongoing communication with the participation team

4b) Integrating youth feedback into the monitoring process

....

# CONCLUSION

These findings further support the importance of the **broader environment** as a target for participation interventions.

Findings provide valuable insights into the practical application of the PREP approach, highlighting strategies that can enhance the participation of youth and young adults with physical disabilities.



# PRACTICE IMPLICATIONS AND RECOMMENDATIONS

01

OTs, youth, family and partners can consider the four overarching strategy categories **as important elements of the process of working together** toward participation outcomes in PREP.

02

A **combination of actions** that speaks to the youth/activity can be selected to achieve **real-world participation** outcomes.

03

Findings can re-direct OTs' attention toward engaging youth, families, and community partners to **build capacity for future participation.**

# THANK YOU



For more information visit the [ASPIRE Lab website](#)