

Enhance Independent Living Skills in Young Adults with Intellectual and Developmental Disabilities by Assistive Technology

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Logic Model

Outcomes

- 100% of participants have awareness of the importance of staying hydrated while 73% of young adults with moderate to severe IDD increased water intake
- 91% of participants have built a habit of recording their daily activities and moods

Outputs

- The young adults with moderate to severe IDD at the center have access to assistive technology
- All participants learned health management strategies from AT training workshops

Activities

- Provided orientation to families and BCPP staff
- Trained participants to increase familiarity with the apps
- Implemented the project over three months allowing participants do the water log and record daily activities every day

Inputs

- Apps: Waterllama & DailyBean
- The Satisfaction With Life Scale (SWLS) and Psychosocial Impact of Assistive Devices Scale (PIADS)
- Parents' insights, feedback from interns and volunteers, site mentor expertise, and academic mentor's advice

Introduction

People with disabilities often face functional limitations in their daily lives, and those in their transition ages are more likely to experience exclusion from participation in the communities preventing them from performing their full potential. For decades, technology has been considered an essential tool for providing equal access and opportunities for individuals with disabilities.

To increase QoL among young adults with moderate to severe intellectual and developmental disabilities (IDD), this project uses customized assistive technology (AT) to allow them to perform more independently and productively, require fewer external prompts on life tasks, and develop autonomy during their transition.



Participant Filled Up Waterllama

Impact

- 100 % of participants reported they want to keep tracking daily life and moods and to continue doing water log
- 100 % of participants stated the customized AT made them feel happy and had made their lives better
- 91% of participants gave the feedback that the assistive technology helped them drink water more on their own
- 82 % of participants stated the apps made it easier for them to do things
- 73 % of participants used the apps every day at the center, while 18 % of participants used them two days a week

Critical Assessment

- Although getting the updated devices is a complicated process, involving many levels of permission and collaboration with Auburn University, we got the iPads for the participants within a couple of months after unceasingly communicating with different parties
- The interaction and collaborative relationship with BCPP is such a one-of-a-kind opportunity allowing me not only to learn from this service but also to enrich professional development by observing the work from other disciplines through the front line



Participants Completing DailyBean

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