Objectives

Following tonight’s presentation, adolescents and their families will:

- Understand the role of occupational therapy during the transition from adolescence to adulthood;
- Consider how valued occupations change with the transition to adulthood;

Objectives

- Understand the role adolescents play in making occupational choices during transition to adulthood; and
- Be empowered to make occupational choices with the help of an occupational therapist
Definitions

- Transition:
  - Planned, purposeful movement of youth from child-oriented services to adult-oriented services
  (Blum, Garrett, Hopkins, Johnson, Okinow, Orr & Slap, 1993)
  - Stage rather than a point in your life
  (Sawin, Cox, Metzger, Skirdyli, Hartigan, Duran & Thompson, 1999)
  - As a teenager, you are experiencing a life stage transition from adolescence to adulthood
  (Magill-Evans, West, Delreal & Knackfeld, 2005)

Definitions

- Occupations
  - All of the things we do to look after ourselves and others, to enjoy life, and to contribute to our society
  (Canadian Association of Occupational Therapists, 1997)
  - Occupations are often divided into categories of self-care, productivity and leisure (CAOT, 1997)

Occupational Therapy and Adolescent Transition

- Transition is a collaborative process and is most successful when youth, families and care providers are involved as partners in the process
Occupational Therapy and Adolescent Transition

- One member of your pediatric health care team is your occupational therapist
- Occupational therapists are experts in day to day functional activities
- We believe that occupations provide meaning and purpose in people’s lives (CAOT, 1997)

Shift from Family-Centred to Client-Centred Care

- We work with children and families in a family-centred manner and with adults in a client-centred manner
- During transition, there is a gradual shift in roles and responsibilities from families to youth

Shift from Family-Centred to Client-Centred Care

- Over time and only if age and developmentally appropriate, decision-making and control shift from the health care provider and the family to youth
- If done in a planned and purposeful way, adolescents can acquire the skills and knowledge they need to manage their own health care needs (Law, 2002)
Role of Occupational Therapists in Adolescent Transition Planning

- The focus of occupational therapy is to help people engage successfully in occupations that are important to them.

Typical aspects of transition explored with occupational therapists are:

- Employment
- Living Arrangements
- Community Life
- Financial Independence
- Establishing Adult Relationships
- Sexuality
- Leisure

(Handout, Lee, Rosenbaum & Wilcox, 2011)

Role of Occupational Therapists in Adolescent Transition Planning

- Provide Occupation-Based Evaluation and Intervention (Spencer, Frawzy & Schneck, 2003)

- Assessment and Evaluation of youth’s current skills and abilities
- Assessment of the Environmental Demands
- Assessment of the Activity Demands
Changes in Occupations during Adolescent Transition

- Adolescents may choose to engage in new occupations during this life stage, they may stop doing occupations they have done for years or they may continue performing valued occupations as they move into adulthood.

Changes in Occupations during Adolescent Transition

- Adolescents and their families must be aware of how occupations change and be actively involved in making choices during this time.

Changes in Occupations during Adolescent Transition

- Let’s consider some examples of choices adolescents will make regarding:
  - New occupations
  - Stopping some occupations
  - Continuing with valued occupations
Occupational Choices During Adolescent Transition

- For transition to be a success, you must take an active role in making choices about occupations

- There are two possible outcomes as you transition from adolescence to adulthood related to occupation:

Occupational Choices During Adolescent Transition

- Occupational Participation
  - or
  - Occupational Deprivation

Occupational Participation

- Involvement or sharing in an activity (Law, 2002)

- Your quality of life, health and well-being are all influenced by the occupations you CHOOSE to engage in (Law, 2002)

- Research has shown that people who engage in and participate in meaningful occupations are much more satisfied with life (Law, 2002)
Occupational Deprivation

- Lack of engagement in occupation due to factors that are outside of the control of the individual, for example, disability (Townsend & Wilcock, 2004)
- The biggest risk that you face in not taking an active role in choosing occupations is occupational deprivation
- This can lead to poor health, boredom, social isolation…

Taking Control

- In order to have control and choice during this time, you need to be aware of the many options you have for occupations as you move towards adulthood
- Occupational therapists can work with youth and their families to discuss choices in the following areas:
  - Activities of Daily Living
  - Mobility
  - Transportation
  - Health Care
  - Living Arrangements
  - Housing
  - Recreation and Leisure
  - Employment

(Bloomquist, Brown, Peersen & Presler, 1998)
Jonas' Story

- 17-year-old who is diagnosed with cerebral palsy
- Lives with his mother and younger sister in an accessible home
- Has a part-time personal attendant to help with self-care activities

Jonas' Story

- He is in grade 12 this year
- He is followed by Occupational and Physical Therapy at school
- He has a computer at school
- He has an IPP which include school adaptations

Jonas' Story

- He has two very good friends at school
- He enjoys watching television and just hanging out in his free time
- He gets together once a month with youth in his community who also have disabilities
- He participates in a skiing program in the winter
Jonas’ Story

- How will Jonas’ occupations change as he transitions from adolescence to adulthood?

- How can his occupational therapist collaborate with other members of his team to ensure a smooth, coordinated and successful transition?

Successful Transition

- Starts Early
- Is Coordinated
- Is Positive
- Is based on Realistic Skills, Abilities and Strengths
- Involves Choice Making
- Results in Positive, Purposeful and Meaningful Occupation
- Provides youth with a Strong Voice and Power and Control over their future (Patterson & Lanier, 1999)

Parents: How Can You Help?

- Start planning now
- Help your adolescent develop good decision making skills
- Help your adolescent develop a social network
- Teach your adolescent about his or her disability
- Work towards expanding your adolescent’s social network and explore community supports
- Explore education and training options
- Work with your social worker to explore financial and psycho-social supports
Parents: How Can You Help?

- Plan for Health Care Management
- Seek Information, Support and Resources
- Recognize your Adolescent’s Strengths
- Prepare your Adolescent for Paid Work
- Learn about Transition Programs available to you in your Hospital and Community
- Encourage your Adolescent to Speak for Themselves
- Prepare yourself to let go

(EF Magazine, August 2005)

How Can Health Care Professionals Help?

- Consider the chronological and developmental age of your clientele
- Create services that are flexible and can meet a variety of needs
- Work together with other members of the youth’s transition team

(Society for Adolescent Medicine, 2003)

Conclusion

- Transition is all about occupations and occupational choices
- Consider how you see your life as an adult
- How will the choices you make today impact the rest of your life?
- How can an occupational therapist help you in making these critical choices?
Comments and Questions?

- Please complete your evaluation form to provide feedback and offer suggestions on this presentation as well as suggestions for future topics.

Thank you!

References


References (continued…)


