Promoting self-determination with a goal engagement tool at 3LPlace

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01.
Background

Before 3LPlace

Special Education Services Across the Lifespan[9,10,13]

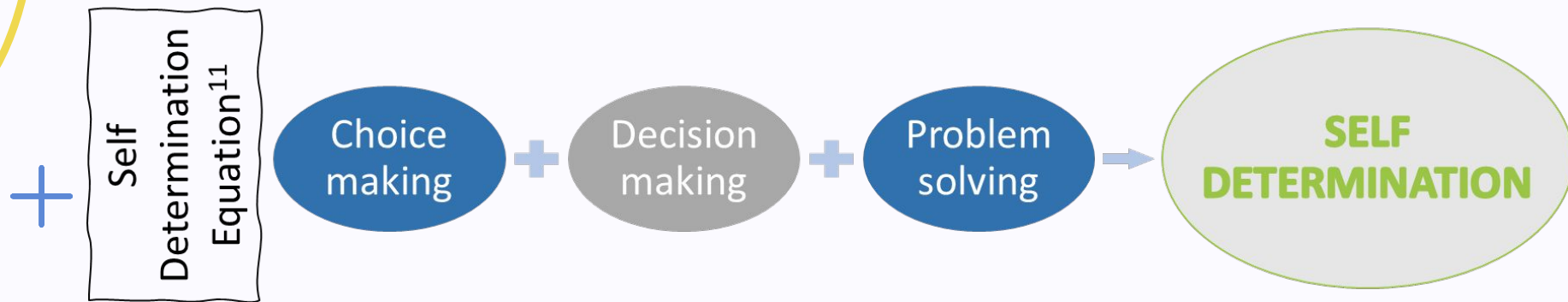| Birth to Age 3	Ages 3-5	Ages 5-14	Ages 14-22	Age 22+
• Early Intervention services	• Preschool special education introduction to IEP	• School age special education with IEPs	• Transition planning	• Chapter 688 "Turing 22" law • Special education to adult services

Self-Determination

Importance
-Increased reports of positive quality of life[6]
-Increased agency[6]

Gap
- For individuals with disabilities, self-determination is often overlooked[8,12]
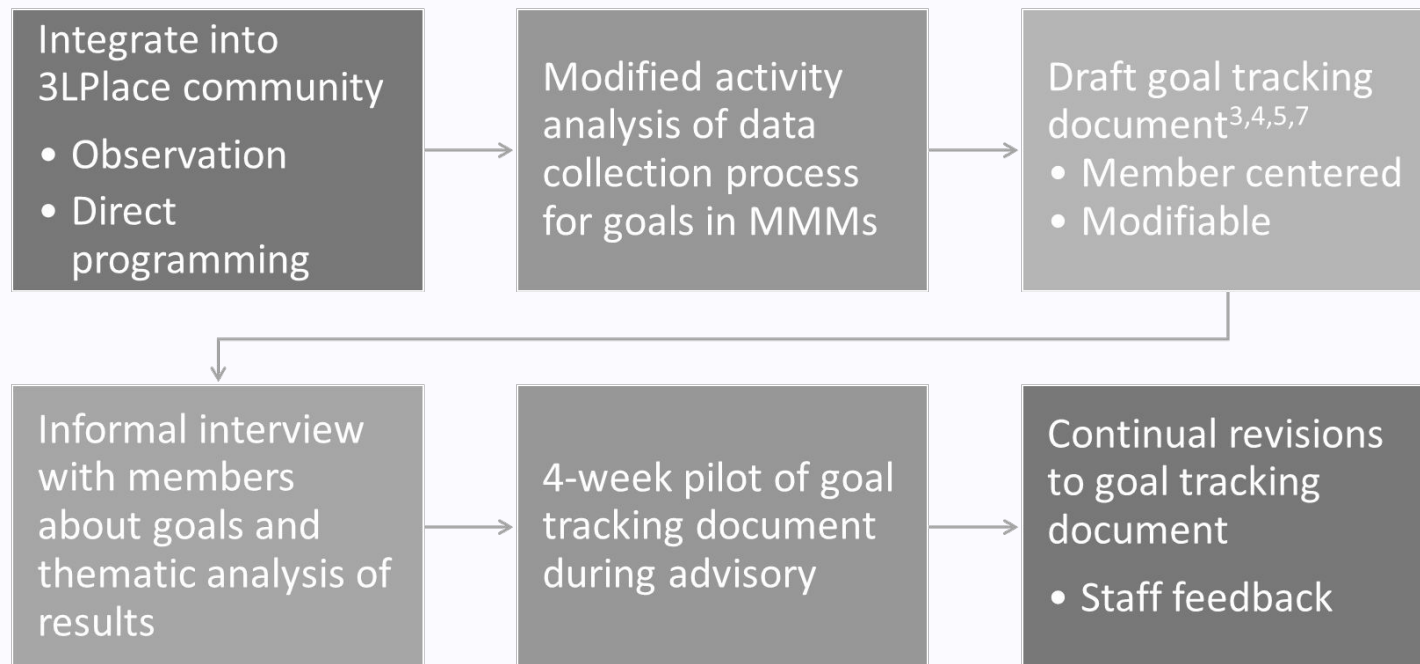
Bridge
Goals! Involvement in creating and tracking goals

Self Determination Equation[11]

Choice making + Decision making + Problem solving → SELF DETERMINATION

02. Methods

Methods

Integrate into 3LPlace community • Observation • Direct programming	Modified activity analysis of data collection process for goals in MMMs	Draft goal tracking document[3,4,5,7] • Member centered • Modifiable
Informal interview with members about goals and thematic analysis of results	4-week pilot of goal tracking document during advisory	Continual revisions to goal tracking document • Staff feedback

03.
Results

Member Perception of: What is a Goal?

"Something that I want to achieve"

"Something you want to do"

"Something that you're doing"

"A goal is a thing that we strive to reach in order to improve"

"Something you're working towards"

"To see what needs to be worked on"

"Something you earn"

Member Perception of: The Importance of Goals

"Help focus in on something"

"Goals help get a job"

"To get better at things"

"To know what I want to achieve later on"

"I think it's important to have goals to have a more meaningful life and it helps us make practical decisions"

"To get to do the fun stuff you want to do after"

"There's always room for improvement to learn more"

"Gives you something to work for"

Member Perception of: When it's Time for a New Goal

"When there's something else I want to work on"

"Do it and get used to it"

"When you run out of things to do"

"When you mastered it or completed it. When it's like clockwork and grilled in your head"

"When you get used to it"

"When I'm ready"

When someone tells me I need a new one

Areas of Occupation Defined

Activities of Daily Living (ADLs)

Activities involving routinely taking care of one's body

Instrumental Activities of Daily Living (IADLs)

Activities support daily life within the home & community

Social Participation

Social interaction with others (family, friends, peers, community), support social independence

Education

Activities relating to learning & participating in education

Health Management

Developing, managing, & maintaining health & wellness routines like self-management

Work

Activities involving labor that may have financial or non-financial benefits

Play

Non-obligatory activity, internally controlled, freely chosen, & may include suspension of reality

Leisure

Non-obligatory activity, intrinsically motivated & engaged in during discretionary time

Rest & Sleep

Obtaining restorative rest & sleep to support healthy engagement in all occupations

Goal Areas as Identified by Members Through the OT

Member Perception of Goal Areas According to Area of Occupation in the OTPF-4
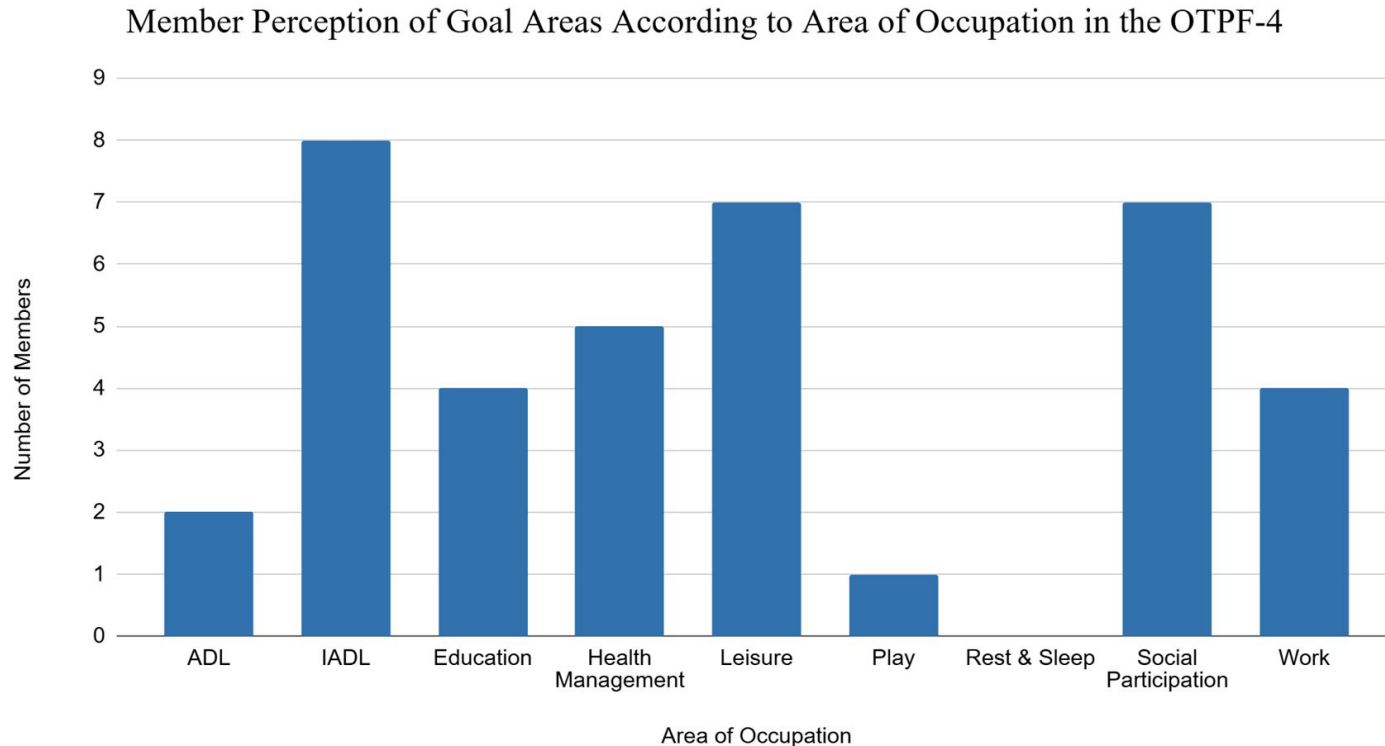
04. Case Study

Iteration 1

My Goals	Did I work on my goal?	How am I doing with my goal?
I will take an active role in supporting my regulation and engagement during group learning times by: • Keeping my phone away to minimize distractions • Utilizing sensory supports as needed to maintain an optimal level of arousal for learning • Selecting seating options that support my posture, attention, and alertness	☐ Yes 👍 ☐ No 👎 ☐ Other 🙋 (describe)	☐ 😖 Too hard ☐ 😀 Working on it ☐ ✔️ Achieved it! I need a new goal ☐ ❌ Not interested in goal anymore

Iteration 2

My Goals	Did I work on my goal?	How am I doing with my goal?
I will work on my Feel-Good Menu	☐ Yes 👍 ☐ No 👎 ☐ Other 🤷	☐ 😖 Too hard ☐ 😀 Working on it ☐ ✔️ Achieved it! I need a new goal ☐ ❌ Not interested in goal anymore

My Goals	Did I work on my goal?	How am I doing with my goal?
I will work on writing a list of outings I want to go on.	☐ Yes 👍 ☐ No 👎 ☐ Other 🤷	☐ 😖 Too hard ☐ 😀 Working on it ☐ ✔️ Achieved it! I need a new goal ☐ ❌ Not interested in goal anymore

Iteration 3a

My Goals	Did I work on my goal?	How am I doing with my goal?
I will work on my energy scale with characters! *picture removed for confidentiality*	☐ Yes ☐ No	☐ It's hard ☐ I'm working on it! ☐ I like this goal ☐ I don't like this goal ☐ Something else: _____

My Goals	Did I work on my goal?	How am I doing with my goal?
I will use my ipad to type during groups.	☐ Yes ☐ No	☐ I got my ipad out of my backpack! ☐ I used my ipad to type my answers in group ☐ I'll try again another day

Iteration 3b

My Goals	Did I work on my goal?
I will work on my energy scale with characters! *picture removed for confidentiality*	☐ Yes ☐ No

My Goals	Did I work on my goal?
I will use my ipad to type during groups.	☐ Yes ☐ No

Your Feedback!

Modifications to goal sheet

- Spot for member feedback
- Modify language
  - Make it clearer and member accessible
- Removed the 3rd column
- Added visuals to the goals
- Bolded fonts

What you liked

- Kept goals at the center of advisory
  - Member accessible goals
- Intentionality of starting off advisory with something accessible
- Added structure to advisory
- A form of accountability
- Orientation and connectedness to goals
- Led to other conversations
- Way to check in if goals were meeting member needs

What can be Improved

- Multiple templates for
    - Differing literacy
    - Different visual options
- Icons for goal areas
- Member education about
    - Why we are using the document
    - Importance of goals
- Checklist of objectives versus "Did I work on this"
- Alternate formats
    - Google Forms, Survey Monkey, etc.

05. Passing the Baton

1. Goal Bank

This is currently being worked on!

2. Goal Attainment Scale Training

This is a tool to measure goals and grade them up and down
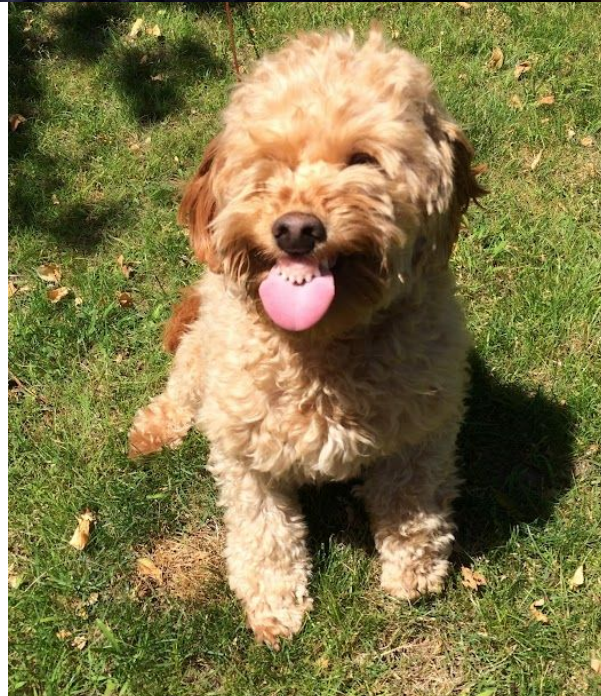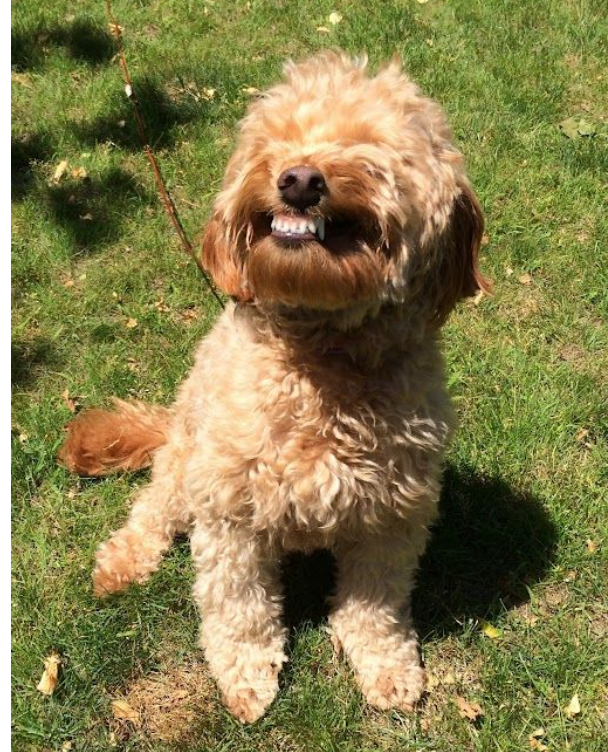
3. Family/Caregiver Supports

Was briefly discussed, there are a lot of supports for members but not caregivers/parents

Thank You!

My sincerest gratitude to all of you
for participating in trialing my project
and teaching me along the way

Bonus Pennie
Pictures!!