Objectives

◦ Attendees will understand the role of occupational therapy in providing services to families experiencing homelessness and ideas how to incorporate professional occupational therapy services into their program.

◦ Attendees will understand the benefit of providing just in time life skill interventions and develop strategies for incorporating just in time interventions into their program.

LYDIA'S HOUSE

Lydia’s House

Jean Donovan House

Virginia Coffey Place

The Faces of Lydia’s House

2019 Guest Demographics

African American – 24 years old, 1 child – ACE Score = 5.3

- 52% Intimate Partner Violence in Past Year
- 48% Spent Time in Foster Care
- 19% Mental Health or Developmental Disability
Being a Beloved Community

“Our vision is to be a demonstration plot of God’s beloved community, a home where people from all walks of life can help one another grow toward wholeness.”

OCUPATIONAL THERAPY

Guest Education

Program Development

- In-House Nutrition Strategies
- Incentive Program
- Winter Wellness BINGO
- Tenant Training
- Car Ownership: Planning for Pitfalls

Incorporating Occupational Therapy Services

- Hiring an Occupational Therapist
- Coordinating with an OT School – project/class
- Receive a DCE student
- Doctoral OT students seeking program development opportunities
- Does not have to be supervised by occupational therapist
- Hire part-time staff, supervise full-time students
JUST IN TIME, CLIENT CENTERED INTERVENTIONS

What are “Just in Time” Interventions?

Models of Life Skill Teaching

- Structured – Module Based
  - Low participation & buy in
  - Staff & outside presenter frustration
  - Diversity of Skill Levels / interest area when attempt group

- Just in Time
  - Increased engagement and rapport
  - Greater Autonomy
  - Individualized to needs and interests
  - Higher staff demands
  - Greater Autonomy

Strategies to Implement “Just in Time,” Client Centered Interventions

- Client-Centered Assessment Tools
- Staff Flexibility – Regular Check-ins
- Develop a Robust Bank of Resources

Canadian Occupational Performance Measure

2019 COPM Outcomes

- Performance: 3.4, 6.65
- Satisfaction: 3.03, 6.17
Client Centered Goal Setting

- What are your priorities for your stay?
- What is most important to you?
- Where would you like to start?
- What would be most supportive to you right now?
- What would most improve your quality of life?

Goal Attainment Scaling
- Individualized goal setting
- Standardized scaling for progress towards goals

Promoting Staff Flexibility

- Regular Check-Ins
- Bring Multiple Options for Session Based on Goals
- In the Moment Flexibility

Creating a Robust Bank of Resources

- Grab and Go Resource Handouts
  - Basic teaching information
  - Limited text
  - 1-3 take away points, Action item
- Create Handouts for Most Requested Topics
- Refer to Other Community Agencies

Coordinating Care Provision

Case Management
  (Basic Needs & Emergencies)

Occupational Therapy
  (Things that Make us Human)
Questions & Comments

Laura Menze, OTR/L  Meridith Owensby
Laura@stlydiashouse.org  Meridith@stlydiashouse.org