

**JUST IN TIME LIFE SKILL INTERVENTIONS:
OCCUPATIONAL THERAPY IN SUPPORTIVE HOUSING**

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LYDIA'S HOUSE

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."



Guest Education



Because of
**OCCUPATIONAL
THERAPY**
I can

Program Development

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



Winter Wellness BINGO

Download a picture of safety during winter	Go to a Park	Download a Prescription	Ask your Family Doctor about Winter	Take a Bath	Get a Free Health or Diagnostic
Play a Board Game with Friends	Organize your Closet or Home	Make a Donation (Share with Office)	Send a Letter or Card to a Friend	Go to the Market or Grocery or Home	
Go to a High School or the YMCA	Call a Friend on the Phone	PHH	Go to a Bank with a Friend	Go Shopping for Groceries	
Read a Good Book	Make a Meal or Share with Others	Make a Call	Make a Donation List	Journal 3 Times	
Watch your Favorite Movie	Make a Playlist of Your Favorite Music	Be Meditative or Deep Breathing	Go Outside for a Walk	Supervise with a Friend	Want to be Home with

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

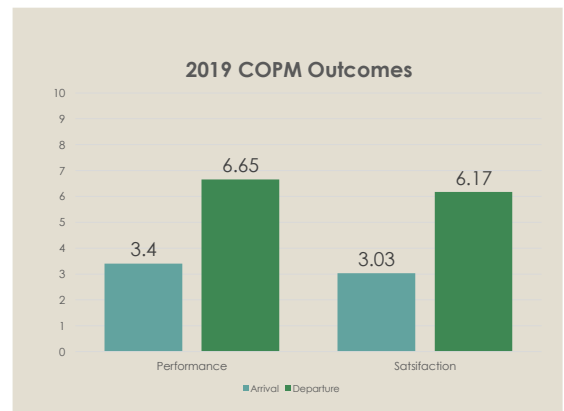
<p>Structured – Module Based</p> <ul style="list-style-type: none"> ◦ Low participation & buy in ◦ Staff & outside presenter frustration ◦ Diversity of Skill Levels / Interest area when attempt group 	<p>Just in Time</p> <ul style="list-style-type: none"> ◦ Increased engagement and rapport ◦ Greater Autonomy ◦ Individualized to needs and interests ◦ Higher staff demands ◦ Greater Autonomy
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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

- 1 Problem Definition
- 2 Rating Importance
- 3 Selecting Problems for Scoring
- 4 Scoring Performance and Satisfaction
- 5 Client Reassessment



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

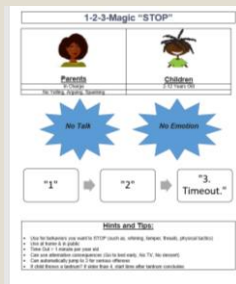
Level of Expected OUTCOME 3 months after the course	Rating	Behavioral Statement of EXPECTED OUTCOMES: - GOAL 1
MUCH MORE Than EXPECTED	+2	
MORE than EXPECTED	+1	
EXPECTED Outcome	0	
LESS than EXPECTED	-1	
MUCH LESS Than EXPECTED	-2	

Promoting Staff Flexibility

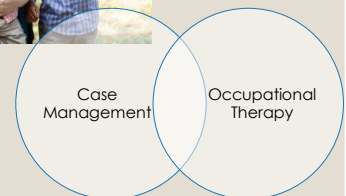
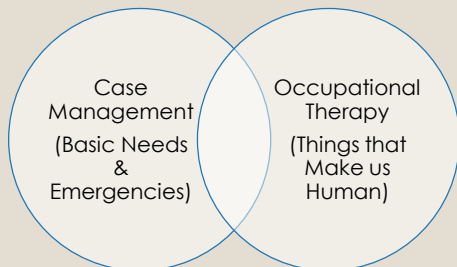
- Regular Check-Ins
- Bring Multiple Options for Session Based on Goals
- In the Moment Flexibility

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



Questions & Comments



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