From school to work: Occupational Therapists leded vocational training program for Youth with disability in Queen Elizabeth Hospital.

Ho CM(1), Lee KY(1), Leung KF(1)

(1) Department of Occupational Therapy, Queen Elizabeth Hospital

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Introduction
The National Organization on Disability (2010) suggested that only 21% of working age people with disabilities were employed full- or part-time as compared to 59% of working age individuals without disabilities. Especially for school to work transition of the youth with disability, vocational preparation that to develop a vocational identity and solidify a career pathway is critical for successful transition. Occupational Therapists designed a 10 weeks vocational training program for youth with disability and their family. Aims to increase client’s awareness on present lifestyle and formulate future career or training plan, to enhance one’s self efficacy in solving problem in daily life and enhance overall well being of the youth with disability.

Objectives
The aim of the study is to evaluate the effectiveness of occupational therapists leded employment retraining program for youth with disability.

Methodology
This is a retrospective study conducted at Occupational Therapy Department, Queen Elizabeth Hospital. All clients enrolled for the program were included for the study from February 2014 to September 2014 and a total number of 24 subjects were included. The clients completed daily vocational training program for youth with disability aged 15-25 with more than 80% attendance within 10 weeks. The training included pre-vocational skills training, lifestyle redesign group counseling, experimental activities, trial job placement and parents’ session. Outcomes were measured by the employment rate, WHO-5 Well being index (WHO5), General Self-efficacy Scale and Canadian Occupational Performance Measure (COPM). Results of pre- and post-training were compared by pair-t test.
Result
Among 24 clients, 75% of patients were male and mean age was 22. 75% was suffered from psychiatric illness and 25% was suffered from medical or orthopedic illness. Among those suffered from mental illness, 56% was early psychosis and 22% was related to mood issue. Mean length of unemployed was 18 months after school. After the completion of the program, 83% was successfully employed within three months. For overall wellbeing of the youth with disability, the WHO5 was found significantly different. WHO5 mean score increased from 13.4 to 17.5 (t=6.500; p<0.001). In addition, the self-efficacy was found significantly different with the mean General Self-efficacy Scale scores increased from 23.5 to 29 (t=7.018, p<0.001). In reviewing the lifestyle, there are significantly different in COPM. The mean COPM Performance score increased from 5.7 to 7.1 (t=8.029, p<0.001) and mean of COPM Satisfactory increased from 5.8 to 7.6 (t=8.920, p<0.001) In conclusion, Occupational Therapist leaded vocational retraining program explores the strength of individuals, develops skills to adapt and adjust to the social and environmental demands of a job and matches them with different occupations. More than successful employment, to restructure the sickly lifestyle of the youth with disability and their family, to make them more competence in making decision in life and improve overall wellbeing of the youth with disability are the future directions of the vocational training.