

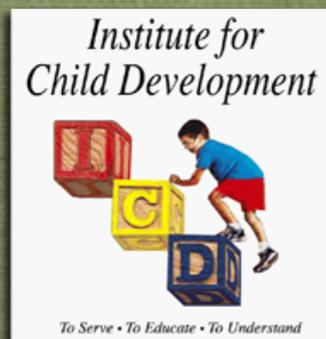


Autism Initiative Training Series

Module 2: Chapter 2.3

Core Elements for Enhancing Quality of Life

<http://bddso.icd.binghamton.edu>



Learning Objectives

- Define Quality of Life.
- Name the 8 components of Quality of Life.
- Identify the impact of choice on Quality of Life.
- Identify how to promote Quality of Life.
- Name 4 components of a Quality Program.

What is Quality of Life (Gerhardt, 2009)

- Describes the degree of well-being based on personal satisfaction with core conditions such as:
 - Physical, emotional, and material well-being
 - Interpersonal relations and social inclusion
 - Self-determination and personal growth
 - Individual rights

Physical Well-Being (Carr, 2008)

- Being able to choose personal items.
 - Clothing choices
- Being able to make major life choices.
 - Where you work
- Achieving a level of self-competence that reduces the level of support needed from others.
- Safety skills

Emotional Well-Being (Carr, 2008)

- Being able to form close relationships.
- Love and intimacy
- Have a positive mood.
- When people are in a good mood they are more productive and have more learning opportunities.



Material Well-Being (Carr, 2008)

- Ensure that housing meets the individual's needs.
- Ensure that transportation is available.
- Make employment opportunities available.
- This will create more opportunities for personal freedom because the individual is able to earn an income and decide what to do with that income.

Interpersonal Relations and Social Inclusion

(Carr, 2008)

- Teach relevant social skills to develop social competence.
- Encourage individuals to develop social networks.
- Listen to their interests and hobbies and help make these social networks available.



Self-Determination and Personal Growth (Gerenser, 2009)

- Freedom of choice is an essential component in quality of life.
- Include choices throughout the day.
- Create opportunities for personal growth.
- Expect a little more from the individual during each interaction.



Individual Rights

- Individuals with disabilities have rights that need to be recognized.
- Example: privacy and ownership
- Make sure that:
 - Basic health care needs are being met (Carr, 2008).
 - Communication skills are being developed (Gerenser, 2009).
 - There are meaningful activities to engage in (Carr, 2008).

Quality of Life and Choice (Gerhardt, 2009)

- Choice is the key component to quality of life.
- It is easy to fall into the mindset that you must make sure the things that must be done are done, but...
- **REMEMBER** choice can be incorporated throughout the day.



Promoting Quality of Life (Gerhardt & Watson, 2008)

- Promoting quality of life should be a top priority:
 - Continue to assess and create opportunities for personal growth and self-determination.
 - Promote skill development and independence.
 - Encourage choice and promoting personal values.
 - Ensure the best possible outcomes for success.

Quality Program (Hopkins, 2008)

- A quality program:
 - Has a competent clinical team that values parent and individual input.
 - Has sufficient staff with expertise and the ability to build rapport.
 - Carefully planned instructions and programs to help individuals meet their goals.
 - Facilitates the best individualized outcomes.

Summary

(Schalock et al., 2002)

- Quality of life measures the degree to which individuals value the experiences they have throughout the course of life.
- The measurement of quality of life enables staff to help the individuals they work with move toward a more enjoyable life.