The Perceptions of Occupational Difficulties, Support and Intervention of adolescents with learning difficulties (LDs) and their parents in South Africa.

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The National Research Foundation through the University of Cape Town and The University of the Witwatersrand Occupational Therapy Department.
Introduction & Rationale

Occupational therapy for adolescents with LDs (ADHD & SLDs)

Intervention dilemmas

- No follow-through
- Focus ≠ Adolescent occupations
- Limited evidence
Treated as big children or little adults?

Image 1

OR

Image 2
Introduction & Rationale

Occupational therapy for adolescents with LDs (ADHD & SLDs)

Intervention dilemmas

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Literature review

• Mainly from psychology – key studies by Brook & Boaz\textsuperscript{3-5}
• = very little occupational therapy literature specific to population
• Suggestions to adjust occupational therapy paradigms by Journey & Loukas\textsuperscript{6} and Loukas\textsuperscript{7}
Method

• Descriptive, explorative, qualitative study design
• Card sort of occupations – ranking of occupations
• Focus groups & interviews – inductive data analysis
• Occupation by Design model by Pierce\textsuperscript{8,9}
• 18 Adolescents aged 13 – 21 years with LD (SLD / ADHD / LSEN school) – not intellectual disabilities
• 9 Parents (of adolescents participating)
### Occupational difficulties

**3 themes**

1. Developmental difficulties
2. Occupational difficulties
3. Intervention-related difficulties
Main sources of support:
1. Teachers / school environment
2. Parents (mother) & other family
3. Friends / Self-determination
4. Other adults / professionals (occupational therapist, psychologist, counsellor, coach)

<table>
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<th>3 themes</th>
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<tbody>
<tr>
<td>1. Support and mentoring</td>
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<td>2. Intervention</td>
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<td>3. Promotion of self-determination</td>
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Conclusion & Recommendations

- 5 Principles for intervention
  1. Adolescent-centred
  2. Environment
  3. Now & future
  4. Skills & adaptations
  5. Strengths & weaknesses

Note: Proper discharge practices
Contact details

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References