What's holding you back?

Community Coaching and using micro-skills to support adults with I/DD in building meaningful connection in a community-based setting

Definitions

Connection: A relationship with a person or place

Meaningful connection: A relationship with a person or place that enhances a person's life

Connection: not just a disability issue

8% of Americans say they have no close friends; 38% report 5 or more

% saying that, not counting their family, they have ...

No close friends	8%
1 close friend	7
2 close friends	14
3 close friends	18
4 close friends	13
5+ close friends	38
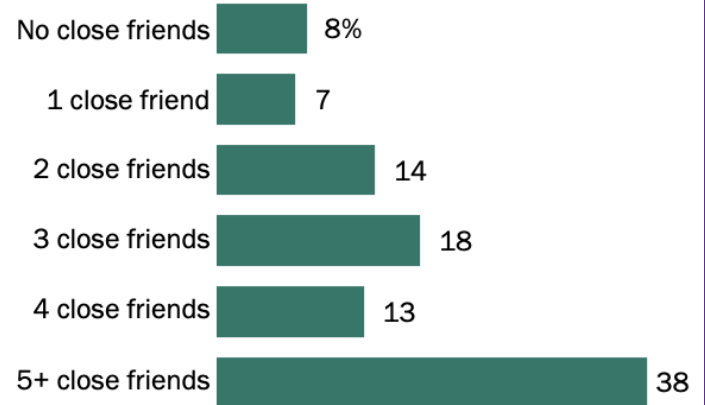
Note: Share of respondents who didn't offer an answer not shown.
Source: Survey of U.S. adults conducted July 17-23, 2023.

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Also, it is still a disability issue

"People with disability experienced loneliness, low perceived social support and social isolation at significantly higher rates than people without disability. Effect sizes were significantly greater for loneliness. Disability was associated with lower wellbeing."

"The prevalence of loneliness was highest among adults with disability who were younger, economically inactive, living in rented or other accommodation, living alone and with low levels of access to environmental assets."

Emerson E., Fortune N., Llewellyn G., Stancliffe R. (2021). Loneliness, social support, social isolation and wellbeing among working age adults with and without disability: Cross-sectional study. Disabil. Health J.

How can we address this issue?

Structural barriers to program design

Difficult to define

The journey is long

Extreme Individualization

Staff become the connection

Avoiding the "vending machine"

Individual Issues

Fear of action

Fear of doing something wrong/rejection

Sustaining connections over time

Taking initiative

Coping with failure

How'd we try to solve those issues?

Community Coaching!

Community Coaching

A 10 week program in which members receive individualized support from a Social Coach in the Connect Department to build skills and work towards a connection goal

- Sign ups occur quarterly. Members can sign up for as many 10 week sessions as they like
- Members meet weekly(ish) with a Social Coach to work towards the agreed upon goal

COMMUNITY COACHING

COMM UNITY choices

Sign up!

Sign-up for one of our quarterly openings! You get 10 weeks of committed support on your connection goals.

Plan your goal!

Once you sign up, you will meet with a Social Coach to discuss your goals and assess your abilities!

Get going!

After your meeting, you and your Social Coach will meet weekly to work towards your goal for 10 weeks!

Need more time? Just sign up again!

1 → **2** → **3**

Points of Emphasis

The Plan: Everyone has a plan that they help come up with. Plans include one overall connection goal and two skill goals

Meetings: Excused absence don't count towards 10 weeks, unexcused do

Continuation: Person can keep signing up as long as they want

Overall Goals

- **Success: Person no longer feels they need support to accomplish goal. They feel confident moving forward on their own**

- **Also success: Person figures out that they no longer want to continue with the goal.**

- **Still a success: Person feels like they've accomplished the goal, but have identified that they will need continued support**

Micro skills

Skill areas broken down into smaller, easy to work on bits

- **Big skills can be overwhelming, it feels easier to work on smaller bits**
- **Example: "Communicating with friends" could start as one-to-one texting and move on from there**
- **Example: "Exploring the Community" might start with discussions about safety**
- **Based on "chunking"**

Micro skills

How do we figure out what micro skills to focus on?

- **"What's holding you back?"**

- **Pre-program skills assessment**

- **Trial and error within the program**

Micro skills

Why it's important:

      Makes thing manageable

Keeps a person's interest

Wins! Wins! Wins!

Skills are transferable

Success Story - Josh P.

Success Story (in progress)- Jen B.

Tools we've used/made

Script for texting

Unsafe vs. Uncomfortable lesson

Google calendar

Outlook calendar

Apple calendar (so many calendars!)

Google maps (street view for parking)

Randomized decision app

Public transit app

Screen reader

Online safety lessons

New Issues

Differing opinion on goals between parents and participants

Loss of interest/fatigue

Differing expectations

Whose responsibility?

Looking towards the future

Increased "practice" time outside of meetings

Continued addition of tools and resources

Increased opportunities for socialization

Connection with our transportation department

Thank you!

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