



## Doctoral Capstone Project Description

### Purpose:

- To empower young people disabled in the activity of dressing for greater independence and self-expression by:
  - Identifying current needs in the clothing industry
  - Developing a prototype based on identified needs

### Mission Statement:

- To provide client-centered clothing options to young people with various physical disabilities

### Vision Statement:

- To promote confidence, well-being, and independence among young people through functional and fashionable clothing development

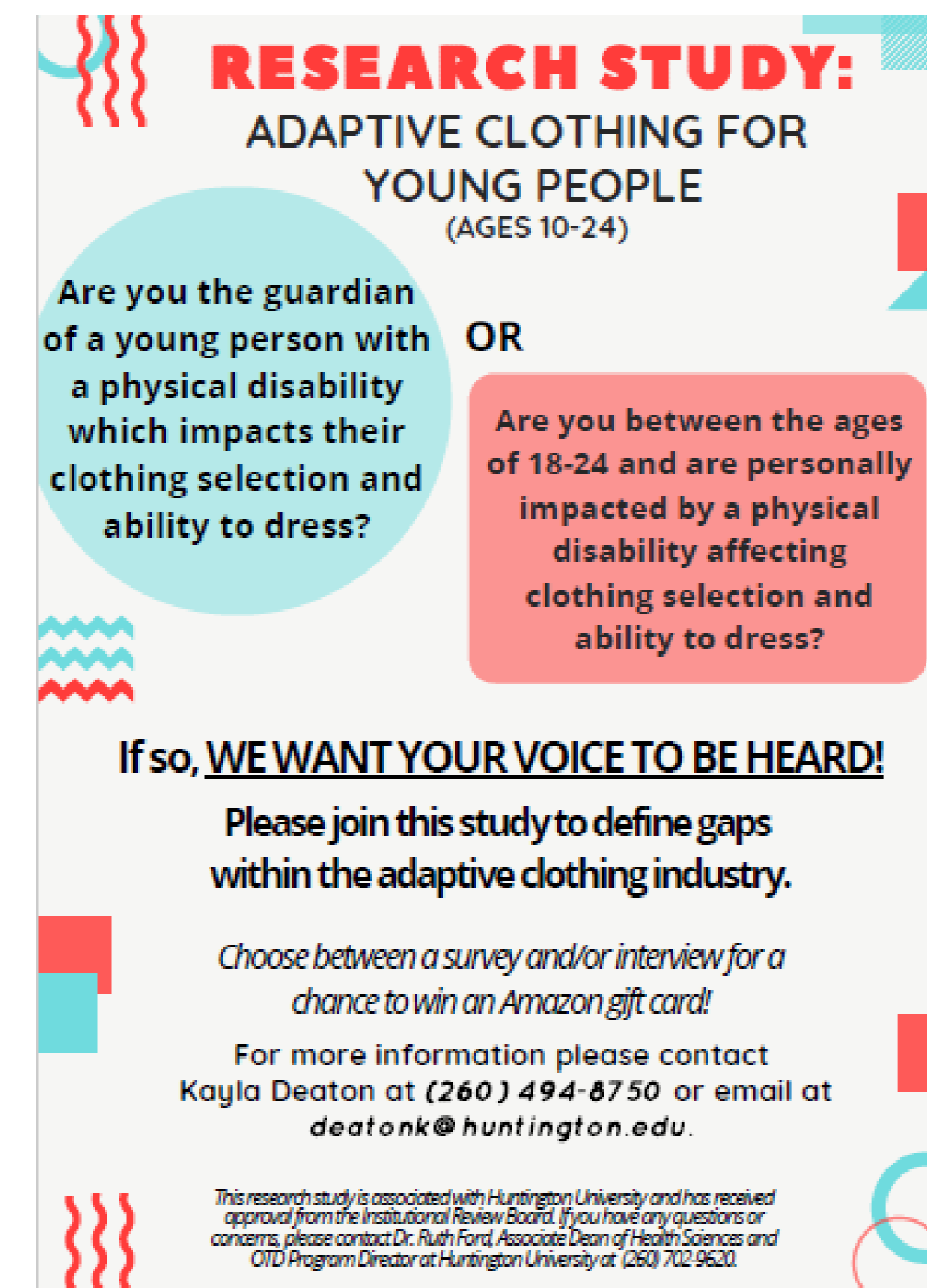
### Population/Topic:

- Children and youth, health and wellness, rehabilitation and disability

### Focused Areas of Study:

- Research skills, advocacy

## Project Completion and Outcomes



### Outcome Measure #1:

- Provide a written summary of results obtained during the needs assessment.

### Learning Objective #1:

- Conduct five one-on-one interviews with caregivers of young people with disabilities\* to identify current needs in the clothing industry.

### Learning Objective #2:

- Distribute a survey to caregivers of young people with disabilities\* to identify current needs in the clothing industry.

\*Individuals who are their own guardian (18 or older) will be interviewed or granted access to the survey directly.

### Outcome Measure #2:

- Advocate for the design of one adaptive clothing prototype for future development based on participant results from the needs assessment.

### Learning Objective #1 and Learning Objective #2

- See Outcome Measure #1

### Learning Objective #3:

- Complete at least 25 hours of hands-on experience with expert mentor, faculty mentor, and/or other professional experienced in this specialty field to gain knowledge of clothing development process.

## Project Sites

### Huntington University

- Utilized resources and faculty expertise to assist with the research process of a mixed-methods study

### CapeAble Weighted Products

- Gained hands-on experience with production, manufacturing, and marketing of weighted products

### JOANN Fabric and Craft Store

- Completed a sewing workshop to gain knowledge and skills required for clothing development

## Deliverables

### Compilation of results from needs assessment (interviews and surveys)

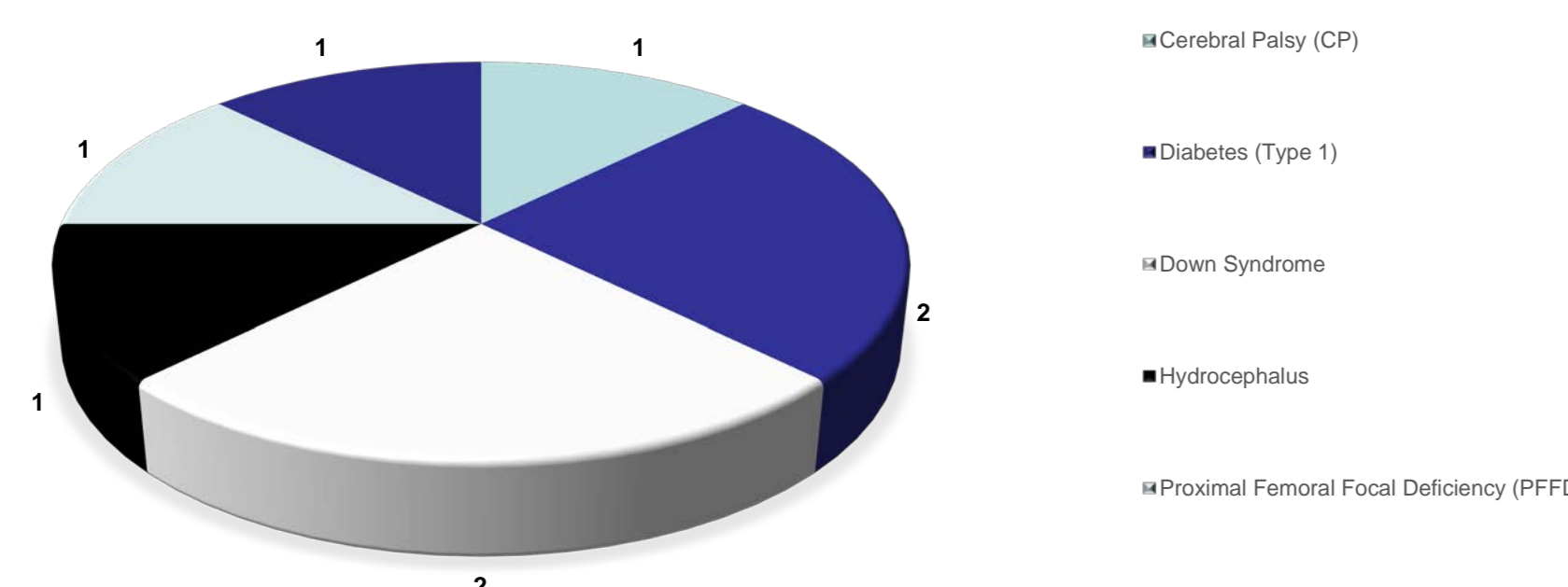
- Data from the needs assessment was compiled and organized into a formal written report entitled, *Needs Assessment Summative Results*.

### Clothing prototype

- Based on the needs assessment results, an adaptive clothing prototype was developed for individuals using insulin pumps. The product was designed with function, fashion, and affordability in mind.

## Needs Assessment

- Interview and survey questions were created and utilized for completion of the needs assessment, specifically targeting topics of functional dressing skills and adaptive clothing. The research study was approved by Huntington University's Institutional Review Board.

Quantitative Results	Qualitative Results
<p>Seven participants completed either the <i>Adaptive Clothing for Young People: Caregiver Survey</i> or the <i>Adaptive Clothing for Young People: 18 – 24-Year-Old Survey</i>. Diagnoses of young people represented in the surveys can be seen below.</p> <p><i>Diagnosis of Young Person – Survey Results</i></p> 	<p>Five participants completed either the <i>Adaptive Clothing for Young People: Caregiver Interview</i> or the <i>Adaptive Clothing for Young People: 18 – 24-Year-Old Interview</i>.</p> <p>The following key themes were identified:</p> <ul style="list-style-type: none"> <li>Difficulties wearing certain clothing                             <ul style="list-style-type: none"> <li>- Lack of correct fit/sizing (n = 12)</li> <li>- Clothing closures (n = 11)</li> <li>- Formal wear (n = 10)</li> </ul> </li> <li>Activities impacted by clothing                             <ul style="list-style-type: none"> <li>- Attending formal occasions (n = 13)</li> <li>- Physical activity (n = 4)</li> </ul> </li> <li>Alterations/changes required                             <ul style="list-style-type: none"> <li>- Clothing alterations (n = 11)</li> <li>- Changes to the dressing process (n = 3)</li> </ul> </li> </ul>

## Future Implications for OT

- Based on the literature review and needs assessment, occupational therapists can play a key role in adaptive clothing development. Through the mixed-methods research study, common themes were identified in specific areas of the clothing process which can provide direction for future adaptive clothing development within the target population. Specifically, adaptive clothing development should target the identified needs of young people with physical disabilities to increase functionality and inclusion. Areas of focus may include adapting clothing closures for increased ease of use, increasing availability and accessibility of formal clothing utilizing concepts of universal design, or decreasing costs for affordability of products. Finally, there is a need for further research at a higher level of evidence in this area of practice.

## REFERENCES

\*Full reference list and image reference list available upon request.

Please scan to view additional information regarding the researcher

