

## Sample Intervention Plans for Parents with intellectual disabilities

### What would it take to keep this family together?

**Keys to effectiveness:** Share information in small batches. Be very concrete about what needs to happen. Use visuals (pictures or videos) to teach and reinforce skills building and memory. Hands on practice and LOTS of repetition will be needed to learn new skills. They may need their case worker to request extended time prior to their termination hearing in order to be successful.

Common Challenge	Intervention Strategy or Resource
Typical CHBS curriculum is in appropriate or ineffective	<p>Supplement CHBS curriculum with videos and picture cue cards from: <a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a> (use drop down menu for appropriate child age group)</p> <p>Focus on one area at a time. Give brief, concrete instructions. Offer frequent praise for correct actions even if the entire task isn't done correctly. Use creative repetition</p> <ul style="list-style-type: none"> <li>• Talk about it – seed the idea</li> <li>• Model it – demonstrate</li> <li>• Hands on – Let them try it (offer positives before 1 suggestion)</li> <li>• Watch them use the skills in a natural setting or activity (offer positive + 1 suggestion)</li> <li>• Ask another professional to reinforce skill or topic</li> <li>• Point out someone else doing it correctly or ask parent to identify what someone is doing wrong – critiquing videos</li> </ul> <p>If you make visuals or lists to help with memory issues – let the parent ID the steps with you &amp; use their words not yours.</p>
Needs practice at basic infant care	Use infant simulator for prenatal practice or extra practice when child is removed. Add provisions during out of home placement for modeling by foster parent and coaching during hands on practice during visits.
Making and attending appointments	Utilize the parent's smart phone. Teach them to set the calendar and reminder function for each appointment or request that a nurse or the person in charge of appointments assist them. Be sure to set a reminder to arrange transportation as well. For new services, make the initial appointment together.
Providing healthy meals	Utilize a visual no-read cookbook like these <a href="https://www.amazon.com/s?k=visual+cookbook&amp;i=stripbooks&amp;ref=nb_sb_noss_1">https://www.amazon.com/s?k=visual+cookbook&amp;i=stripbooks&amp;ref=nb_sb_noss_1</a>
Poor cleanliness in home	Create a visual schedule of cleaning tasks to keep home organized and deal with cleanliness issues. This is another area where natural supports can help or if eligible the State Plan Personal Care program <a href="http://www.okdhs.org/services/aging/Pages/pSPPC.aspx">http://www.okdhs.org/services/aging/Pages/pSPPC.aspx</a>
Poor budgeting/money management skills	Life After IEPS – Tools for teaching financial literacy skills <a href="http://lifeafterieps.com/tools-for-teaching-financial-literacy-skills/">http://lifeafterieps.com/tools-for-teaching-financial-literacy-skills/</a>

Bringing unsafe people into home	Safety Awareness for Empowerment - Teaches personal safety and healthy relationship skills to prevent victimization and exploitation <a href="https://www2.waisman.wisc.edu/cedd/pdfs/products/health/SAFE.pdf?fbclid=IwAR2HezEasoE6eieEwwjj0dWMfput-Sp7TqWGLiEfu0HckC8yV89WKj0GC64">https://www2.waisman.wisc.edu/cedd/pdfs/products/health/SAFE.pdf?fbclid=IwAR2HezEasoE6eieEwwjj0dWMfput-Sp7TqWGLiEfu0HckC8yV89WKj0GC64</a>
Lack of transportation	Make sure transportation is planned in advance for any appointments or use smart phone reminders to do the scheduling when needed. If public transportation, include teaching them to use it in the plan.
Not understanding information given to them by professionals	Great chart with examples of how to effectively communicate with someone who has an intellectual disability <a href="http://vkc.mc.vanderbilt.edu/.../g.../communicating-effectively/">http://vkc.mc.vanderbilt.edu/.../g.../communicating-effectively/</a>  IDD toolkit for physical and behavioral healthcare providers <a href="https://iddtoolkit.vkcsites.org/">https://iddtoolkit.vkcsites.org/</a>  Recommend parenting classes that use video lessons rather than lecture style. Ask the instructor if parent can borrow videos between classes so that they can watch them more than just the 1x in class.
Not understanding or unable to communicate in courtroom proceedings	Request a Communication Support Specialist as a reasonable accommodation under the Americans with Disabilities Act during court proceedings by contacting the Oklahoma Communication Support Project at <a href="mailto:sooner-successpwd@ouhsc.edu">sooner-successpwd@ouhsc.edu</a>
Needs help applying for services	If possible, make the initial phone call together and assist them with the eligibility paperwork. It will help move the process forward. Most agencies have case managers or customer service staff, help parent to contact these staff for assistance or refer to Sooner SUCCESS or the Oklahoma Family Network.

Training available for professionals:

“Working Successfully with Parents with I/DD”

<https://achancetoparent.net/training-for-professionals/#1588870210365-8fba8cc0-00d0>

“Working with Parents with Intellectual Disabilities and Their Families: Strategies and Solutions for Social Workers” (recorded webinar)

<https://ensemble.brandeis.edu/hapi/v1/contents/permalinks/Gr75RfHc/view>