

Optimizing the participation of children and youth with disabilities: An environment-based approach

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Participation of children and youth with disabilities in community-based activities is restricted, which can lead to poor health outcomes. A key factor in supporting and/or hindering children's participation lies within their environment (i.e., physical, social, attitudinal and institutional), suggesting it is an important area of interest for targeting interventions. In this presentation, an innovative *environmental-based* intervention called **PREP** (Pathways and Resources for Engagement and Participation) will be introduced and its effectiveness in improving the participation of youth with physical disabilities will be discussed. Perspectives and experiences of both clinicians and parents on the usefulness of the PREP will also be shared as well as the generalisability of this approach to various participation domains. Finally, emerging evidence describing the additional benefits of participation-focused interventions especially in improving body-functions, i.e., motor, cognitive and affective, will be presented.