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## **An Exploration of Life Skill Development in Adults with Intellectual Disabilities**

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# AN EXPLORATION OF LIFE SKILL DEVELOPMENT IN ADULTS WITH INTELLECTUAL DISABILITIES

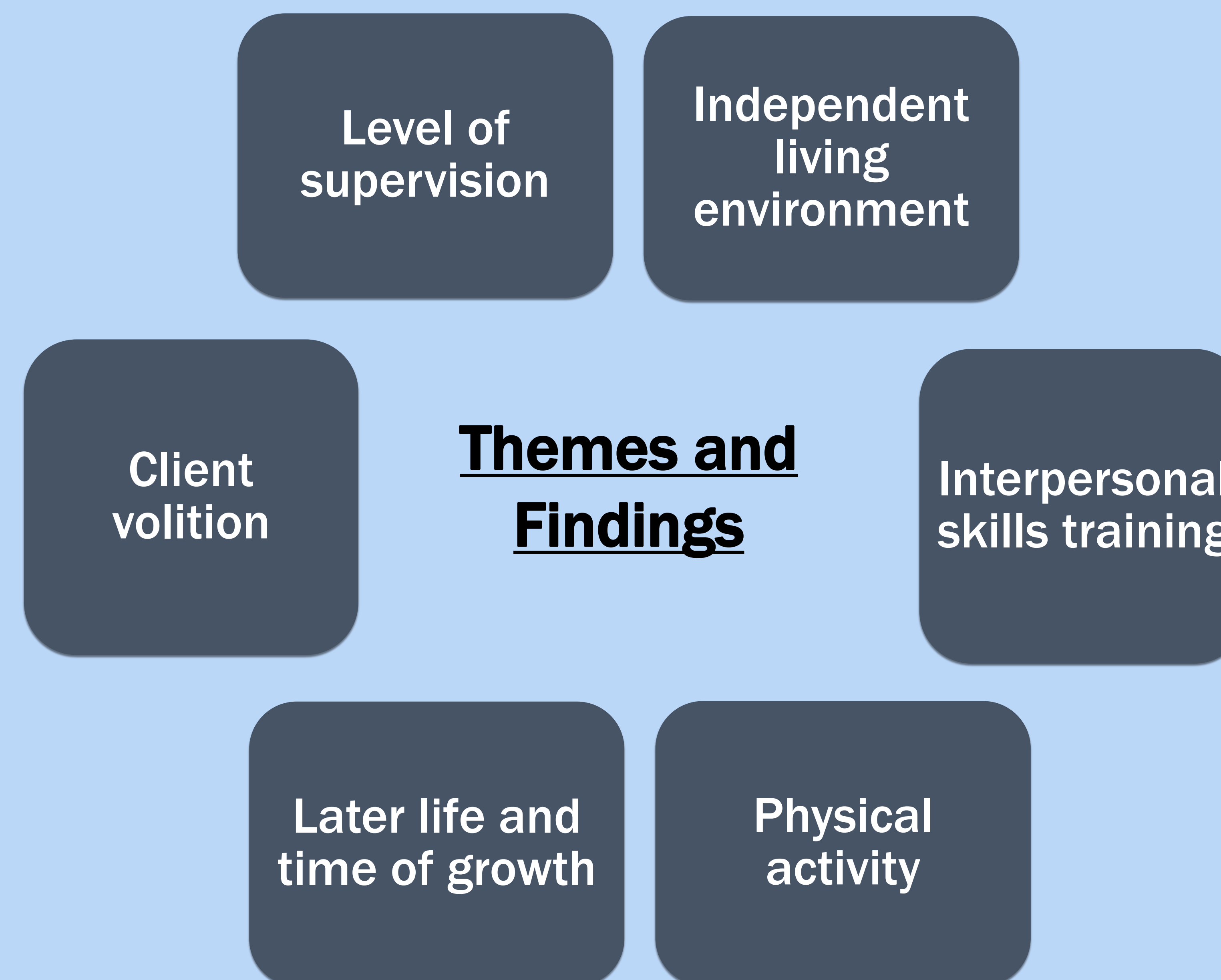
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## What factors impact life skill development in adults with intellectual disability?

### What is Momentum?

It is a community based agency which provides support services to adults with intellectual disabilities. Their vision is for people of all abilities to be an equal part of our community. The services offered are home support, community support, and work support.



### Inclusion Criteria:

- ❖ Peer-reviewed journals
- ❖ Study was relevant to individuals with intellectual disabilities
- ❖ Study was written in or officially translated to English

Level of the Study	Number Located
Level I	1
Level IV	5
Qualitative Study	2

### Clinical Bottom Line:

When working with individuals with intellectual disabilities, a significant factor that proved to be successful in developing life skills was allowing choice in which activity the individual wanted to participate in. Additionally, life skill development was impacted by the level of oversight the individual received. It was found, time and again, that regimentation or severe oversight does not benefit life skill development in this population. These factors should be considered when conducting a group comprised of individuals with intellectual disabilities. The results of the evidenced-based literature review indicates that more research focusing on adults with intellectual disabilities needs to be completed.



<http://www.momentumme.com/casco.html>

Additional references can be provided upon request at [Elizabeth.Yattaw@maine.edu](mailto:Elizabeth.Yattaw@maine.edu) or [Jack.Holevatz@maine.edu](mailto:Jack.Holevatz@maine.edu)