

0501

Self-determination of therapy goals and valued life activities in people with post-stroke aphasia: the LIV card tool

Jennifer Womack¹, Michaela Mangrum¹, Katarina Haley¹, Nancy Helm-Estabrook², Karen McCulloch¹, Denise Caignon¹

¹University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, United States, ²Private speech-language pathologist and researcher, Asheville, North Carolina, United States

Introduction: People with post-stroke aphasia (PWA) have difficulty participating in goal-setting activities during therapy due to complex language deficits. Occupational therapists often rely on input from family members or friends to determine what is important to their client rather than struggle with lengthy and difficult attempts at communication. Self-determination of goals and interests however, is an important aspect of client-centered care. This session is designed to offer an overview of an instrument- the Life Interests and Values (LIV) Cards - that uses a card sorting method to elicit information about life participation directly from PWA. Research supporting the use of the LIV Cards will be shared in the session.

Objectives: Research objectives for the LIV card study were twofold: 1)to determine whether or not a difference exists between information collected directly from PWA versus proxy informants and 2) to determine the clinical feasibility of the LIV Card instrument for use by occupational, speech and physical therapists.

Methods: In substudy 1, the LIV Card tool was administered to 10 teams of PWA and their designated significant others. Both were asked to identify life activities in four domains in which the PWA would like to participate. Results were compared between groups. In substudy 2, therapists working with PWA were asked to either review the content of the LIV Cards and provide feedback, or use the LIV Cards during an initial assessment and participate in a follow-up interview about the experience.

Results and Conclusions: Data from this research indicates that information about meaningful life activities and the desire to participate in them gained directly from PWA can differ significantly from information provided by significant others, signifying the need for enhanced methods of communication directly with clients. Parallel research has indicated that clinicians in several rehabilitation disciplines, including occupational therapy, find that the LIV cards are clinically useful and feasible to incorporate into existing assessment and treatment practices.

With a focus on restoring participation in valued life occupations, the profession of occupational therapy can benefit from tools that improve our ability to communicate with clients about those occupations. The LIV Card tool can provide invaluable support for communicating with PWA.