USING PARTICIPATORY CURRICULUM DEVELOPMENT AS AN INTEGRATED KNOWLEDGE TRANSLATION STRATEGY

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PRESENTATION OVERVIEW

• Project Objective
• What is Participatory Curriculum Development (PCD)?
• How we use Participatory Curriculum Development Approach
• Progress and Outcomes
• Next Steps
• Q & A
PROJECT OBJECTIVES: HEALTHY COMMUNITY LIVING

- Use PCD as an IKT strategy to develop two blended learning multi-media health promotion and self-management curricula to be delivered by CILs in an in-person workshop setting.
  1. Community Living Skills
  2. Living Well in the Community

- Share our application of Participatory Curriculum Development (PCD) with other program developers
COMMUNITY LIVING SKILLS

1. Consumer training that builds motivation using self-determination theory
   1. Focuses on consumer choice and control
   2. Includes content such as time management, budgeting, travel training, self care, personal safety, etc.
   3. Group-based online multimedia presentation with discussion and exercises related to quality of life goals and health improvement and maintenance.

2. Peer Support Training to improve self-management capacity
   1. Focuses on building consumers skills to enhance choice and control & increase motivation
   2. Includes listening and demonstrating understanding, relationship boundaries, grief and loss, motivation for change, etc.
LIVING WELL IN THE COMMUNITY

1. Consumer health promotion training that builds self-management skills related to health and quality of life goals.

   1. Focuses on the independent living philosophy and grounded in peer support.
   2. Includes content such as goal-setting, problem-solving, healthy communication, building supports, staying on course, etc.
   3. Group-based online multimedia presentation with discussion and exercises related to quality of life goals and health improvement and maintenance.
PARTICIPATORY CURRICULUM DEVELOPMENT

• Participatory Curriculum Development is a **process** for engaging end-users in curriculum development.
• It is based upon an understanding of the knowledge, skills, attitudes and beliefs individuals need to carry out specific tasks.
• Because it is responsive to end-user needs, it improves the effectiveness of curriculum developed.

PROJECT COLLABORATION

Research and Training Center on Disability in Rural Communities (RTC:Rural)

Associated Programs for Rural Independent Living (APRIL)

Centers for Independent Living (CILs)

Healthy Community Living

Leadership Team

Living Well in the Community Development Team

Community Living Skills Development Team
PARTICIPATORY CURRICULUM DEVELOPMENT PROCESS

1. SITUATION ANALYSIS
   - STAKEHOLDER ANALYSIS
   - STRENGTH WEAKNESS OPPORTUNITY THREAT
   - CURRICULUM FIT ANALYSIS

2. DEVELOP ROUGH OUTLINE
   - DETERMINE TYPE OF COURSE
   - REVIEW EXISTING CURRICULUM
   - DEVELOP COURSE FRAMEWORK

3. DEVELOP DETAILED CONTENT
   - DEVELOP LEARNING OUTCOMES
   - DEVELOP SPECIFIC CONTENT
   - DEVELOP LESSON PLANS

4. IMPLEMENT AND EVALUATE CURRICULUM
   - IMPLEMENT IN 4 CILS
   - ASSESS FIDELITY
   - EVALUATE

DEVELOPMENT TEAMS
ENGAGEMENT ACTIVITIES

• Four week project orientation and curriculum training using online Moodle classroom
• Two day in-person orientation, group formation meeting and Situation Analysis
• Ongoing weekly one hour development team meetings via webinar/teleconference
• One day in-person meeting at annual APRIL conference to establish content development procedures with each development team
• Ongoing between-meeting communication: Slack, email, telephone
SLACK
CLOUD BASED COLLABORATION TOOL
ENGAGEMENT TOOLS

• Slack
  • To share IL tools and resources, photos, videos

• Pinterest
  • To pin useful concepts and content for curriculum development

• Flickr
  • To generate a library of shared photos and videos for curriculum content

• Facebook
  • To extend reach and engagement beyond official partners
  • To solicit direct asks for particular content
PROGRESS AND OUTCOMES

• Creation of Community Living Skills curriculum
• Adaptation of Living Well with a Disability curriculum for Living Well in the Community
• Over 2200 photos on the project Flickr page (www.flickr.com/groups/healthycommunityliving)
• 178 followers on the project Facebook page (www.facebook.com/HealthyCommunityLiving)
SELF-CARE

Self-care is taking care of yourself to help your physical, mental, or emotional health. It can help you feel healthier, more relaxed, and ready to be a part of your community. Self-care doesn't mean that everything has to be done by just you; you may have a team of people that help you. It just means that you are in control of identifying your needs and taking steps to meet those needs, such as making the time for your self-care. Self-Care will tell you more about how to keep your body clean, listen and respond to your body’s needs, and complete tasks in your home and community to stay as healthy as possible.

FOCUS AREAS

FOCUS AREA 1: KEEPING YOUR BODY CLEAN

DENTAL HYGIENE

- Dental Hygiene has to do with keeping the mouth, teeth, and gums clean and healthy
- Having good dental hygiene helps prevent disease and keeps us healthy
- Dental Hygiene includes brushing your teeth, flossing your teeth, and using mouthwash

BRUSHING YOUR TEETH  FLOSSING  MOUTHWASH  CHOOSING A DENTIST
FOCUS AREAS

FOCUS AREA 1: KEEPING YOUR BODY CLEAN

BODY HYGIENE

- There are hygiene needs that everyone has, and there are hygiene needs that could be specific to your disability.
- This section is intended to talk about the needs everyone has; we encourage you to learn more about your disability specific needs.
- These are personal topics and if you would like more information on any of these topics please discuss it individually with your facilitator.

HAND WASHING
BATHING & WASHING
HAIR CARE

FOCUS AREA 2: LISTENING TO YOUR BODY

STRESS & STRESS REDUCTION

It's important to keep your stress low to maintain overall health.

What is Stress?
- Stress is our body's normal response to the demands of life.
- Most people experience stress at some point in their lives. Stress is the mental or emotional tension you may experience in challenging situations.
- Examples of stress include balancing your personal care and relationships, stress related to finances, searching for housing or preparing for a move.

Hand Washing

When to Wash your Hands

We suggest you wash your hands during the following:

- Before, during or after preparing food or eating food and before taking medications or vitamins
- Before and after caring for or being around someone who is sick
- Before and after touching a cut or wound on you or someone else
NEXT STEPS

• Pre-production phase of curriculum program websites
• Production phase of first iteration of curriculum program websites
• Pilot curriculum program websites
• Adjust/adapt curriculum
• Evaluate
• Production of online facilitator trainings
QUESTIONS & COMMENTS
THANK YOU!

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