

Putting PREP (Pathways and Resources for Engagement and Participation) into OT practice: An innovative environment-based Intervention approach for improving participation of children and youth with disabilities

Background: Meaningful participation in occupations is key to health and well-being. The PREP intervention involves collaboration with the client, family and service providers to remove environmental barriers, while building supports for participation in any occupation. PREP, designed for clients across ages and abilities, includes five steps: 1) Make Goals; 2) Map Out a Plan; 3) Make it Happen; 4) Measure Process and Outcomes; and 5) Move Forward. The versatility of PREP makes it an ideal practice model for occupational therapists (OTs) across the globe.

Learning Objectives:

- Describe the rationale for environment-focused approaches to improving participation and understand evidence supporting PREP
- Identify and apply PREP's five steps
- Identify evidence-based implementation strategies for using PREP in different clinical contexts (neurorehabilitation, schools, private practice) and regions (Canada, UK, Israel)
- Draw on strategies for successful implementation to integrate PREP into practice