

The FACT Developmental Disability Family Support Program

*Report of Baseline Results from the Personal Capacity for
Achieving a Good Life Scale and the Life Outcomes Progression Scale*

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Executive Report

This report presents information on the impact the FACT Developmental Disability Family Support Program has on families from St. Charles County, Missouri that include a child with a developmental disability (DD). Ninety one (91) family members completed the *Personal Capacity for Achieving a Good Life Scale* and the *Life Outcomes Progression Scale*. The key findings from these scales are presented below.

Key findings from the *Personal Capacity for Achieving a Good Life Scale*:

- On average, families indicated that they were still “**building capacity**” (range = 1.5 – 2.0) across all three domains (informational skills, emotional skills, goods and services).
- Families indicated that resources or information are needed most in the following areas: "Short Breaks/Respite" ($M=2.0, SD=0.7$) and "Peer Support for Others with Lived Disability Experience" ($M=2.0, SD=0.7$).
- Male participants have a significantly greater need ($M=2.0, SD=0.6$) for “Peer Support for Others with Lived Disability Experience” than female participants ($M=1.7, SD=0.6$).
- The longer families stay in the DD Family Support Program, the **better personal capacity** they have to achieve a good life (see Table 6).

Key Findings from the *Life Outcomes Progression Scale*

- The longer a family is in the DD Family Support Program the better life outcomes they experience (see Table 9).
- In particular, families in the DD Family Support Program for more than six months have a significant improvement ($p<0.05$) in life outcomes in the following areas: daily life, daily coordination, leisure and recreation, mental health, and behavioral support needs (see Figure 9).

- The average rating across the 18 questions in the *Life Outcomes Progression Scale* is 1.4, and the most frequently reported life status (*Mode=1.0*) is ***empowered/thriving***, indicating that families feel that they are ***empowered/thriving*** in almost all life aspects.
- Ratings to all aspects of life outcomes do not differ by gender (Table 8).

Introduction

The results presented below represent the first round of data collection among families from St. Charles County, Missouri that include a child with a DD. These are families who are participating in the FACT DD Family Support Program. Each of these families completed the *Personal Capacity for Achieving a Good Life Scale* and the *Life Outcomes Progression Scale* upon entering the program.

Demographics

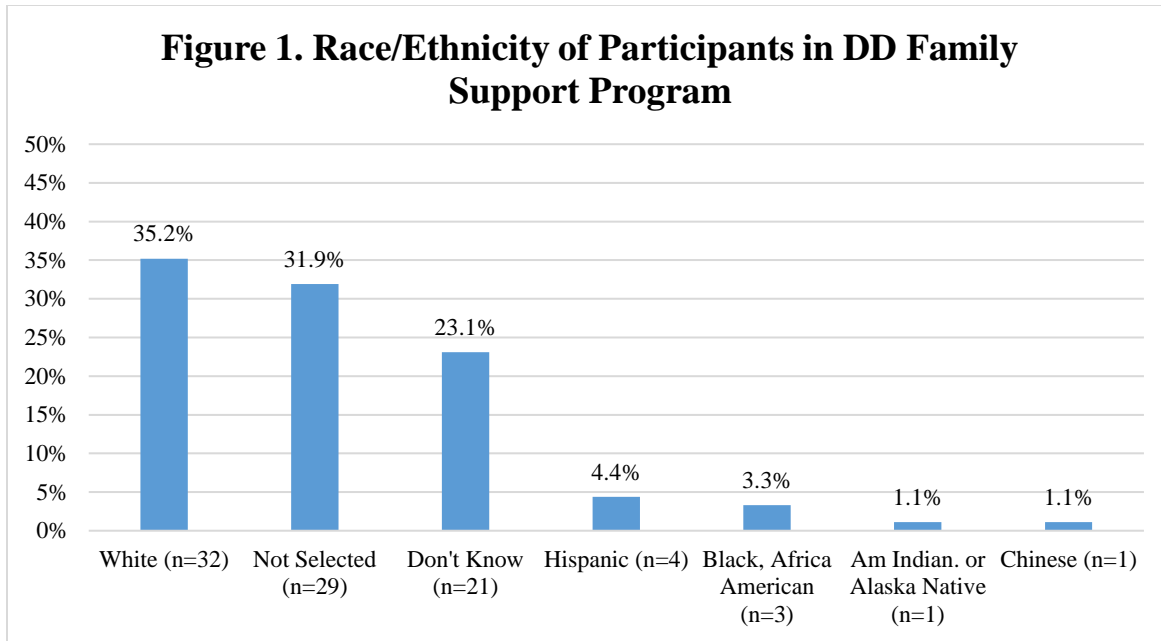
This section provides the demographic profile of the participants in DD Family Support Program, including age at entry, current age, gender, race, number of people in the household, medical eligibility, 504 status, IEP status, current classroom, and classroom needed. A total of 91 participants completed the two surveys.

The average age of the family member with a disability upon entering the DD Family Support Program is 10.2 years old. Table 1 presents the frequencies of participants in various age ranges.

Table 1. Frequency table by age range

	Current Age		Age at Entry	
	<i>n</i>	%	<i>n</i>	%
<=6	23	25.3	31	34.1
7-10	21	23.1	25	27.5
11-14	20	22.0	12	13.2
15-18	13	14.3	14	15.4
>18	14	15.4	9	9.9

There were more males than females represented (74.7% vs. 25.3%) in the survey data. The majority of survey respondents in the DD Family Support Program identified themselves as White, non-Hispanic (35.2%), followed by Hispanic (4.4%) and Black, African American (3.3%, Figure 1).



In terms of Participants' education plan status (504 status and IEP status), only one person reported having a 504 plan and 33 reported their IEP status (36.3%, Table 2).

Table 2. Participants 504 and IEP status

	<i>n</i>	%
<i>504 Status</i>		
Yes	1	1.1
No	4	4.4
NA	1	1.1
Not Reported	85	93.4
<i>IEP Status</i>		
Yes	32	35.2
No	0	0.0
NA	1	1.1
Not Reported	58	63.7

Participants' "current classroom" and "classroom needed" status is presented in Table 3. One participant reported having no current classroom setting but needed a "home" classroom setting.

Table 3. Participants classroom condition

	Current Classroom		Classroom Needed	
	<i>n</i>	%	<i>n</i>	%
Early childhood setting	1	1.1	1	1.1
Early childhood special education	1	1.1	1	1.1
Home	1	1.1	1	1.1
Homebound/hospital	-	-	-	-
Inside regular class 40%-79% of time	1	1.1	-	-
Inside regular class at least 80% of the time	-	-	-	-
Inside regular class less than 40% of time	2	2.2	-	-
Private separate school (day) facility	-	-	-	-
Public separate school (day) facility	-	-	-	-
Separate school	-	-	-	-
Missing	85	93.4	88	96.7

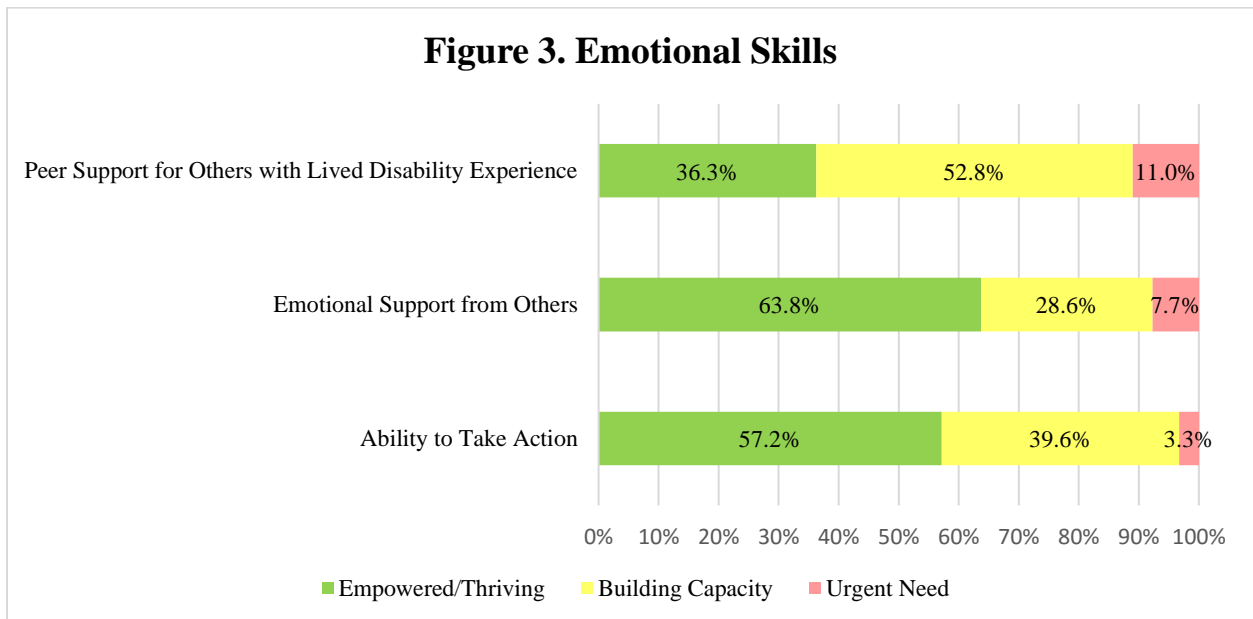
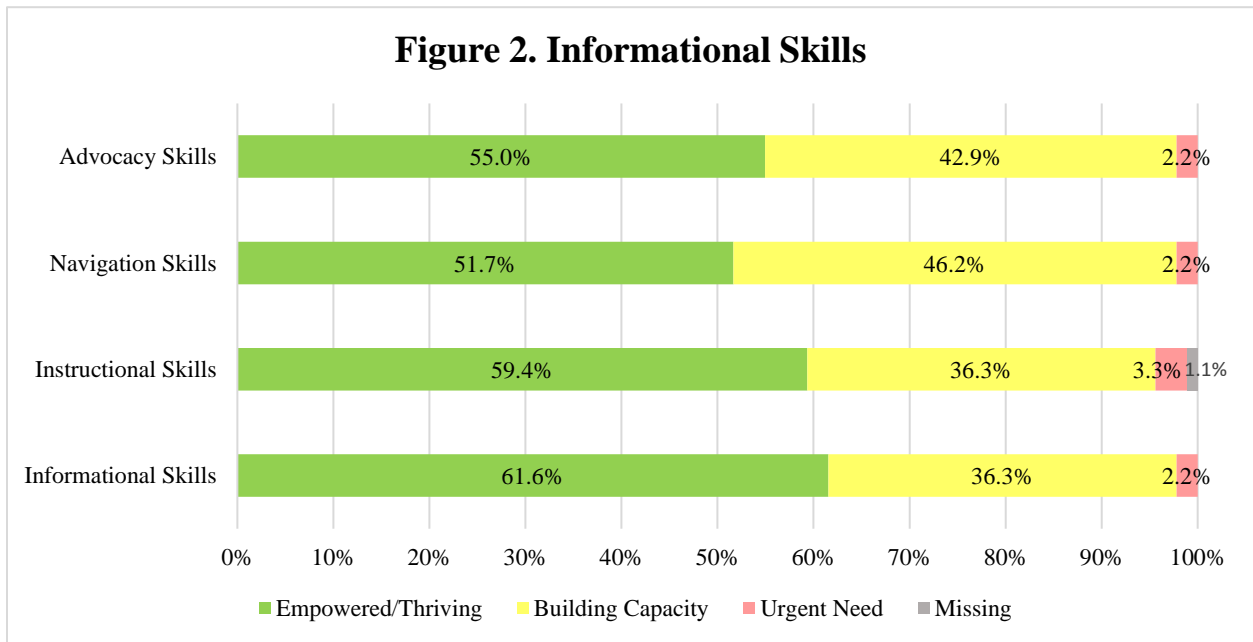
Survey Data Results

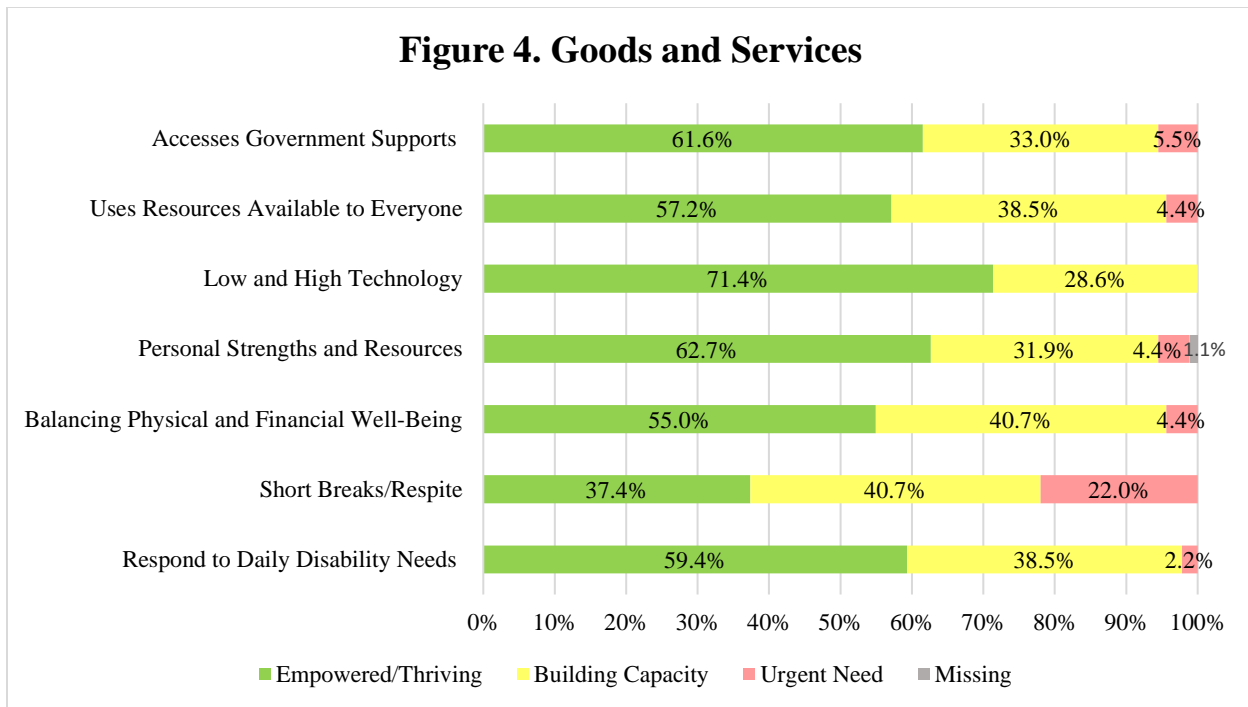
In addition to the demographic information, we conducted a one-way Analysis of Variance (ANOVA) to determine if the scores from the two scales differed significantly by gender and length of time in the program. Detailed results are in Table 5 (by gender) and Table 6 (by length of time in the program) for *Personal Capacity for Achieving a Good Life Scale*, and Table 8 (by gender) and Table 9 (by length of time in the program) for the *Life Outcomes Progression Scale*. Mean ratings that indicate a greater need are highlighted in red in each table.

Personal Capacity for Achieving a Good Life Scale

This scale includes three domains: Informational Support (4 questions), Emotional Support (3 questions), and Goods & Services (7 questions). The scoring range in the scale is from 1 to 3, with 1 indicating “Empowered/Thriving;” 2 indicating “Building Capacity;” and 3 indicating “Urgent Need.” Table 4 presents the frequency, mode, mean and standard deviation for each question. The information on the Page 8 presents the key findings from the analyses of the *Personal Capacity for Achieving a Good Life Scale*. Figures 2, 3, and 4 below depict

graphically the results across the three domains of the *Personal Capacity for Achieving a Good Life Scale*.





Key findings from the *Personal Capacity for Achieving a Good Life Scale*:

- On average, families indicated that they were still **“building capacity”** (range = 1.5 – 2.0) across all three domains (informational skills, emotional skills, goods and services).
- Families indicated that resources or information are needed most in the following areas: "Short Breaks/Respite" ($M=2.0$, $SD=0.7$) and "Peer Support for Others with Lived Disability Experience" ($M=2.0$, $SD=0.7$) (see Figures 3 and 4).
- Male participants have a statistically significantly greater need ($M=2.0$, $SD=0.6$) for “Peer Support for Others with Lived Disability Experience” than female participants ($M=1.7$, $SD=0.6$).
- The longer families stay in the DD Family Support Program, the **better personal capacity** they have to achieve a good life (see Table 6).

Life Outcomes Progression Scale

The *Life Outcomes Progression Scale* includes 18 questions in six domains: Daily Life & Employment (4 questions), Community Living (2 questions), Social & Spiritual (2 questions), Healthy Living (6 questions), Safety & Security (3 questions), and Citizenship & Advocacy (1 question). The scale in this survey is also from 1 to 3, with 1 means empowered/thriving, 2 means building capacity, and 3 means urgent need. The survey results at this time point reflects the current life outcomes in different life aspects. Table 7 displays the frequency, mode, mean and standard deviation of each question.

Figures 5, 6, 7, and 8 below depict graphically the results across the four domains of the *Life Outcomes Progression Scale*. Figure 9 demonstrates that people who have been enrolled in the DD Family Support Program for a longer period of time have better outcomes. They move from needing to “Build Capacity” to feeling “Empowered/Thriving.”

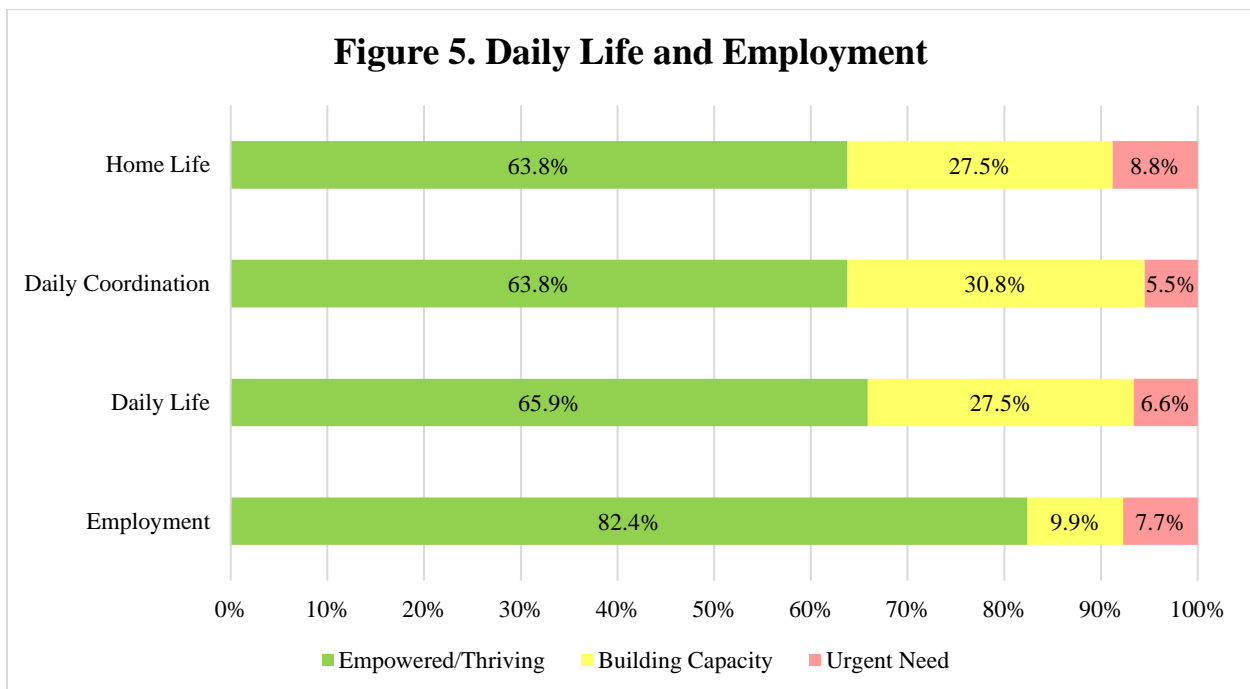


Figure 6. Community Living and Social Living

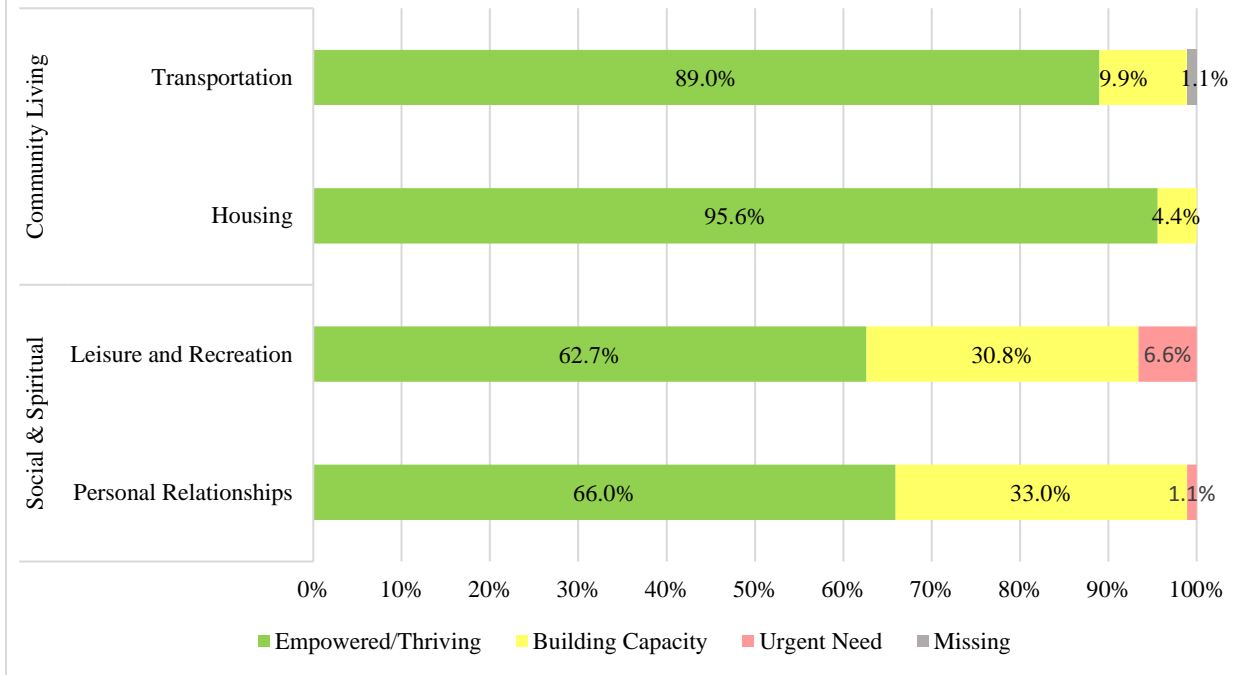
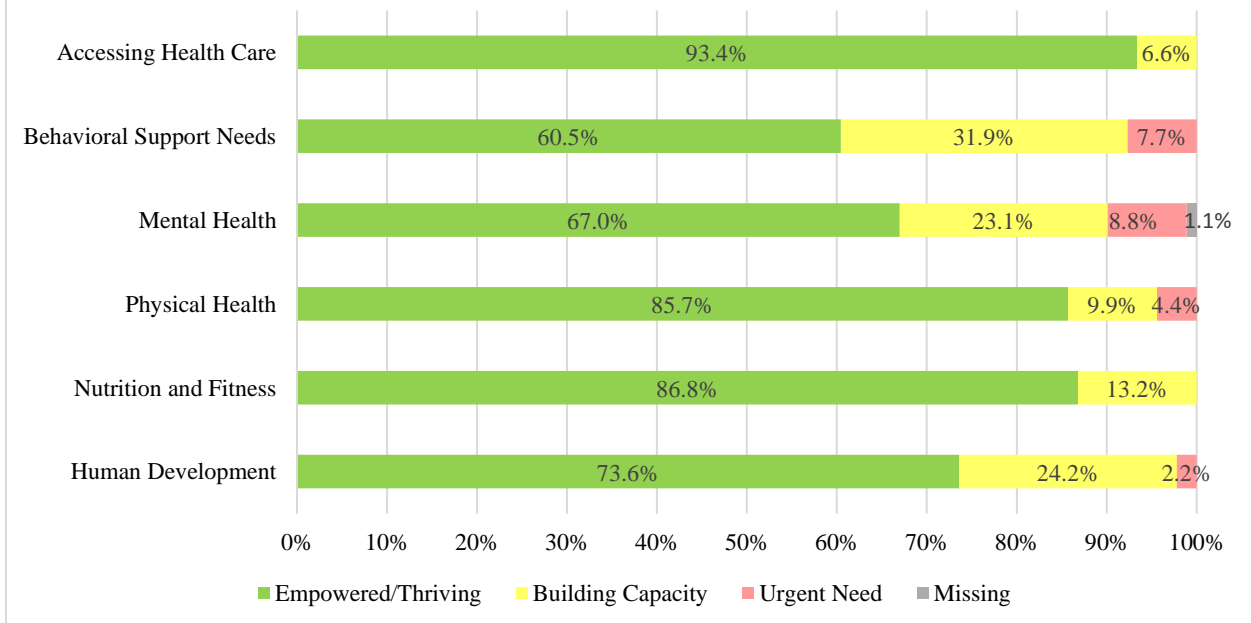
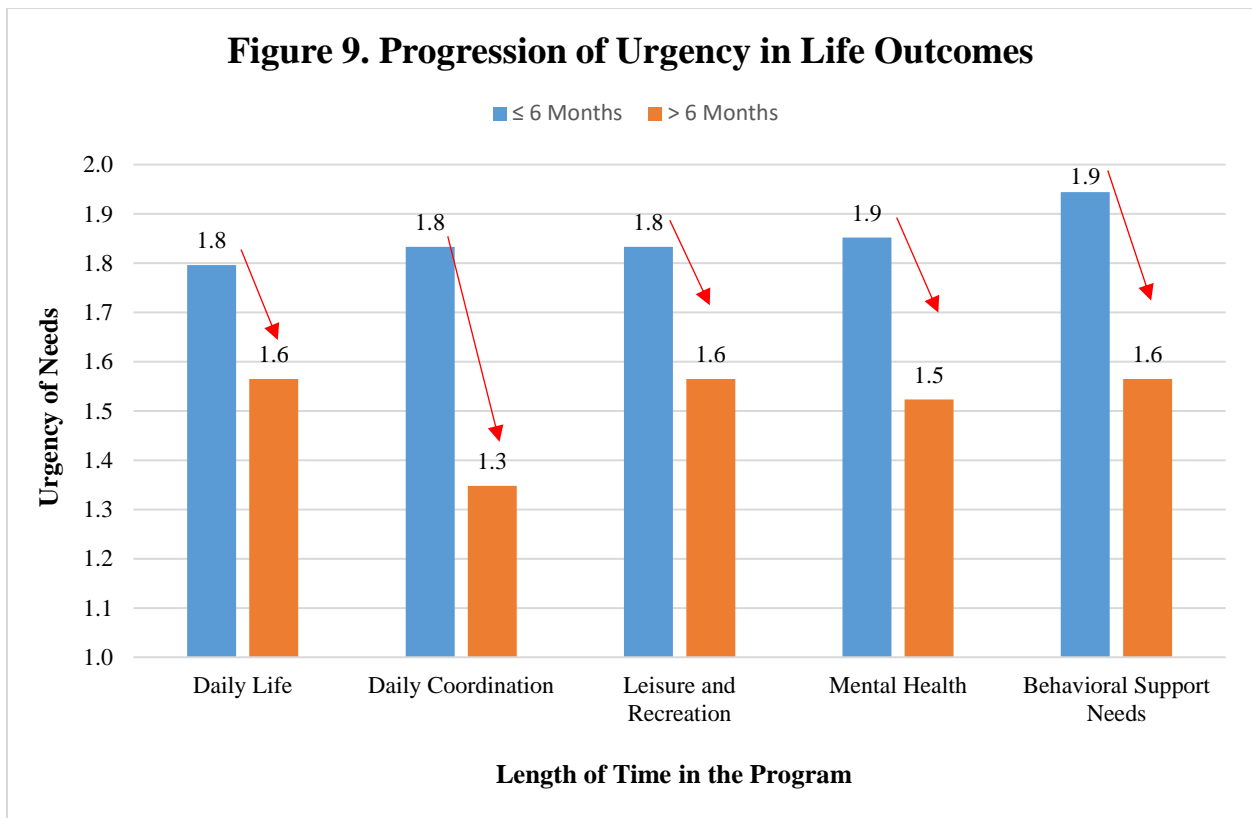
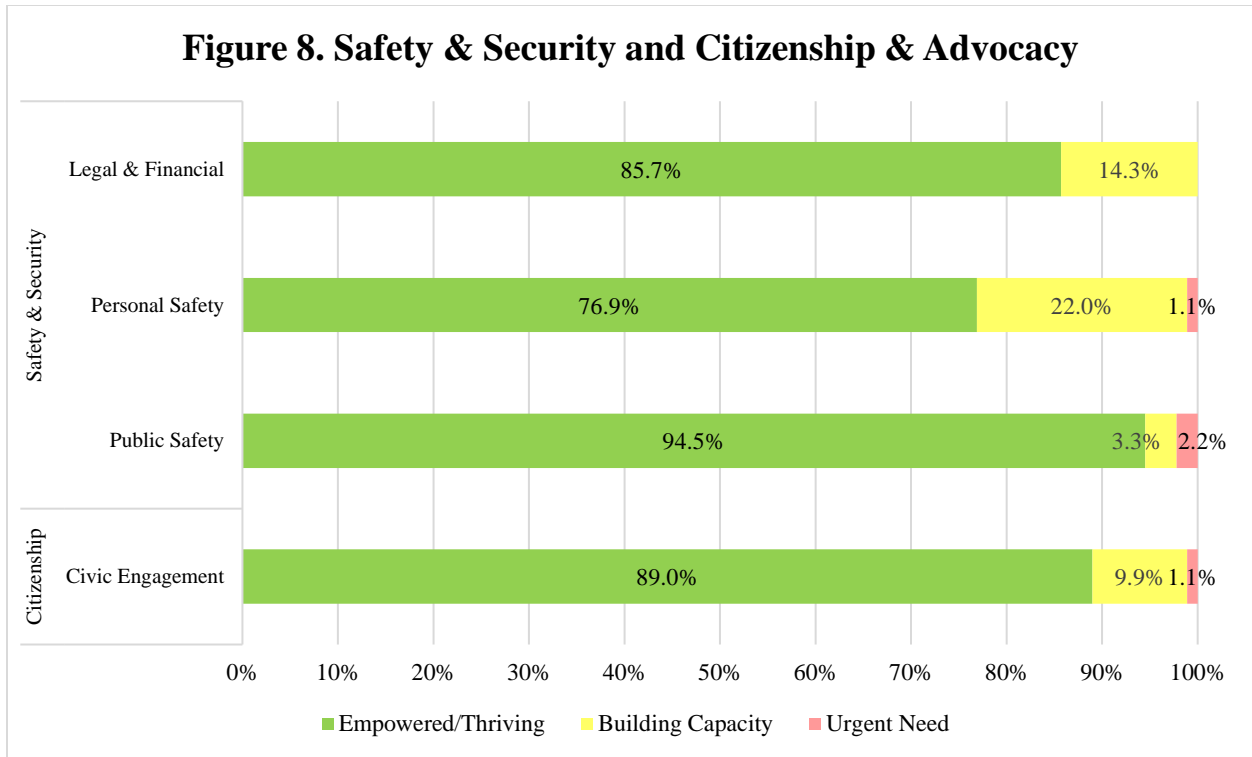


Figure 7. Healthy Living





Key Findings from the *Life Outcomes Progression Scale*:

- The longer a family is in the DD Family Support Program the better life outcomes they experience (see Table 9).
- In particular, families in the DD Family Support Program for more than six months have a significant improvement ($p<0.05$) in life outcomes in the following areas: daily life, daily coordination, leisure and recreation, mental health, and behavioral support needs (see Figure 9).
- The average rating across the 18 questions in the *Life Outcomes Progression Scale* is 1.4, and the most frequently reported life status ($Mode=1.0$) is ***empowered/thriving***, indicating that families feel that they are ***empowered/thriving*** in almost all life aspects.
- Ratings to all aspects of life outcomes do not differ by gender (Table 8).

Table 4. Descriptive statistics for Personal Capacity for Achieving a Good Life Scale

	Family Support Needs	Empowered/Thriving		Building Capacity		Urgent Need	Mode	Mean	SD
		1	1.5	2	2.5	3			
		<i>n</i> (%)	<i>n</i> (%)	<i>n</i> (%)	<i>n</i> (%)	<i>n</i> (%)			
Informational Support	Informational Skills	39(42.9)	17(18.7)	18(19.8)	15(16.5)	2(2.2)	1.0	1.6	0.6
	Instructional Skills	35(38.5)	19(20.9)	25(27.5)	8(8.8)	3(3.3)	1.0	1.6	0.6
	Navigation Skills	28(30.8)	19(20.9)	29(31.9)	13(14.3)	2(2.2)	2.0	1.7	0.6
	Advocacy Skills	35(38.5)	15(16.5)	28(30.8)	11(12.1)	2(2.2)	1.0	1.6	0.6
Emotional Support	Ability to Take Action	36(39.6)	16(17.6)	27(29.7)	9(9.9)	3(3.3)	1.0	1.6	0.6
	Emotional Support from Others	36(39.6)	22(24.2)	13(14.3)	13(14.3)	7(7.7)	1.0	1.6	0.7
	Peer Support for Others with Lived Disability Experience	18(19.8)	15(16.5)	31(34.1)	17(18.7)	10(11.0)	2.0	1.9	0.6
Goods & Services	Respond to Daily Disability Needs	43(47.3)	11(12.1)	25(27.5)	10(11.0)	2(2.2)	1.0	1.5	0.6
	Short Breaks/Respite	18(19.8)	16(17.6)	23(25.3)	14(15.4)	20(22.0)	2.0	2.0	0.7
	Balancing Physical and Financial Well-Being	31(34.1)	19(20.9)	22(24.2)	15(16.5)	4(4.4)	1.0	1.7	0.6
	Personal Strengths and Resources	39(42.9)	18(19.8)	15(16.5)	14(15.4)	4(4.4)	1.0	1.6	0.6
	Low and High Technology	46(50.5)	19(20.9)	15(16.5)	11(12.1)	0	1.0	1.5	0.5
	Uses Resources Available to Everyone	32(35.2)	20(22.0)	22(24.2)	13(14.3)	4(4.4)	1.0	1.7	0.6
	Accesses Government Supports	44(48.4)	12(13.2)	19(20.9)	11(12.1)	5(5.5)	1.0	1.6	0.6

Table 5. Mean and standard deviation by gender for Personal Capacity for Achieving a Good Life Scale

	Family Support Needs	Female				Male			
		<i>n</i>	%	<i>M</i>	<i>SD</i>	<i>n</i>	%	<i>M</i>	<i>SD</i>
Informational Support	Informational Skills	23	25.3	1.4	0.6	68	74.7	1.6	0.6
	Instructional Skills	23	25.3	1.4	0.6	67	73.6	1.6	0.6
	Navigation Skills	23	25.3	1.5	0.6	68	74.7	1.7	0.6
	Advocacy Skills	23	25.3	1.5	0.6	68	74.7	1.7	0.6
Emotional Support	Ability to Take Action	23	25.3	1.5	0.5	68	74.7	1.6	0.6
	Emotional Support from Others	23	25.3	1.4	0.6	68	74.7	1.7	0.7
	Peer Support for Others with Lived Disability Experience	23	25.3	1.7	0.6	68	74.7	2.0	0.6
Goods & Services	Respond to Daily Disability Needs	23	25.3	1.4	0.5	68	74.7	1.6	0.6
	Short Breaks/Respite	23	25.3	2.0	0.8	68	74.7	2.0	0.7
	Balancing Physical and Financial Well-Being	23	25.3	1.7	0.7	68	74.7	1.7	0.6
	Personal Strengths and Resources	23	25.3	1.4	0.6	67	73.6	1.7	0.6
	Low and High Technology	23	25.3	1.4	0.5	68	74.7	1.5	0.5
	Uses Resources Available to Everyone	23	25.3	1.5	0.6	68	74.7	1.7	0.6
	Accesses Government Supports	23	25.3	1.5	0.7	68	74.7	1.6	0.6

Table 6. Mean and standard deviation by length of time in the program for Personal Capacity for Achieving a Good Life Scale

	Family Support Needs	≤ 6 Months				More than 6 Months			
		<i>n</i>	%	<i>M</i>	<i>SD</i>	<i>n</i>	%	<i>M</i>	<i>SD</i>
Informational Support	Informational Skills	27	54.0	1.6	0.6	23	46.0	1.5	0.7
	Instructional Skills	26	52.0	1.6	0.6	23	46.0	1.5	0.6
	Navigation Skills	27	54.0	1.7	0.6	23	46.0	1.5	0.6
	Advocacy Skills	27	54.0	1.7	0.6	23	46.0	1.5	0.6
Emotional Support	Ability to Take Action	27	54.0	1.6	0.6	23	46.0	1.5	0.6
	Emotional Support from Others	27	54.0	1.8	0.7	23	46.0	1.7	0.7
	Peer Support for Others with Lived Disability Experience	27	54.0	1.9	0.6	23	46.0	1.9	0.7
Goods & Services	Respond to Daily Disability Needs	27	54.0	1.6	0.6	23	46.0	1.6	0.6
	Short Breaks/Respite	27	54.0	1.9	0.7	23	46.0	1.9	0.8
	Balancing Physical and Financial Well-Being	27	54.0	1.7	0.6	23	46.0	1.5	0.6
	Personal Strengths and Resources	26	52.0	1.7	0.6	23	46.0	1.5	0.6
	Low and High Technology	27	54.0	1.6	0.5	23	46.0	1.4	0.6
	Uses Resources Available to Everyone	27	54.0	1.7	0.7	23	46.0	1.6	0.6
	Accesses Government Supports	27	54.0	1.7	0.7	23	46.0	1.7	0.7

Table 7. Descriptive Statistics for Life Outcomes Progression Scale

	Family Support Needs	Empowered/Thriving		Building Capacity		Urgent Need	Mode	Mean	SD
		1	1.5	2	2.5	3			
		<i>n</i> (%)	<i>n</i> (%)	<i>n</i> (%)	<i>n</i> (%)	<i>n</i> (%)			
Daily Life & Employment	Employment	66(72.5)	9(9.9)	6(6.6)	3(3.3)	7(7.7)	1.0	1.3	0.6
	Daily Life	47(51.6)	13(14.3)	14(15.4)	11(12.1)	6(6.6)	1.0	1.5	0.7
	Daily Coordination	40(44.0)	18(19.8)	16(17.6)	12(13.2)	5(5.5)	1.0	1.6	0.6
	Home Life	43(47.3)	15(16.5)	15(16.5)	10(11.0)	8(8.8)	1.0	1.6	0.7
Community Living	Housing	77(84.6)	10(11.0)	3(3.3)	1(1.1)	0	1.0	1.1	0.3
	Transportation	73(80.2)	8(8.8)	8(8.8)	1(1.1)	0	1.0	1.2	0.3
Social & Spiritual	Personal Relationships	45(49.5)	15(16.5)	19(20.9)	11(12.1)	1(1.1)	1.0	1.5	0.6
	Leisure and Recreation	41(45.1)	16(17.6)	12(13.2)	16(17.6)	6(6.6)	1.0	1.6	0.7
Healthy Living	Human Development	55(60.4)	12(13.2)	15(16.5)	7(7.7)	2(2.2)	1.0	1.4	0.6
	Nutrition and Fitness	62(68.1)	17(18.7)	6(6.6)	6(6.6)	0	1.0	1.3	0.4
	Physical Health	61(67.0)	17(18.7)	2(2.2)	7(7.7)	4(4.4)	1.0	1.3	0.6
	Mental Health	51(56.0)	10(11.0)	14(15.4)	7(7.7)	8(8.8)	1.0	1.5	0.7
	Behavioral Support Needs	42(46.2)	13(14.3)	16(17.6)	13(14.3)	7(7.7)	1.0	1.6	0.7
	Accessing Health Care	77(84.6)	8(8.8)	4(4.4)	2(2.2)	0	1.0	1.1	0.3
Safety & Security	Public Safety	71(78.0)	15(16.5)	3(3.3)	0	2(2.2)	1.0	1.2	0.4
	Personal Safety	58(63.7)	12(13.2)	17(18.7)	3(3.3)	1(1.1)	1.0	1.3	0.5
	Legal & Financial	66(72.5)	12(13.2)	10(11.0)	3(3.3)	0	1.0	1.2	0.4
Citizenship & Advocacy	Civic Engagement	65(71.4)	16(17.6)	8(8.8)	1(1.1)	1(1.1)	1.0	1.2	0.4

Table 8. Mean and standard deviation by gender for Life Outcomes Progression Scale

	Family Support Needs	Female				Male			
		<i>n</i>	%	<i>M</i>	<i>SD</i>	<i>n</i>	%	<i>M</i>	<i>SD</i>
Daily Life & Employment	Employment	23	25.3	1.3	0.7	68	74.7	1.3	0.6
	Daily Life	23	25.3	1.4	0.6	68	74.7	1.6	0.7
	Daily Coordination	23	25.3	1.5	0.6	68	74.7	1.6	0.6
	Home Life	23	25.3	1.4	0.5	68	74.7	1.7	0.7
Community Living	Housing	23	25.3	1.1	0.2	68	74.7	1.1	0.3
	Transportation	23	25.3	1.2	0.4	67	73.6	1.1	0.3
Social & Spiritual	Personal Relationships	23	25.3	1.3	0.6	68	74.7	1.6	0.6
	Leisure and Recreation	23	25.3	1.5	0.6	68	74.7	1.7	0.7
Healthy Living	Human Development	23	25.3	1.3	0.5	68	74.7	1.4	0.6
	Nutrition and Fitness	23	25.3	1.3	0.6	68	74.7	1.2	0.4
	Physical Health	23	25.3	1.3	0.5	68	74.7	1.3	0.6
	Mental Health	23	25.3	1.3	0.5	67	73.6	1.6	0.7
	Behavioral Support Needs	23	25.3	1.3	0.5	68	74.7	1.7	0.7
	Accessing Health Care	23	25.3	1.1	0.3	68	74.7	1.1	0.3
Safety & Security	Public Safety	23	25.3	1.1	0.2	68	74.7	1.2	0.4
	Personal Safety	23	25.3	1.3	0.5	68	74.7	1.3	0.5
	Legal & Financial	23	25.3	1.2	0.5	68	74.7	1.2	0.4
Citizenship & Advocacy	Civic Engagement	23	25.3	1.2	0.4	68	74.7	1.2	0.4

Table 9. Mean and standard deviation by length of time in the program for Life Outcomes Progression Scale

	Family Support Needs	≤ 6 Months				More than 6 Months			
		<i>n</i>	%	<i>M</i>	<i>SD</i>	<i>n</i>	%	<i>M</i>	<i>SD</i>
Daily Life & Employment	Employment	27	29.7	1.4	0.6	23	25.3	1.2	0.5
	Daily Life	27	29.7	1.8	0.7	23	25.3	1.6	0.7
	Daily Coordination	27	29.7	1.8	0.7	23	25.3	1.3	0.5
	Home Life	27	29.7	1.7	0.7	23	25.3	1.4	0.6
Community Living	Housing	27	29.7	1.2	0.4	23	25.3	1.1	0.3
	Transportation	27	29.7	1.3	0.4	23	25.3	1.1	0.2
Social & Spiritual	Personal Relationships	27	29.7	1.7	0.7	23	25.3	1.4	0.5
	Leisure and Recreation	27	29.7	1.8	0.7	23	25.3	1.6	0.7
Healthy Living	Human Development	27	29.7	1.6	0.6	23	25.3	1.4	0.5
	Nutrition and Fitness	27	29.7	1.4	0.5	23	25.3	1.3	0.5
	Physical Health	27	29.7	1.5	0.7	23	25.3	1.4	0.6
	Mental Health	27	29.7	1.9	0.7	22	24.2	1.5	0.7
	Behavioral Support Needs	27	29.7	1.9	0.8	23	25.3	1.6	0.7
	Accessing Health Care	27	29.7	1.1	0.4	23	25.3	1.2	0.4
Safety & Security	Public Safety	27	29.7	1.3	0.4	23	25.3	1.2	0.3
	Personal Safety	27	29.7	1.4	0.5	23	25.3	1.3	0.4
	Legal & Financial	27	29.7	1.3	0.5	23	25.3	1.3	0.4
Citizenship & Advocacy	Civic Engagement	27	29.7	1.4	0.4	23	25.3	1.3	0.4

