

Encouraging Ownership of Your Child's Self Care

ADULT GROUP PANEL
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Capstone Project: Addressing the Mental Health Needs of Adolescents with Spina Bifida during the Transition Process through Self Care Management Skills

Transition Process:

- describes the multifaceted process from adolescence to adulthood where a person gradually takes on more responsibility of their health such as coordination of care, self-care tasks, and other aspects of life
- a gradual, developmentally appropriate increase in independence and responsibility for self-care and condition management

What has been covered today (so far):

- Activities centered around cathing, dressing, skin assessments, bathing/hygiene, and transfer/mobility with occupational therapists.
- Mental health education from a clinical neuropsychologist fellow
- Mindfulness activities with occupational therapy student



Panel Discussion



Can you share your journey towards taking ownership of your own self-care?

What motivated you to take ownership of your care, especially when it was hard or frustrating?

How can parents encourage their children to want to and feel good about taking care of themselves?

How did you first start developing your independence?

How old were you?

How do you find the balance between being independent in your care and receiving support?

What was something that was helpful throughout the process into adulthood?

What would you do differently?

What are some specific ways parents can help their children build the confidence to handle self-care routines on their own, especially during adolescence when independence becomes even more important?

What role does setting realistic expectations for self-care play in building ownership?

How can parents avoid putting pressure on their children to "do it all" while still encouraging progress and self-reliance?

What are the key transitions or milestones that should be prioritized when moving toward greater self-care ownership?

How important was communication with your parents and medical team in understanding your body's needs and self-care tasks?

How can parents best support their children in advocating for their own health needs as they get older?

Thank you for participating!

