

# SAHK

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**Introduction:** Under the new Senior Secondary Curriculum, schools in Hong Kong are encouraged to provide career-related experiences to the senior secondary students. As a special school for multiple disabilities under the Conductive Education (CE) system, we emphasize on students' self-determination for self-reliance and becoming confident and responsible citizens. The Elaine Café Program, a pre-vocational training, was launched for the graduating students since 2013.

**Aim:** This study evaluated the effectiveness of the Elaine Café Program with respect to self-determination and self-confidence among the target students.

**Materials and Methods:** Fifteen mild intellectually disabled senior secondary students with multiple disabilities participated. Once a week, they were assigned to operate the school-run Elaine Café for staff to purchase delicatessen e.g., sandwiches, English breakfast, waffle, tea and coffee. Duties were assigned according to their strengths and interests. The Program integrated academic contents (e.g., mathematics, Chinese Language) and rehabilitation elements (e.g., domestic and community skill training). In addition to the basic cashier, merchandiser and cook duties, students with computing skills were responsible for marketing through emails and designing flyers, coupons and menu. They were required to source ingredients, set up the Café furniture and cooking equipment, and start preparing food and drinks on time. They should greet and serve their customers as well as clean the dishes, tidy up the place and balance the cashier. Both self- and peer-evaluation were given to each participant. Therapists, teachers and assistants played as facilitators to coach the students.

**Results:** As reported by therapists, teachers and self-evaluation of students, most participants showed increased initiative and self-confidence and became more independent in assuming different roles within their own capacity with improved ability to plan, make decision and solve problems.

**Conclusion:** An intensive pre-vocational training that integrates subject learning, rehabilitation and upbringing of self-reliant personalities by a transdisciplinary team provides an effective pre-leaving program for preparing the graduating students to assume an adult role.