Constraints among People with Disabilities

Objectives

- What are the major constraints that impact people with disabilities?
- How does learned helplessness impact leisure?
- How do we facilitate self-determination among people with disabilities.

Types of barriers/constraints

- Intrapersonal
- Interpersonal
- Structural

Intrapersonal

- Lack of knowledge
- Skills/challenges
- Self esteem
- Learned helplessness
- Health problems

Interpersonal

- Poor communication
- Absence of support
- Negative attitudes
- Dependence on others

Structural

- Equipment and materials
- Accessible programs
- Architectural
- Financial restrictions
- Transportation
Physical and psychological dependency may lead to *learned helplessness*.

"Psychological state that results when events are perceived as uncontrollable."

**Factors Contributing to a Feeling of Learned Helplessness**
- Feeling that one has lost control: repeated failure at one or more tasks.
- Negative comments/actions by significant others.
- External personality.

**Orientation to Mastery**
- Likely to attribute failure to a lack of effort or bad luck.
- Likely to believe mistakes are fixable.
- Likely to look to the future with optimism.
- Likely to engage in active problem solving.

**Orientation to Helplessness**
- Likely to attribute failure to a lack of ability.
- Likely to believe mistakes are inevitable.
- Likely to look to the future with anxiety.
- Likely to forgo attempts at problem solving.

Learned helplessness impacts...
- **Cognition**: Blocks individual’s ability to learn or see how s/he can overcome a situation.
- **Emotion**: Feelings of anxiety, depression, negative self-esteem, unhappiness.
- **Motivation**: Depressed motivation and desire to explore.

**Self-Determination Defined**
"Attitudes and abilities that lead people to define goals for themselves, and their ability to take the initiative to achieve their goals."
... involves people being able to exhibit control in areas of their lives they value.

... associated with an ability to deal with challenges of day-to-day activity and avoid depression, distress, substance abuse, and physical illness.

FLOW IS THE RESULT OF MATCHING ABILITIES WITH CHALLENGES

How to facilitate self-determination?
- Provide opportunities for choice
- Respond to preferences (preferred choices)
- Promote communication
- Foster active-participation
- Encourage empowerment
- Expand leisure repertoire and increase competence

Questions?