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# Accessing the Community: A Group Intervention to Enhance Community Mobility for Adolescents and Young Adults with Cerebral Palsy

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## **Acknowledgements:**

Many thanks to **Rachel Mazor**, the physiotherapist who envisioned and led many of these groups. Her ideas and insights are woven throughout this article.

Thanks also to **Aviva Kelar** who helped incorporate the ideas presented within the article and to **Dr. Asnat Bar-Haim Erez**, whose encouragement and guidance were integral to the realization of this article.

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**Key words:** neuro-motor disorder, meta-cognitive approach, accessible public transportation, powered mobility, road safety

## **Abstract**

Accessibility to public buildings, transportation and public areas promises easier community integration and fuller participation for wheelchair-users. People with cerebral palsy often have associated disabilities such as difficulties with visual, communication or executive functions that limit their ability to take advantage of these new possibilities. This article represents a practice analysis of a navigation group intervention. It describes its theory-based protocol and its rationale that involves the development of new roles through successful interactions with the environment, among other things. Participants learned and practiced new skills needed for community mobility and developed problem-solving techniques for resolving both foreseeable and unforeseeable hurdles. The intervention emphasized the importance of purposeful transfer of the skills and strategies learned during the group sessions. In addition, group members learned how to make adaptive responses

to the emotional reactions triggered by their interactions with the public. Personal, measurable, short term goals were formulated through the Goal Attainment Scale (GAS). Although the intervention requires significant time and manpower resources, it enabled participants to advance with respect to their chosen goals. Moreover, they expressed eagerness to continue the group and displayed readiness to implement the new skills they acquired.