

Institution to Community Living: Examining Behavioural and Mental Health Changes



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Background

- 13.7% of Canadians older than 15 years of age that were not in an institution had a disability¹
- Deinstitutionalization involves transitioning from an institution to a community home²
- St. Amant, a not-for-profit organization supporting persons with intellectual and developmental disabilities (PwIDD) began to offer in 2014 community options with the intention to ameliorate lifestyle, living environment, and quality of life³
- Problem behaviours and mental health problems occurred more often in persons with intellectual disabilities in comparison to the general population^{4,5}. Mixed findings on outcomes of problem behaviours and limited research on mental health changes in transitions of PwIDD

Study Objectives:

- 1) Examine changes in problem behaviours of persons with IDD following their transition from Health & Transition Services of St. Amant into a community home, and
- 2) Examine changes in mental health following community transitions

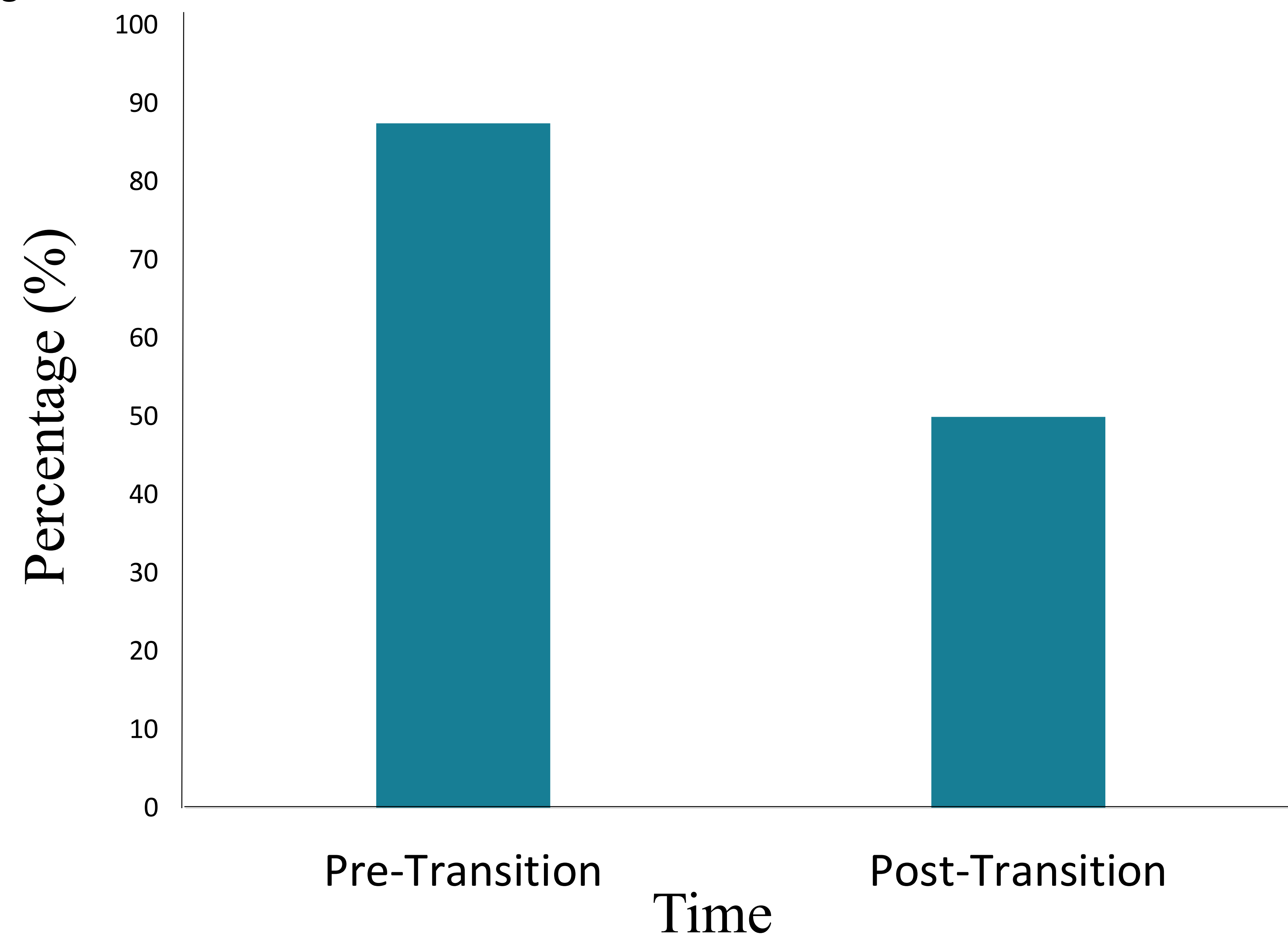
Methods

- 18 adult participants with IDD from St. Amant's Health & Transition Services. No inclusion or exclusion criteria
- Consent provided by substitute decision makers
- Quasi-experimental five-year longitudinal study
- Pre-transition data collected through medical records
- Post-transition data collected through the Comprehensive Health Assessment Program by primary care providers
- Ethical approval from the Health Research Ethics Board of the University of Manitoba and the St. Amant Research Access Committee
- Within-subject repeated measures

Results

Figure 1

Changes in Problem Behaviours From Pre-Transition to Post-Transition



Note: Pre-transition data was compared to post-transition to comprehend the changes of problem behaviours from transitioning to community living.

Table 1

Changes in Evidence of an Underlying Psychiatric Disorder From Pre-Transition to Post-Transition

		Post-Transition		Total
		No	Yes	
Pre-Transition	No	3 (75.00%)	1 (25.00%)	4
	Yes	7 (70.00%)	3 (30.00%)	10
Total		10	4	14

Note: Pre-transition data was compared to post-transition to provide a better understanding of the changes in evidence of an underlying psychiatric disorder of moving from St. Amant to smaller community homes.

Discussion

- Findings had in goal to promote better care to PwIDD
- Step towards maximizing the health benefits of those transitioning by St. Amant
- Helped clarify the contradictory findings
- Strength of study: (1) first five-year longitudinal study in Canada on this topic, (2) novel research, and (3) addressed existing knowledge gap
- Limitations: (1) small sample, (2) missing data, and (3) COVID-19

Conclusion

- Problem behaviours decreased after transitioning
- No additional mental health diagnoses and general decrease on evidence of an underlying psychiatric disorder
- It would be desirable to have further research with a larger sample on deinstitutionalization in PwIDD
- Data will be linked at the Manitoba Centre for Health Policy. Future research could look at population-based studies on this topic

References

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