

My team

3. Coping skills games/apps

One thing we know with certainty is that many people like to play games, and in this day and age, technology games are more of the norm than an anomaly. If there was a way to introduce and practice the concept of developing coping skills through a game, the chances of success are greatly increased. All of us need coping skills to adjust to change, for sensory processing, following traumatic experiences, to respond to fantastic life events, etc. For people with developmental and intellectual disabilities coping can be more challenging because of limited exposure and practice in everyday life. Often, people with disabilities do not have the opportunity to try new things and take risks to figure out how to cope with either the success or the failure of the action. If there was a fun and engaging game (s) that could somehow incorporate practicing how to respond/handle (cope) to different scenarios resembling real life events, that could be a stride in people with disabilities living more fulfilled lives. An example might be teaching someone a useful (functional) phrase to use in a difficult situation. Some individuals express a want or refusal through dangerous or challenging behaviors. If the individual was able to express their needs more readily through a functional phrase, the communication attempt would likely have better outcomes (e.g. I understand what you need and can support you in getting EXACTLY what you need). A game might show a difficult scenario. Then 3 choices of coping strategies pop up for how to respond to the difficult scenario. The 3 choices are modeled in a video format and the individual has the opportunity to pick what they think is best. They then get points (or tokens, or whatever is relevant) for making a good choice.

Follow up/Project Designation:

- **Senior Design Class**
- **Determine the team from DDRC for this project**

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