My World
Including Children in their Own Rehabilitation

About the Ida Institute

- Established as an independent non-profit organization in 2007
- Funded by the Oticon Foundation
- Global organization with about 7000 members world-wide
- All Ida tools and resources are freely distributed and publicly available
- Strategic partnership with William Demant since 2014 for tool deployment purposes

Mission for the Ida Institute

To foster a better understanding of the human dynamics associated with hearing loss
Paradigm Shift

Collaborative Approach

Ethnographic videos
  A chance to reflect
Please take a minute to reflect on the following questions:

- What were the challenges faced by the parents?
- What were the challenges faced by Kathleen?
- How could the audiologist have helped address the parents’ and Kathleen’s challenges?
A Co-creative Process

- Understand challenges
- Engaged existing Ida Tools
- Transformed tools to meet paediatric challenges
- Groups presented a tool draft

Workshop London

- Understand Challenges from a multidisciplinary group
- Explore Tool Prototypes
- Create an more refined version

- Field trials
- Detect patterns and see the tool in action in the real world
- Simplify and refine final version for production

Final Tool

Our Starting Point

- What are the unique challenges facing professionals who work with children with hearing loss and their families?

- How can existing Ida tools be adapted or improved to address some of these challenges?

Challenges facing the profession
Play Therapy

"Play Therapy is a way of helping children express their feelings and deal with their emotional problems, using play as the main communication tool."

British Association of Play Therapists

Play Therapy

Play therapy is the way we can achieve patient-focused care with children.

The audiologist and the parents begin to understand the communication difficulties from the child's perspective.

Play Therapy

Help the children understand and organize their own experience.

Telling their own story helps them externalize any problems and find new strategies for dealing with them.
Effectiveness of Play Therapy

Moderate to Large Treatment Effects on outcomes for measures of:

- Self-concept
- Social adjustment
- Personality
- Anxiety
- Adaptive functioning and family functioning

Baggerly et al., 2010, Oualline, 1975, Post, 1999

My World Tool Components

How to Use “My World”

**Step 1:**
- Choose the environment and be curious about what the child tells you

**Step 2:**
- Understand successes and challenges through role play
- Reinforce success / try out new options for challenges

**Step 3:**
- Document decisions and strategies
A Real-Life Example

• Using the My World tool, what does Eileen learn about Emily’s interaction with the other children at her school?

• How does Eileen use the tool to help Emily explore alternative communication strategies to help her engage with her friends?

• How does the session help Emily develop self-confidence in the way she manages her hearing loss?

Reflections on Real-Life Example

• Using the My World tool, what does Eileen learn about Emily’s interaction with the other children at her school?

• How does Eileen use the tool to help Emily explore alternative communication strategies to help her engage with her friends?

• How does the session help Emily develop self-confidence in the way she manages her hearing loss?

Aims and Objectives of the Final Tool

• Enable a patient-centred dialogue
• Provide a supportive environment for children to tell their own experience
• Enable joint focus and attention on what is important to the child
• Foster discussion led by the family and child, related to their reality
• Externalise issues related to hearing loss
• Provide an insight into positive experiences and challenges faced by the child and family
• Enable audiologists to hear details not usually obtained
• Enable joint goal setting
How to Interact with the Child Using the My World Tool

• Be aware of possible anxiety in the child
• Build trust in the child before you introduce the tool
• Be sincerely curious and listen carefully
• Ask open-ended questions
• Ask "what would you do if...?"
• Role play solutions and strategies that are discussed with the child
• Ensure that the child has heard your message or question correctly and understands what to do
• Convey that there are no right or wrong answers
• Give the child sufficient time to respond
• Tell the parents that they will have an opportunity to speak later

Summary - The My World Tool:

• Includes the children in their own rehabilitation
• Address the transition from family-centred to child-centred care
• Include core concepts of play therapy
• Can be used at any point of the appointment, when the child’s perspective will inform the therapeutic process

Questions?
**My Ida Moment**

How do you think the My World tool addresses the challenges you experience in daily practice?

**Thank You for Listening!**