

🌀 **Name of the study:** The Leisure Performance and Participation of Individuals with Moderate Intellectual Disability Living in Community Living Facilities

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## Abstract

Individuals with intellectual disabilities (ID) participate less in leisure activities as compared to same age peers with and without disabilities. Despite this, leisure intervention programs for this population are limited. This study compared two leisure intervention programs for adults with ID living in community apartments.

This study included 38 participants with ID living in community living apartments, 17 of them participated in the "Leisure Participation through Education (LPE)" intervention and 21 in the "Leisure Participation through Adaptation (LPA)" intervention. This study aimed to evaluate the effects of two leisure intervention programs on the leisure participation of adults with moderate intellectual disability.

This study employed a pretest–posttest case-control design with an immediate

Leisure participation was assessed using the Leisure and one-month post evaluation.

Participation Observation (Keller & Weintraub, 2021) and the Goal Attainment Scale (Sherman, 1968). Assessments were performed twice at each time & (GAS; Kiresuk

The findings of this study showed that the leisure point to increase reliability.

participation of both the LPE and LPA groups improved significantly over time.

However, participants in the LPE group which received direct learning showed higher

leisure participation compared to the LPA group. This study shows that leisure

intervention programs that include structuring both the physical and temporal contexts,

can improve leisure participation of adults with moderate ID. However, direct instruction

of leisure activities may have an additional benefit.

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