

ON-TRAC: Transitioning in the Healthcare System

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ON-TRAC Program

This collaborative between young individuals with disabilities, their families, healthcare providers, and direct service professionals strengthens understanding and advocacy in healthcare.

A primary goal of Our Network of Transition Resources to Adult Care (ON-TRAC) is addressing health inequalities, fostering self-determination, and promoting active participation in the healthcare system, and community.

FOUR PRIMARY AREAS of TRAINING

- Self-advocacy, finding a doctor, making an appointment, talking with your doctor, and requesting accommodations.
- Ways to stay healthy between doctor visits and mental health.
- Understanding symptoms, types of health care settings and providers, examples of when you need to see a doctor, and the urgency of care.
- Medications, medication safety, deciding on surgery or treatment, and what to expect.

Each area is trained using a recorded webinar. The website is hosted by The University of Iowa (UI) & Center for Disabilities and Development (CDD).

Method: Program Evaluation Framework

ON-TRAC was evaluated in 2024 (Scheidler & Graber). The cohort of person with Intellectual and Developmental Disabilities (IDD) allies provided updated suggestions to improve overall program efficacy.

The Iowa State Health Assessment was used. This health assessment uses Center for Disease Control (CDC) program evaluation model.

Results are published on the CDD/UI web system.

Next Steps: Surveys & Disabilities

Using the same CDC program evaluation model, this assessment suggests that a pre/post test standard survey using a 0-3 Likert scale be implemented. According to the American Psychological Association best practice for creating the survey include these 7 steps:

- Involve People with Disabilities
 - Clear and Simple Language
 - Flexible Response Options
- Assistive Technology Compatibility
- Training for Survey Administrators
 - Confidentiality and Privacy
 - Pilot Testing

Pre/Post Survey

Goal Achievement: How confident are you in your ability to achieve the goals set by this program? (Scale: Not at all confident - Extremely confident/0-3)

Impact: To what extent has this program positively influenced your skills or knowledge? (Scale: Not at all - A great deal/0-3)

Satisfaction: How satisfied are you with the resources and support provided? (Scale: Very dissatisfied - Very satisfied/0-3)

Improvement: What changes or improvements would you suggest for better outcomes? (Open-ended)

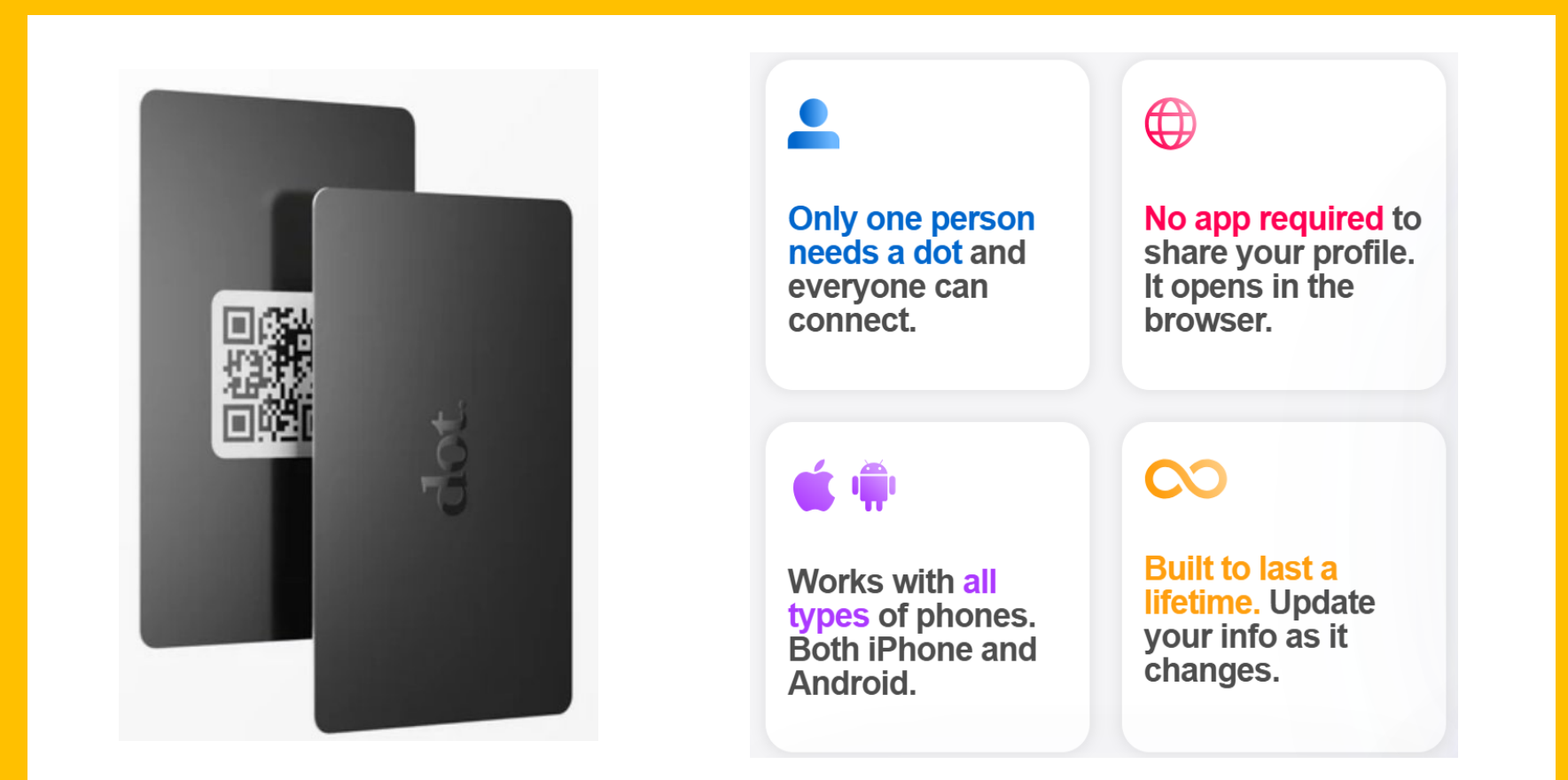
Other Considerations

The ON-TRAC training improves the quality of life and healthcare for disabled people. To generalize this resource beyond Iowa, a resource like a DOT.CARD. This card would:

- Link to a website with ON-TRAC documents.
- Allow updates to preferences and needs outside medical facilities.
- Provide a portable, accessible document for healthcare workers, direct care professionals, and community members like barbers, law enforcement, and schools.

This approach enhances accessibility and usability of ON-TRAC materials.

DOT.CARD Example



Citations

Center for Disabilities and Development. (n.d.). *ON TRAC: Transition and access for adult health care*. The University of Iowa. Retrieved March 22, 2025, from <https://cdd.center.uiowa.edu/trac-health>

American Psychological Association. (2022). Guidelines for assessment and intervention with persons with disabilities. Retrieved March 17, 2025, from <https://www.apa.org/pi/disability/resources/assessment-disabilities>

Centers for Disease Control and Prevention. (2024). CDC program evaluation framework. Retrieved February 2, 2025, from <https://www.cdc.gov/evaluation/php/evaluation-framework/index.html>

Scheidler, L., & Graber, D. (2024). Review of CHW training course 2024. University of Iowa Center for Disabilities and Development. Retrieved from <https://www.cdc.gov/ncbddd/about/index.html>