Digital co-design:
Cutting a new path for occupational intervention during transitions for young people with complex physical disabilities using a person centred online tool.

Introduction
Young people with complex physical disabilities often experience transition as disjointed, have little control over information transfer about their needs, and face instructing many new people on assisting their participation in daily activities. A digital solution was explored, using a collaborative approach to ensure usability, quality and functionality were maximised.

Objectives
1. Increase control and independence of young people as they transition across to adult services.
2. Use creative co-design to build a personalised, occupationally efficacious digital tool for use across education, health and care.

Approach
A cohort of 5 young people aged 14-21 participated in a series of creative workshops and online activities to build a prototype. Family members, personal assistants and clinicians also participated. A user’s ‘typical day’ was filmed, creating an ethnographic record, keeping the person and their sense of ‘self’ at the heart of the development.

Parallel work identifying clinical safety requirements and business models, created a roadmap to systemic adoption.

Practice implications
Young peoples’ use of specialist and mainstream communication modalities signals a readiness for digital that the profession needs to respond to more readily. Young people wish to convey their personality and to integrate care, health interventions and staff training with their personal goals to support meaningful participation.

Conclusion
Co-design methods can cut a new path to successful integration of personalised digital tools for young people facing the uncertainty of transitions into adult care and education/work settings. Occupational therapists supporting young people through transitions need to use digital means to support participation.