### Project Completion and Outcomes

- Completed project over the course of 14 weeks, 560 hours
- Developed in-depth knowledge of rural healthcare in combination with the Plain Community culture
- Designed a proposal and action plan for a therapy program consistent with the needs of the Plain Community
- Presented a proposal for therapy services to stakeholders at the Community Health Clinic
- Created resources such as evidence-based handouts for therapists regarding rare genetic disorders
- Provided educational handouts regarding occupational therapy interventions to an Amish respite facility
- Gained an opportunity to continue serving the Plain Community as an occupational therapist after my project ends

### Future Implications for OT

**Impact on OT:** My project laid the foundation for an occupational therapy program at the facility to help bring occupational therapy services to a rural area.

**Impact on my career:** My capstone project allowed me to gain experience in rural healthcare, where I intend on serving throughout my career. Gaining specialized knowledge in program development and advocacy will also assist me in leadership/management roles in the future.

*For future questions, please email erinmohr5@gmail.com*

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**Area of Study:** Program and Policy Development (1) and Advocacy (2)  
**Area of Practice:** Children with rare, genetic disorders in the Plain Community  
**Site:** The Community Health Clinic, Topeka, IN

### Mission & Vision Statements

**Mission Statement:** To promote and enhance occupational therapy clinics in a rural area to benefit the community.  
**Vision Statement:** To equip occupational therapy clinics in a rural area with supports and resources necessary to develop sustainable programs that positively impact their community.

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**Needs Assessment | Literature Review**

- 65% of rural counties in the United States have shortages in health professionals (MacDowell et al., 2010)  
- There is limited research regarding occupational therapist in rural America; however, in Canada only 5.9% of occupational therapist work in rural areas (Roots & Li, 2013)  
- Having a wide variety of diagnoses, feeling a sense of community, autonomy, and a rural lifestyle were noted as positives to rural occupational therapy practice (Hanson & Magee, 2018; Wieland & Taylor, 2020)  
- Increased travel time, a lack of mentorship, high client to therapist ratio, and limited continuing education opportunities are considered drawbacks to rural practice (Hanson & Magee, 2018)  
- A lack of professional support, such as adequate resources and supportive management, is a common reason OTs and PTs left rural practice (Roots & Li, 2013)  
- Interpersonal relationships and understanding an individual's context in their community is important in rural areas (Roots et al., 2014)  
- Amish communities have different priorities and values which influence their view on healthcare (A. Cardin, personal communication, 2022)

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**Project Description & Sites**

| Area of Study | Program and Policy Development (1) and Advocacy (2)  
| Area of Practice | Children with rare, genetic disorders in the Plain Community  
| Site | The Community Health Clinic, Topeka, IN  
| Description | My doctoral capstone project was focused on developing a therapy program consistent with the needs of the Plain Community for the Community Health Clinic (CHO), as well as gaining a more in-depth knowledge of rural healthcare. Over the course of the project, I gained experience in working with members of the Plain Community through observation of healthcare providers, designed and presented a therapy proposal for key stakeholders, and created educational resources for both practitioners and caregivers.

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**Christ | Scholarship | Service**

“For even the son of man came not to be served, but to serve others.” Matthew 20:28

I completed doctoral level work with the intent to serve members of the Plain Community by assisting in starting a therapy program through a Christ-centered perspective.

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**KEY REFERENCES**

Hanson, S., & Magee, J. (2018). Experiences of occupational therapists working in rural areas of Minnesota and North Dakota [unpublished capstone final project]. University of North Dakota.  