On My Own: The Impact of Semi-Independent Living Programs for Adults With Mental Retardation

Paul H. Brookes Publishing, PO Box 10624, Baltimore, MD 21285-0624. 189 pp., $15.95.

Changes in laws and practices that are related to the lives of adults with mental retardation brought about this research study on the development of semi-independent living services for these individuals. Content for the book was obtained through an in-depth study of the lives of 300 mentally retarded adults in 30 semi-independent living programs in California, Colorado, Oregon, and Washington.

Readers are taken through chapters on project design, description of the clients, homes and neighborhoods, employment and finances, social relationships and leisure activities, and programs and services. Each chapter topic is covered by descriptive narratives, tables of data findings, and historical perspectives of past and current research findings. interspersed throughout the chapters are short quotations from clients, service providers, and administrators, which bring personal perspectives to the subjects being discussed.

The final chapter describes a model proposed by the authors of the major dimensions of semi-independent living programs. The 39 elements of the model serve as a checklist for others interested in developing semi-independent living programs to improve research, service practices, policy formation, and program evaluation. An epilogue to this chapter is in the form of tables containing examples of clients' responses to the following questions: What is the hardest thing about living independently? What is the most important thing for people to know so that they can make it on their own?

Extensive pertinent references and an index enhance the usefulness of the book.

This book is not an easy, free-flowing book to read, because the aspects to be considered in setting up semi-independent living programs are numerous and the authors discuss these aspects in a brief, highly structured format. However, this format allows the reader to check back on aspects of specific interest and facilitates the planning of similar programs. An element that holds the reader's interest throughout the book is the presence of the poignant and realistic comments of the clients.

Bruiinks notes in the foreword that the book "should be considered essential reading for parents, professionals, and others concerned with developing the full potential of citizens with mental retardation." I recommend On My Own to those occupational therapists who are interested in applying the adaptive and actualizing aspects of occupational therapy to creating or working in semi-independent living programs.

Martha S. Moersch

Occupational Therapy for the Energy Deficient Patient

Florence S. Cromwell, Editor (1986).
The Haworth Press, 28 East 22nd Street, New York, NY 10010-6194. 119 pp., $29.95.

This book comprises a collection of papers focusing on energy conservation techniques for a wide variety of energy-deficient patients. A historical perspective is presented on occupational therapy's attention to energy conservation as a crucial element in activities of daily living. Much consideration is given to the introduction and development of the concepts and roles of psychic and biological energy. Energy deficit problems of the elderly, limb-deficient, psychiatric, and CVA patients are discussed. Comprehensive reference material is included at the end of every chapter.

Four chapters are devoted to the energy needs of pulmonary and cardiac patients. In one of the two chapters on cardiac rehabilitation, a dressing evaluation and corresponding work tolerance scale are presented. The other chapter on cardiac rehabilitation is followed by an appendix with information on how to obtain the evaluation and teaching materials used in the program presented.

A simulation board game, "All About Aging," which was developed by an educator as an aid in teaching human growth and development, is presented in the final section of the book. The game is intended to improve the awareness of occupational therapy students of the physical and psychological aspects of aging. A brief critique of the game is included.

This book is a valuable resource, with practical treatment implications for occupational therapists who deal with a diverse group of energy deficient patients.

Patricia McKenney Moulton

Occupational Therapy Assistant: A Primer

Chess Publications, 232 East University Parkway, Baltimore, MD 21218. 267 pp., $18.50.

This book is written for occupational therapy assistant students and provides a comprehensive view of the role of the certified occupational therapy assistant (COTA). The book's format integrates the material satisfactorily. Each chapter begins with learning objectives and concludes with review questions and answers, references, suggested reading lists, and additional learning activities.

The text, which is divided into four sections, presents a historical perspective of occupational therapy and delineates the roles, functions, skills, and responsibilities of the assistant as they apply to different areas of practice. The author concludes with a discussion of the future trends in occupational therapy and the role of the assistant in those trends.

Section 1 contains five chapters and presents an overview of occupational therapy. Occupational therapy is defined and its history and philosophy are discussed. The history of the assistant is presented. Facilities typically providing occupational therapy are described and their organizational structures are outlined.

Section 2 contains six chapters and discusses general occupational therapy assistant skills. One chapter summarizes the role of the assistant on the basis of the OT/COTA entry level role delineation. The other chapters look at the interviewing, recording, and report-writing skills.