



Parents Plus Disability Programme (PPDP) (*this is a working title, an alternative title may be selected)

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Overview

The aim of the this programme is to address the particular needs of parents of children aged 11-18 years with a disability. The programme will be particularly targeted at older children, adolescents and young adults though may also be delivered to parents of younger children.

The PPDP is generic in nature, supporting parents dealing with the challenge of disability rather than providing individual information on specific disabilities. It is designed to be relevant to a range of disabilities such as mild, moderate and severe intellectual disability, ASD and physical disabilities.

Material from the existing Parents Plus Programmes will be incorporated as appropriate. The content will be delivered over seven weeks and will contain two topics each week, one which addresses the needs of parents and families and the other which addresses the specific needs of the child/adolescent with the disability.

The PPDP is being developed in partnership with a number of disability services, practitioners and parents some of whom have experience of delivering the previous Parents Plus Programmes. The initial development and pilot is being evaluated as part of clinical doctorate in psychology based in Trinity College Dublin.

Content

While the exact content is yet to be confirmed below is a sample outline for the seven sessions.

| Introductory Session | | |
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| Supporting Families | | Supporting Children |
| The Experience of Raising a Child with a Disability | Group 1 | 'Tuning In' to your Child |
| Parenting - An Emotional Journey | Group 2 | Positive Communication and Rules |
| Supporting Parents' Relationships | Group 3 | Establishing Routines |

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| Supporting Brothers and Sisters | Group 4 | Managing Challenging Behaviour |
| Personal Coping and Stress Management | Group 5 | Specific Topics 1 <ul style="list-style-type: none"> • Social Outlets and Friendships • Sexual Development and Relationships • Building Self-Esteem • Learning to Talk About Your Disability |
| Planning for the Future | Group 6 | Specific Topics 2 <ul style="list-style-type: none"> • Employment, Work and Meaningful Activities |
| Coping in the Long Term as a Family | Group 7 | Managing Transitions for Your Young Person |

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| Follow-Up Group Session |
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Format and Delivery

Following the format of the Parents Plus Parenting When Separated Programme, the PPDP will be over seven weeks, have a booklet and manual and will be designed to be run in parallel to the existing Parents Plus programmes in the following way

For parents of older children and adolescents with a disability 11-18

The PPDP is the suitable programme for this age group. Some material from the PPCP and PPAP can be incorporated depending on the needs of the group

For parents of young adults with a disability 18- 22

Given that many families may still be going through adolescent and independence issues at this age, the PPDP is suitable for this client group depending on their specific needs

For parents of children with disabilities 6-10

Depending on the level and nature of the disability a combination of the Early Years and Children’s programme can be run. The PPDP can also be delivered and may be more suitable for this age group.

For parents of children with disabilities aged 1 – 6,

The main programme is the Parents Plus Early Years programme (incorporating individual video sessions to address the individual child and parent needs). The PPDP can also be

delivered in parallel to explore the specific experience of disability and to help parents support their other children and plan for the future.

Timeline for Development

March–June 2019

- Preparation of final programme materials based on feedback from professionals and parent focus groups
- Recruitment of professionals and services to deliver pilot in September
- ‘Kick-off’ meeting/seminar in June

June–August 2019

- Preparation of the final draft of the facilitator’s manual
- Prepare materials for the training in September

September 2019 Pilot

- Training of professionals to deliver the pilot programmes
- Delivery of pilot programme in disability services
- Evaluation of programme using pre and post methods and qualitative feedback (A Trinity College Dublin clinical psychology doctoral candidate is completing this as part of her thesis).