

Parent Plus Special Needs programme

How the PPSN can work
within a HSE disability setting
and align with PDS principles

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Agenda



Service setting and context
PDS principles and changes within
service



Implementation



Why PPSN as an intervention



Outcomes



Limerick CDNT

Service funded through HSE and Enable Ireland.

Disciplines within service – OT, SLT, Physio, Psychology & Social Work

Caseload profile – ASD majority, one special school otherwise based on home address

Other group based interventions – e.g. Cygnet, NVR, Circles of Security

Progressing Disability Services

- Needs based rather than diagnostic based.
- Individual Family Service Plans – family centered goals.



1. Bio-psychosocial model
2. Equity of access
3. Accessibility
4. Family Centred Practice
5. Interdisciplinary Team Working
6. Accountability
7. Inclusion
8. Early Identification and Referral
9. Evidence Based Practice & Clinical Governance
10. Evaluation of Outcomes
11. Cultural Competence
12. Staff valued and respected

PDS Regional Parent Forum Feedback

● ‘...once my child entered secondary school they were forgotten about’

● Loneliness among parents, who feel they aren’t doing the right thing.

● Interventions are given and it is the role of the mother to implement them, this can be overwhelming and can lead to burn out. Parents stated that they would prefer to be asked “can you actually do this in your everyday life”.

● Parents would appreciate a chance to be able to communicate with other parents who are going through the same thing and learn tips and tricks

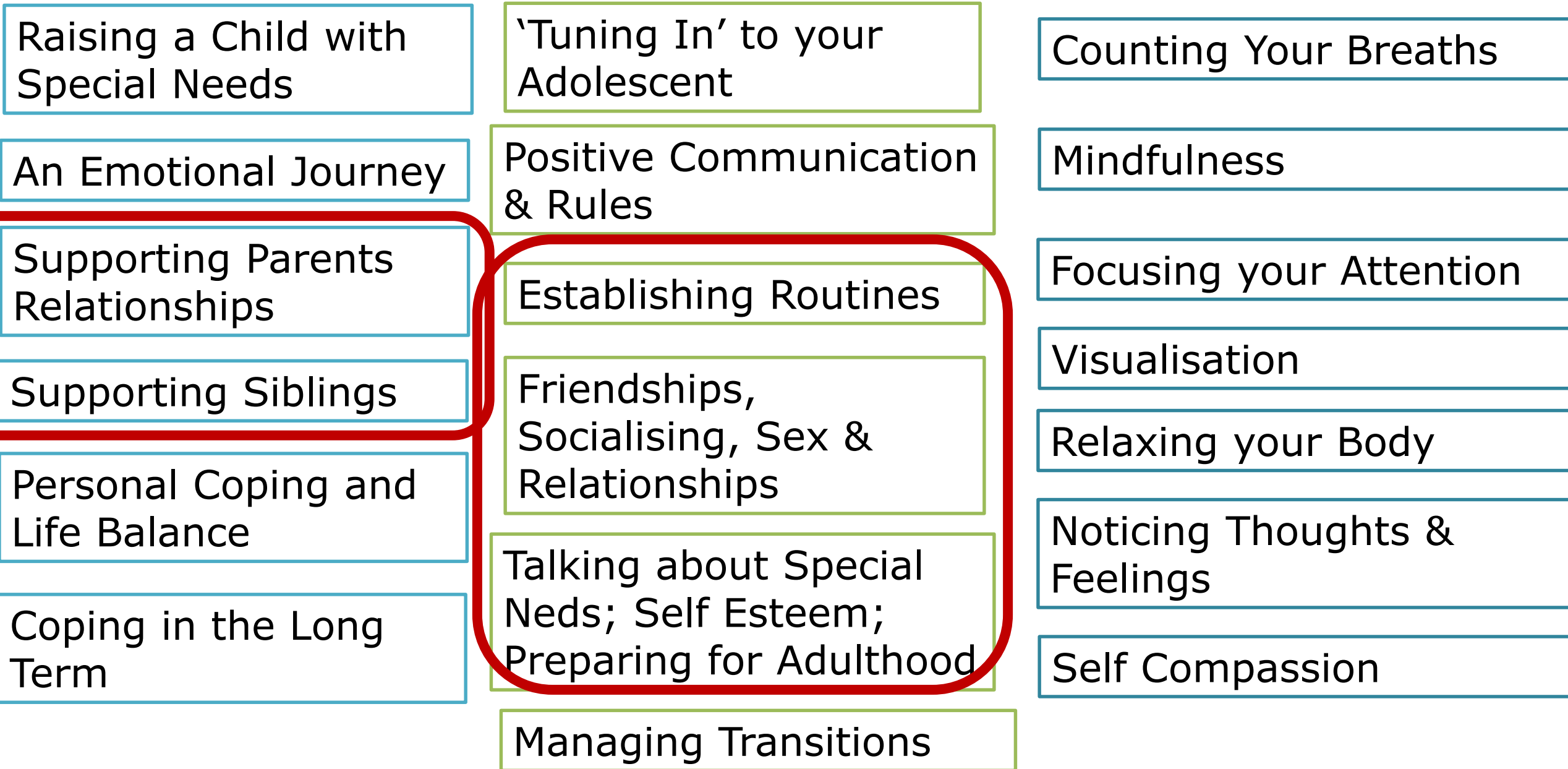
Why PPSN?

- Evidence Based
- Created with parents
- Flexibility of sequence
- Strengths based focus
- Goal setting – built in outcome measure
- Worksheets supporting translation of information to home.

PPSN Programme Structure



Common topics of interest for parents – highlighted in IFSPs or when recruiting parents.





IMPLEMENTATION

- ❖ Identifying families - recruitment
 - ❖ Linking with IFSPs – goals & group topics
 - ❖ Fit with other groups - pathway
- ❖ Online
- ❖ Feedback forms – evaluation, differentiation & adaptation
- ❖ Outcome measures – goal setting related to the group & IFSP.

OUTCOMES

- *I loved listening to other parents techniques with their children*
- *Meeting other parents of amazing kids and the support in this group is priceless.*
- *[learning] how to deal with my child at this stage in their life. How to understand [them] and know what is good for [them]*
- *Strategies for dealing with challenging behaviour. Also how to deal with your child's lack of empathy towards others.*
- *Practical tips like the use of visual aids. Its nice to have it reinforced and pick up some extra tips*
- *How to talk about puberty with my child.*

1

Parent & Child Goals Achieved

2

Parent to Parent Support established.

3

Positive experience of service for parents.

4

Addition to Service Provision

5

Solution Focused group facilitation skills developed.

- **Sharing your experiences in the group was helpful. Hearing what other parents shared – everyone shared something each week that was helpful.**
- **The group has been a big help – I don't have to give out to [them] as much as before. I've learnt to say it nicely and calmly. [They are] not getting as frustrated and neither am I.**
- **We now communicate better as a family.** It has helped the communication between my child and [their] siblings also.
- **Even ... topics that came up based on the discussion could then be explored and more advice given based on parent experiences.**

Thank you