

Overview of Parents Plus Special Needs Longitudinal study

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Overview

Services involved

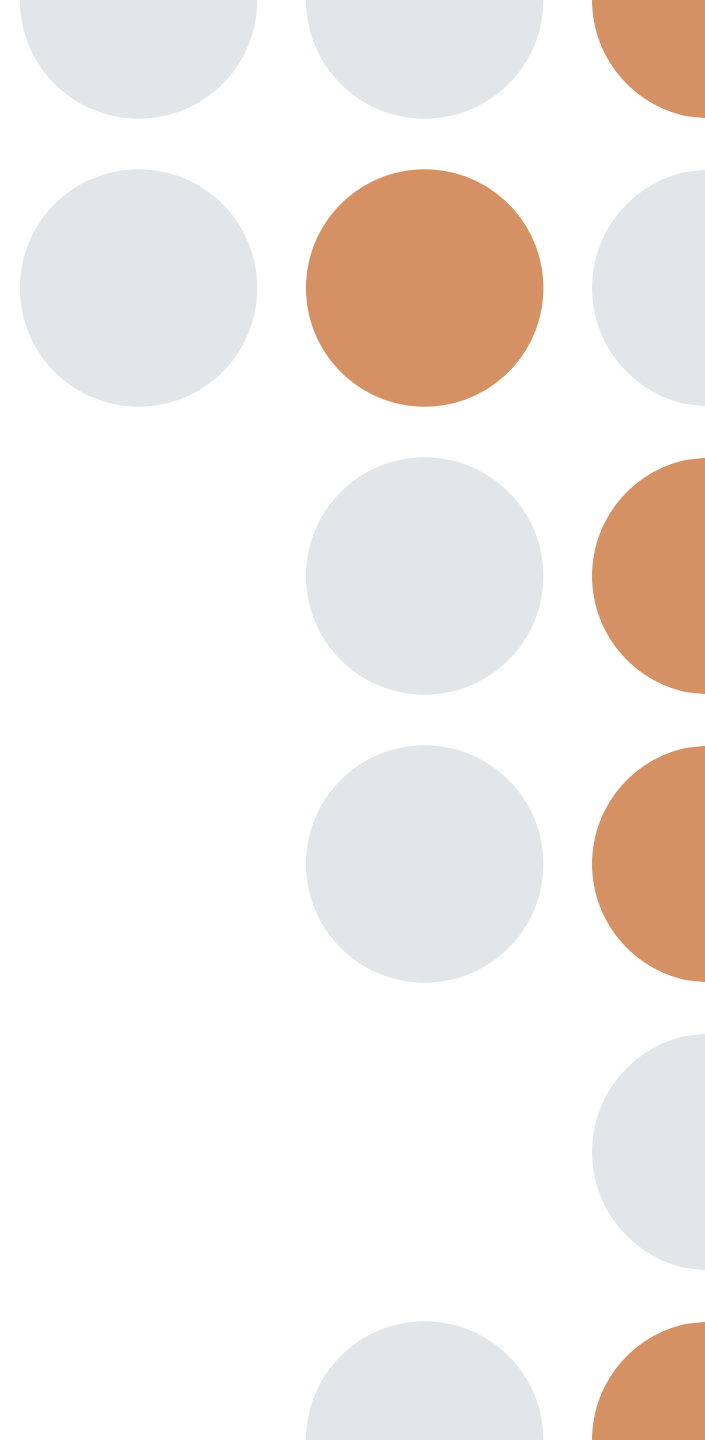
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Facilitators

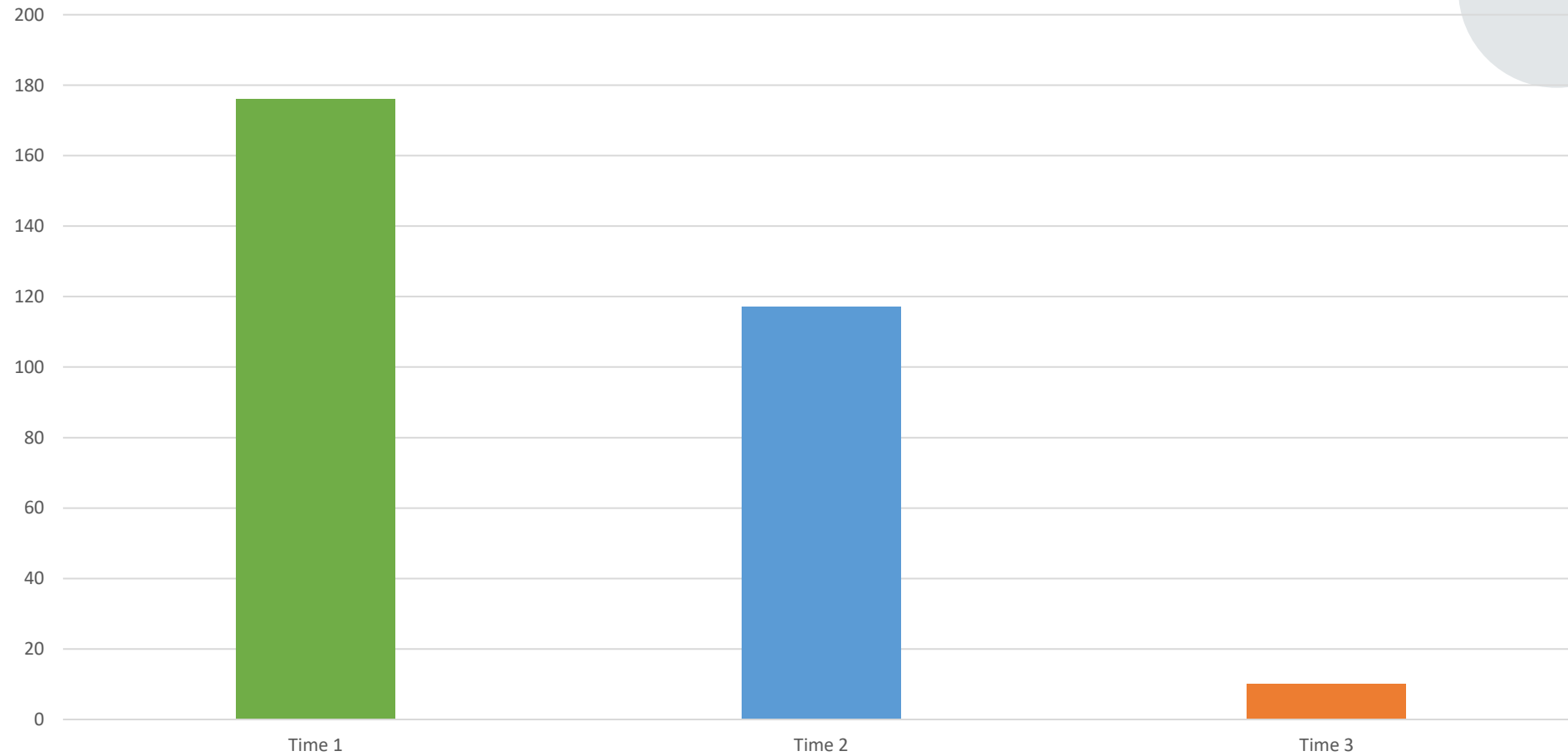
- 39 trained
- 19 delivered their first programme

Parents

- 176 engaged in research
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Data Collected



Time 1= 176
Time 2= 117
Time 3= 10

Goals set for children

- For my daughter to develop her independent living skills 5 – 8
 - For my child to have improved behaviour 4-6
 - Help him to learn more social skills 4-4
 - To get strategies so that my children get on better 1-10
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Goals set for parent

- To connect with other parents who have had similar experiences 2 - 7
 - To have strategies and ideas of how to teach him and prepare him for stranger awareness and danger. 3-5
 - To focus on looking after my health 7-9
 - To try not to let things get on top of me 1-5
 - To be more proactive in how I support my child 2-7
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What was the most helpful part of the course?

- *“Meeting other parents and sharing our experiences.”*
 - *“Positive communication skills.”*
 - *“Discussing issues with professionals.”*
 - *“Emotional support.”*
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What ideas from the course did you use at home?

- *“Ask for support.”*
 - *“Mindfulness”*
 - *“Better communication and setting boundaries”*
 - *“Approaching situations differently”*
 - *“To stop and slow things down in a situation”*
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Parents thoughts on the programme

- *“It is a really essential course, because it also made you think about yourself.”*
 - *“What I found invaluable was the contact with other parents in the same situation, you just don’t feel as alone then. To hear that other people are in the same boat is kind of comforting in a way.”*
 - *“It is well worth doing because it tackles every aspect, of parenting a child, and not just a child with a disability... it’s a valuable course and it’s worthwhile doing.”*
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