



ESIPP

EQUITY AND SOCIAL INCLUSION THROUGH POSITIVE PARENTING



Co-funded by the Erasmus+ Programme of the European Union



Project ESIPP



ESIPP_Europe

DEVELOPING PARENT EDUCATION IN AUTISM IN SOUTH EAST EUROPE

▶ RATIONALE OF THE PROJECT

- Autism is a lifelong pervasive developmental disorder
- There is overwhelming evidence that autism can significantly affect families and family functioning
- Parent training is an important tool to support families and those with autism
- Models seen in the US / UK / western Europe remain unavailable in other settings, such as south-eastern Europe

▶ THE PROJECT

- Three-year project running from September 2015-August 2018
- Funded by the European Commission's Erasmus+ Programme – Key Action 2 Strategic Partnership: €432,210
- Partners from Belgium, Croatia, Cyprus, Former Yugoslav Republic of Macedonia and United Kingdom
- Focus on parent education and training for parents of children on the autism spectrum in three south-eastern European countries where diagnosis and service provision in autism is emergent

▶ MAIN OBJECTIVES

- Develop an **evidence-based model** for delivering parent education in autism
- Develop a **core curriculum** and **locally-appropriate** parent education training materials
- Use these materials to **provide parent education** to families living with autism in Croatia, Cyprus and the FYR of Macedonia
- **Evaluate** the **effectiveness** of the materials and the **impact** of the training using quantitative and qualitative data collection and analysis
- **Share** the model curriculum, tools and materials with stakeholders and make recommendations to decision-makers across Europe

▶ NEEDS ASSESSMENT: BARRIERS AND NEEDS IN THE TARGETED COUNTRIES

- Limited opportunities for training
- Often time-limited projects and inaccessible to most
- Parents' survey in the three countries:
 - 253 questionnaires were distributed and 148 were returned – overall response rate of 58%.
 - High interest in parent training: 89% of respondents wished to participate

▶ THE TRAINING: BASED ON RESULTS FROM THE PARENT SURVEY

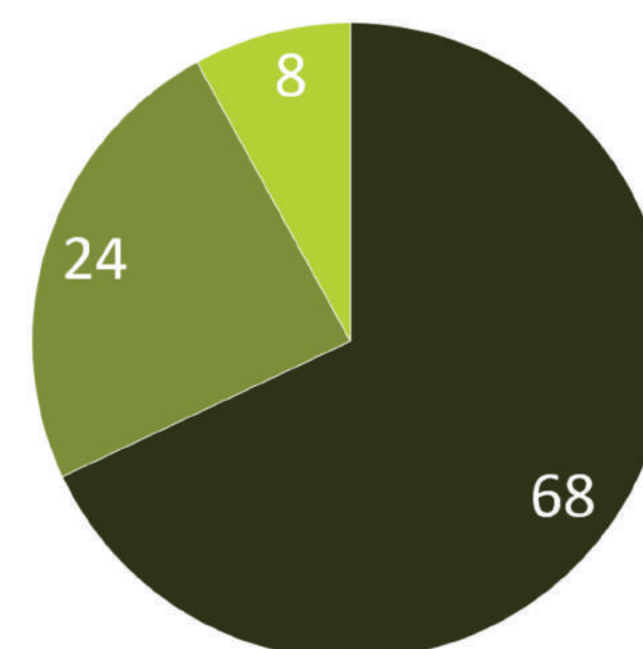
- Majority of respondents across all three countries favoured training sessions at the weekends.
- Topics identified within six domains, derived from the literature review and pre-existing training models:
 - Awareness and information
 - Communication
 - Specific approaches
 - Behaviour and self-care skills
 - Socialisation and relationships
 - Leisure and recreation
- First training sessions held in March 2016 (Cyprus and FYR Macedonia) and April 2016 (Croatia)

▶ PROJECT EVALUATION

- Combined process and outcome evaluation methodology
- Quantitative methods
 - Pre-training, post training and follow-up participant questionnaires
 - Validated Quality of Life measure integrated within survey
- Qualitative methods
 - Participant interviews
 - Trainer focus groups
 - Trainer reflective diaries
- Document analysis

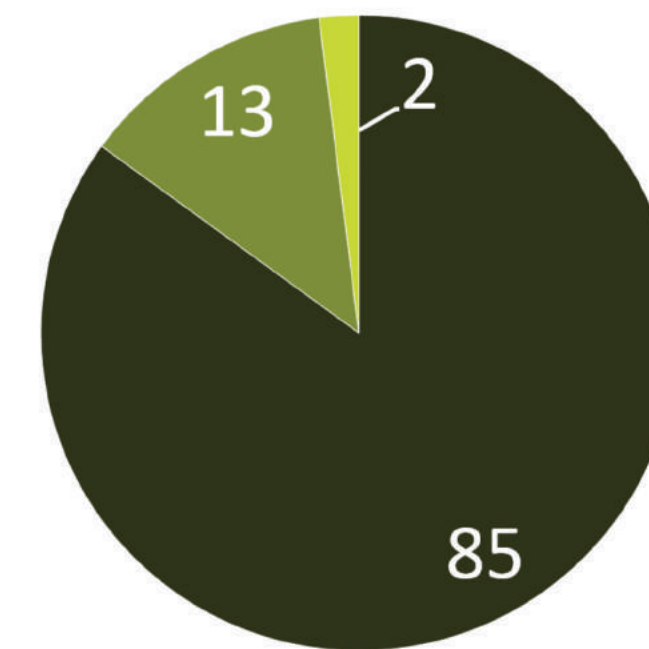
▶ PRIMARY RESULTS: PARENTS' AND TRAINERS' FEEDBACK

- Parents opinion about usefulness of sessions (1=not helpful at all, 5= very helpful)



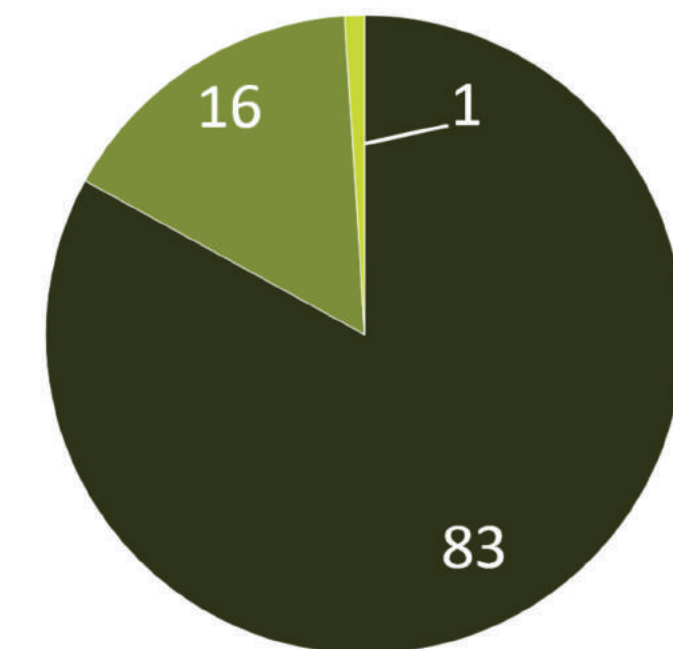
Graphic I

Session 1.- Introduction to autism



Graphic II

Session 2.- Understanding and Managing Challenging Behaviour



Graphic III

Session 3.- Practical Strategies to Manage Behaviour

- 5 = Very helpful
- 4 = Helpful
- 3 = slightly helpful

▶ IN GENERAL

- 98% of participants would like to attend future training from this programme.
- All participants would recommend this training to other parents.
- All participants enjoyed attending the training
- 75% have stated they strongly agree that they would recommend this training to other parents, 25 participants agree that they would recommend it.

▶ MORE INFO

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