



MAPS
MULTIDIMENSIONAL ASSESSMENT
OF PROVIDERS AND SYSTEMS

Parents Support Intervention Project Update

Thank you for your participation in our recent survey.

Who was included?

We are interested in coming up with innovative ways to support parents, based on what we have been learning from parents so far. We asked parents about whether they thought a group to support parents while waiting for services and supports for their sons or daughters would be helpful. We heard back from over 70 parents (participants from the Parents Seeking Adult Developmental Services for their Children Study) and here is what we learned from the survey:

What did we learn?

- The majority of parents were open to the idea of being in a research study where they would get randomly assigned to one of two parent interventions. Only 9 parents said they would not consider doing such a project.
- 83% of parents would be interested in participating in a group for parents if it were offered in their area
- If they were to be in such a group, 53% of parents said they would want to use on-site respite care
- Watching movies and playing video games were the two most preferred respite care activities but we got lots of other suggestions as well, which were very helpful.
- Only 20% of parents had had experience with “mindfulness training” in the past.
- In regards to obstacles to participating in any kind of parent group, work schedule and family obligations were the ones most commonly mentioned
- A number of parents expressed their desire to see groups that are community-driven with solution-oriented agendas, with opportunity to learn more about available resources
- We also tested out some measures of mindfulness and acceptance, designed for parents. They seemed to be appropriate and relate to each other in the way we would hope or expect. Some measures were easier to complete than others, so this gave us ideas about which measures would be best if we were to use them to evaluate our intervention.

What's next?

We are planning to pilot some parent intervention groups in Toronto over the next year. What we learn from these pilot groups will teach us more about what might help other parents in the future.