

NEWSLETTER #3

December 2022

The IPAT Project

Individuals with Autism Spectrum disorders present difficulties with respect to verbal and non-verbal social communication and interaction, as well as, restrictive or repetitive interests, behaviors or movements.

Parental training is one of the factors enabling the optimal adaptation of parents to their child's autism diagnosis and challenges, their ability to support the treatment and collaborate constructively with the professionals involved in the child's rehabilitation and special education programs. IPAT aims to increase awareness about the role and the importance of parental training in the global management of the needs of autistic people, to increase accessibility to effective training, to motivate parents to use a valid self-training approach at different stages of life, in order to promote the quality of life and wellbeing of themselves and that of their children' while supporting their parental role and self-confidence. IPAT aims to:

- train parents with an autistic child, to decrease parental stress and improve their quality of life
- create an Integrative Parents' Autism Training-IPAT module and a digital self-training Tool-IPATT, to be used by professionals and parents.

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UPDATE ON PARENTS' TRAINING (IO2)

The IPAT Training activity for parents of children with autism was successfully completed in Greece, Spain, Italy and Turkey last June, with the participation of more than 60 parents. Parents had the opportunity to be trained in groups coordinated by two experienced professionals, in 8 sessions of a total duration of 24 hours.

The IPAT Training Module, used and tested during the IPAT Training activity, was developed by the partners based on the expressed needs of parents, as studied at the beginning of the project.

The topics dealt with in IPAT Training Module included: understanding autism, psychological distress and impact on the family, social communication, interaction and skills, understanding and managing behaviors that cause concern, child and parent interaction, social inclusion and autonomy, sexuality, rights, legal and institutional issues, first aid, useful materials and tools.

Vivid exchange took place within the groups among participants and interactive activities were used to consolidate the training outcomes. Overall, participants expressed their satisfaction and perceived usefulness with the training activity and formulated useful suggestions for improvements. The final form of the IPAT Module material will be freely accessible at IPAT webpage ipatproject.eu by the end of January 2023.

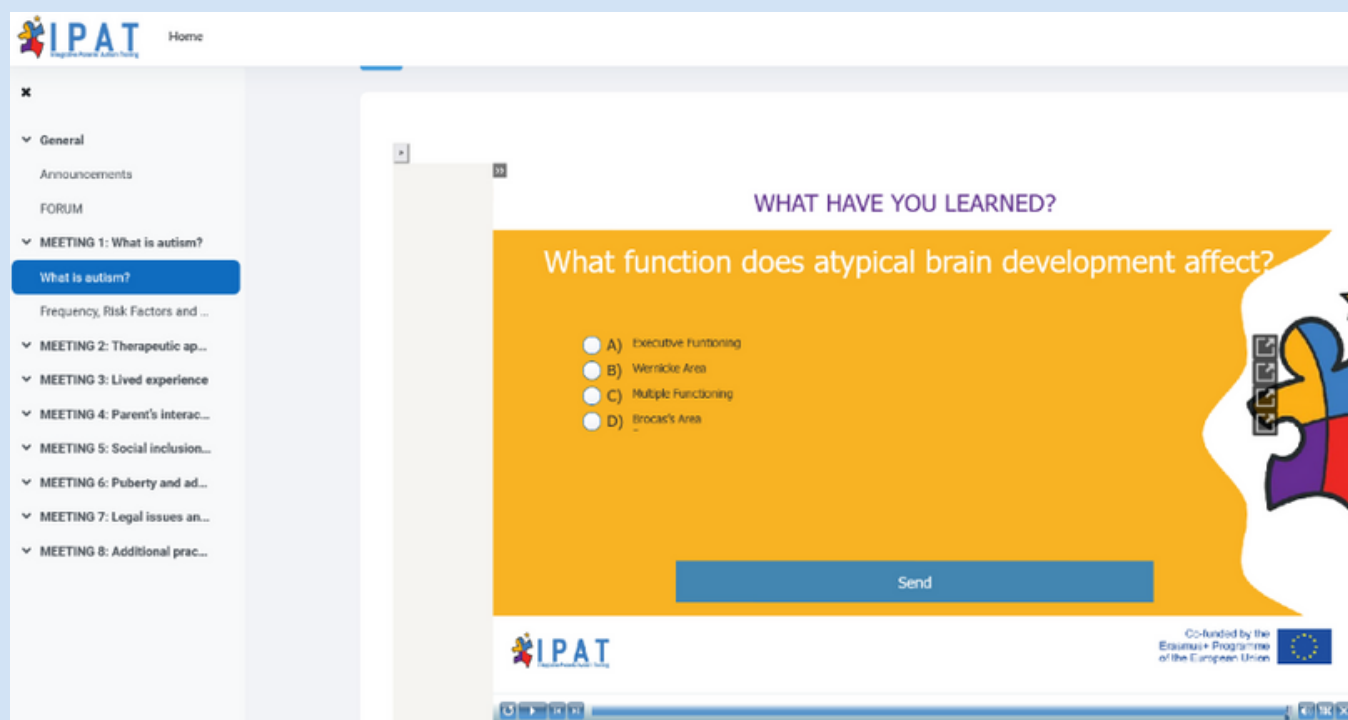


IO2: Integrated Parents' Autism Training Module -IPAT Module

THE IPAT SELF-TRAINING TOOL

The digital self-training Tool- IPATT is now in its development phase. The partners are adapting the materials and contents developed in the IPAT training module, with the aim of making them directly accessible to families, taking advantage of the opportunities that the digital format offers in order to facilitate the management of self-learning.

The IPATT digital tool will allow parents to access training content resulting from the collaborative work of the consortium, focused on their empowerment as active and qualified agents in the management of the needs and challenges that their children present in their daily functioning.



Parents are the direct beneficiaries of the tool, and indirectly their children, who live in a friendly family environment with less pressure and more attention to their personal needs. In the next phase, Autismo Burgos will pilot the digital tool, followed by testing the self learning digital tool-IPATT with a total of 80 parents overall, recruited by partners in the participating countries.

The TPM IV in Italy

On the 29th and 30th of September of 2022, the partners of IPAT project - Integrative Parents' Autism Training - met in Italy for a two-day meeting. It took place in an hybrid format. The meeting, hosted in Catania, Sicily by Controvento was the first one face-to-face where finally the project partners had the chance to work together in presence. In fact, due to the Covid-19 pandemic, the partnership was not able to travel since the beginning of the project. Unfortunately, Gaziantep University staff was not able to travel to Catania and attended the meeting online.

The transnational meeting covered two core topics for the IPAT project. On the first day, The Child and Adolescent's Center, coordinator of the project and of the second intellectual output, focused on the partners' feedback on the Parent Training. After the lunch break, partners had the chance to visit one of Controvento's centers in Acireale.




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IPAT in the 13th Autism Europe International Conference" October 2022

IPAT participated in the 13th Autism Europe International Conference October 2022 with two posters:

- “Listen to me: A qualitative analysis of the self-reported training needs of parents of persons with autism”



“Listen to me”: A qualitative analysis of the self-reported training needs of parents of persons with autism
Y. Grammatopoulos, C. Ramirez de Garza, M. Merino, S. Sahin, I. Tanrikulu, M. Modica, E. Nucifora, A. Dinou, S. Zormpas, N. Mavroidi

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

INTRODUCTION

- The role of the family is crucial in meeting the needs of autistic individuals
- Training of parents of autistic persons: significant for the improvement of the wellbeing of their children and that of the entire family
- Parental training programs rarely based on parents' expressed needs
- As part of the Erasmus+ Integrative Parents' Autism Training project - IPAT, we conducted a qualitative study, in order to identify the training needs of parents of autistic individuals, as expressed by themselves
- “What they need to be trained in?” & “How they need to be trained?”

RESULTS
Ten themes emerged at the analysis:

Content of the training :

1. Understanding autism,
2. Psychological distress and impact on the family,
3. Social communication, interaction and skills,
4. Understanding and managing behaviors that cause concern,
5. Child and parent interaction,
6. Social inclusion and autonomy,
7. Sexuality,
8. Rights, legal and institutional issues.

Training methodology :

9. According to age and functionality
10. Use of simple language, with examples and active participation

www.ipatproject.eu

DISCUSSION
Our qualitative study generated

- Non mediated, direct evidence about the training needs of parents of autistic individuals
- Themes beyond the topics of social communication & interaction and management of behaviors that cause concern

The generated themes were used to develop, aligned with their own voice and views,

- a training module for parents of autistic individuals- IPAT Module
- a self-training digital tool- IPAT digital self training tool

METHODOLOGY

- Twenty three participants,
- Parents of autistic individuals of both sexes, range of ages and levels of functionality,
- from the 4 partner countries: Greece, Turkey, Italy and Spain
- Four focus groups took place
- Thematic analysis was applied to the data generated


- The poster presented by Maria Merlino from Autismo Burgos

IPAT: INTEGRATIVE PARENTS' AUTISM TRAINING
María Merino, Seyilay Şahin, Mehmet Abdullah Kinikli, Spyridon Zormpas, Ariadne Dinou, Andrea Modica, Concepción Ramirez, Martina Nucifora, Antonio Vadolos, Nikoleta Mavroidi

The Autism Spectrum disorders - ASD - are neurodevelopmental disorders with a range of clinical presentations. The role of the family is crucial for meeting globally the needs of autistic persons: parents, constitute the main supportive and continuous care provision system, while ensuring efficient collaboration with the health and education professionals caring for their child. Parental training is one of the factors enabling the optimal adaptation of parents to their child's autism diagnosis, their ability to support the treatment and collaborate constructively with the respective professionals.

METHODOLOGY

- 1) Analysis of previous research and interview design
- 2) Research on families' needs: focus groups in 4 countries
- 3) Development of training curricula and practical activities
- 4) Face-to-face and online family training
- 5) Digital training tool




ipatproject.eu

The IPAT project, implemented in four European countries, aims to train parents with an autistic child, in order to decrease the parental stress and improve their quality of life. IPAT has been produced the following results:

- Needs Assessment Resource document – Literature Review and Parents' Focus groups
- The building of the Curriculum
- A Integrated Parents' Autism Training Module -IPAT Module
- Integrated Parents' Autism self -Training digital Tool -IPATT
- The e-Learning Platform: an interactive website which will act as a learning tool throughout and after the project.

IPAT hopes to be a reference training for parents, and to promote models focused on empowering and enabling families.



International day of persons with disability

Of the one billion population of persons with disabilities, 80% live in developing countries. An estimated 46% of older people aged 60 years and over are people with disabilities. One in every five women is likely to experience disability in her life, while one in every ten children is a child with a disability.

Persons with disabilities in the world are among the hardest hit by COVID-19.

International Day of Persons with Disabilities (IDPD) is a UN day that is celebrated every year on 3 December.

The day is about promoting the rights and well-being of persons with disabilities at every level of society and development, and raising awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life. WHO joins the UN in observing this day each year, reinforcing the importance of securing the rights of people with disabilities, so they can participate fully, equally and effectively in a society with others, and face no barriers in all aspects of their lives.

Greek Carers Network EPIONI in collaboration with the e-Health and Knowledge Management Unit - Institute of Informatics and Telecommunications of EKEFE Demokritos and the Attica Reference Site (AHA4Attica) - Active & Healthy Ageing 4 Attica are organising an informative hybrid event on the occasion of the International Day of Persons with Disabilities on December 2nd 2022 at Innovathens: a hub of innovation and entrepreneurship at Technopolis of the Municipality of Athens.



ΕΠΙΟΝΗ
ΕΛΛΗΝΙΚΟ ΔΙΚΤΥΟ ΚΑΡΕΡΩΝ

Innovathens, Pireos 100, Athens, Greece and Virtually

international day of persons with disabilities

Social Inclusion in Mental Health

2.12.2022 στις 14:30 CET

Partners: IncluPsy, PrGActive, SAMENTA, CIVIC, Art4Me, SUCESS

Organizers: ΕΠΙΟΝΗ, EKEFE, AHA4Attica

Logo: European Union

International day of persons with disability

Project partners and their networks celebrated the International day of Persons with Disability through social media!



What's next?

We are currently working on the analysis of data collected anonymously on the self perceived quality of life and parental stress before and after the IPAT Training activity and on the satisfaction survey conducted after the end of the training. We aim to have finalized the manuscript to be submitted in a peer reviewed journal by mid March 2023.

Beginning in February 2023, we aim to launch the IPAT self learning digital tool- IPATT , test the tool and conduct a satisfaction survey among the users.

Multiplier events are being planned in each partner country at the end of the project, in order to disseminate the results, make the IPAT Module and self learning digital tool known among parents and professionals and promote their use.



Follow the IPAT project on our online channels!

