

# 4<sup>TH</sup> MEETING: “PARENT’S INTERACTION WITH THE CHILD.A GUIDE FOR AN ENHANCED QUALITY OF LIFE FOR FAMILIES WITH A MEMBER WITH ASD”

## **LECTURE 4:** **Shaping Everyday Life III**

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**- ENHANCING QUALITY OF LIFE FOR ALL FAMILY  
MEMBERS**

**- BE PROACTIVE NOT REACTIVE**

***- Q&A***

***Outline***

# Learning outcomes

- Participants will be able to:
- Understand the way the needs of all family members affect the experience of quality of life
- Develop knowledge and skills about recognising the needs of the family
- Become more proactive in their daily plan

# SHAPING EVERYDAY LIFE

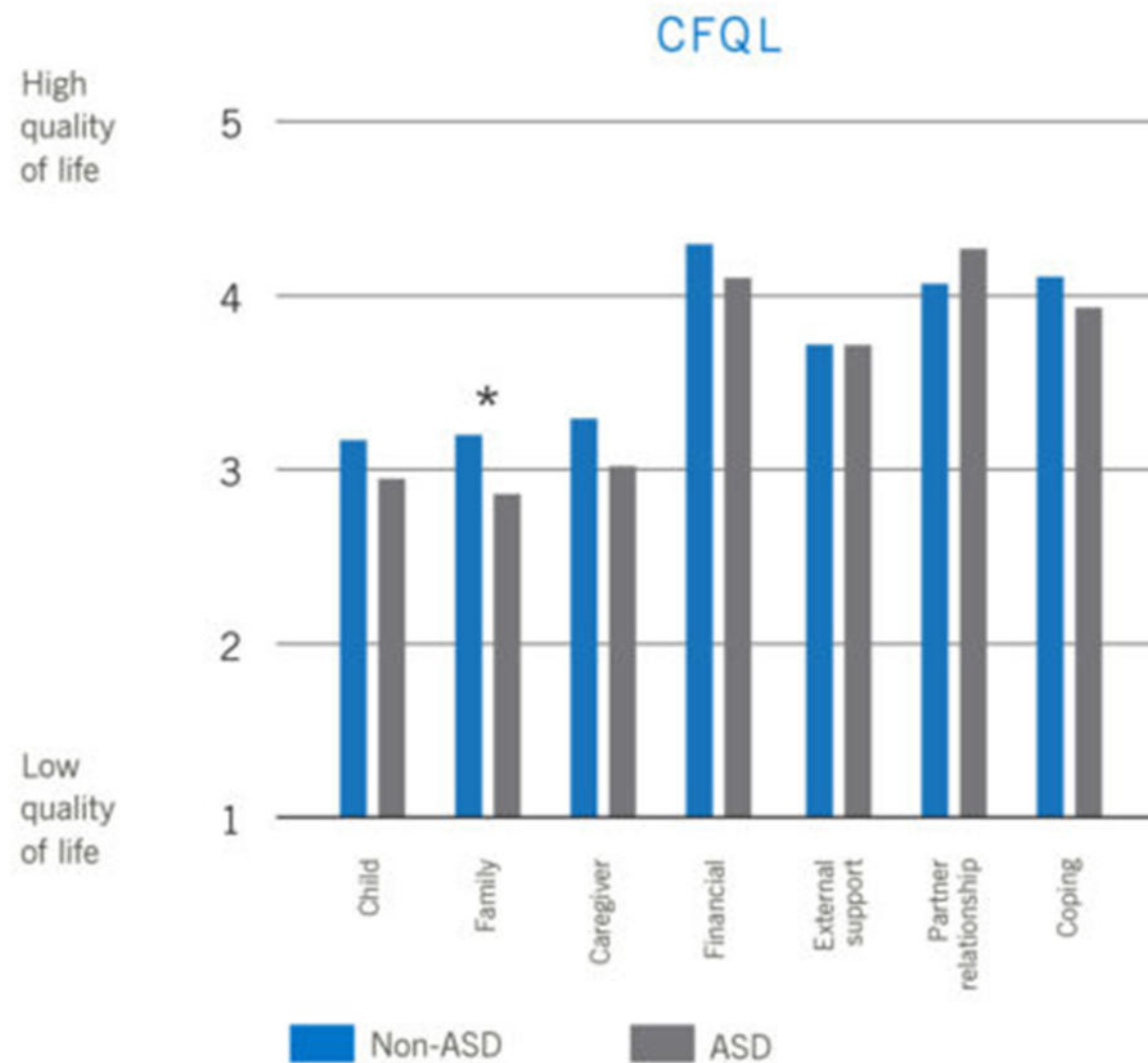
Improving the quality of life for all the family members:

*The family as an active agent of change*

- Quality of life is a measure of individual well-being
- broad multidimensional concept that usually includes subjective evaluations of both positive and negative aspects of life
- WHO defines Quality of Life as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns.



## Measuring Quality of Life in Families Affected by Autism



- Figure 1. Mean quality-of-life scores across the various CFQL scales in families with and without children diagnosed with ASD. The reduction in the family scale score for ASD-affected families was statistically significant (\* $P < .05$ ). Reprinted from Markowitz et al<sup>3</sup> as originally published in Autism.

# SHAPING EVERYDAY LIFE

Improve the quality of life for all family members :

**IT IS CRUCIAL**  
**TO**



Pair the traditional parent training course, which focuses on behavioral techniques for managing the person with autism spectrum disorder, with a parental awareness course that supports the family unit in dealing with the prolonged stress involved in the situation.



# ***SHAPING EVERYDAY LIFE***

**What to keep in mind and what not to take for granted:  
learn not to focus only on deficits – overcome the idea of  
disability as a major limitation.**

**Cooperate: consult,  
talk with family  
members, friends,  
professionals and  
other parents in the  
same situation**

**Develop a social  
network of support  
among families  
managing the same  
issues**

**Referral to specialized  
services for treatment,  
child and family support**



# ***SHAPING EVERYDAY LIFE***

**A cooperative attitude and dialogue, behaviors that keep the family unit together**

**Sharing among family members at events in pursuit of emotional balance**

**Participation in social and recreational activities**

**Cultivating friendships and social interests**

**Properly estimating the child's potential and limitations**

**Be proactive, not reactive:**





# ***SHAPING EVERYDAY LIFE***

**How to avoid unnecessary confrontations :**

**Self-confidence  
and the principle  
of equality  
among family  
members**

**Involvement in  
parent associations,  
not intended as a  
sense of social  
belonging, but as an  
aid for individual  
members to feel  
part of the  
community in which  
they live**

**The search for a new  
meaning of family:  
after the crisis,  
parents must be able  
to restructure the  
interpretation of  
events and revise  
expectations**



# ***SHAPING EVERYDAY LIFE***

## **The importance of the family: an Italian insight**

The Italian Istituto Superiore di Sanità declares that from both experience and research family members can play a positive role in the therapeutic intervention.



# ***SHAPING EVERYDAY LIFE***

- Inclusion of parents/family members in the educational programme, with appropriate training, increases the scope for intervention outside specialist centres and allows for improved interactions with the child/family member, increasing the serenity of the whole family's life path.

Source: [https://www.iss.it/i-disturbi-del-neurosviluppo/-/asset\\_publisher/2CrcavX7aeS3/content/id/3482591](https://www.iss.it/i-disturbi-del-neurosviluppo/-/asset_publisher/2CrcavX7aeS3/content/id/3482591)





## Questions



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