

6th International Carers Conference



The Magenta Project:
effectiveness of an intervention
on managerial skills
for parents having a young child with disabilities

KU Leuven
Parenting and Special Education Research Unit

Noor Seghers
Bea Maes

Parents: a lot of struggles

- Being able to share care with others
- Find the optimal support from service providers
 - what exists?
 - quality of the support/ does it answer real needs ?
 - partnership with professionals
- Leisure and recreation: lack of time
me-time, partner, siblings, the whole family
- Impact on career and financial well-being
- Worries about the future of the child

Intervention: Magenta

- Focus on Care Work Life Balance (CWLB) of the parents
 - Managerial point of view
 - Time, energy, resilience
 - Sharing care
 - Partnership with professionals
 - Workshops (4 x 2,5 hours) in Flanders (Belgium)
- Time management
Delegation
Meeting skills

Magenta Research

Participants

- N= 163
- Parent of a child with disabilities or severe chronic illness (11 months-14 years)
- Participated in Magenta workshops May 2012-June 2013

1. Process evaluation
2. Effect evaluation

1. Process evaluation

- Research questions
 - How do parents evaluate the workshops ?
 - What is the significance of the workshops for parents and what did they learn?
- Questionnaire with combination of Likert scale and open questions

Results 'inspiration sheets'

Learned

Experiences

Management principles/ideas

- DDD
- Time management techniques
- Preparing meetings

* Acknowledgement

* I'm not alone

Rights/Possibilities

- Overview of support possibilities
- Websites

* Tips and information from other parents

* Uncertainty, incapacity

Personal conclusions

- Less feelings of guilt
- Importance of Me-time

* Resilience
Confidence

2. Effect evaluation

- Research questions
 - What effects do the workshops have on parents and their care-work-life balance?
 - What are the long term effects of the workshops on parents' lives?

2. Effect evaluation

- Methodology
 - Self developed questionnaire
 - 5 point Likert scale
 - Range: Total disagreement (1) ---- total agreement (5)
 - Measurement at 3 moments in time
 - Before workshops (baseline measurement) (T₀) n=161
 - After 4 workshops (T₁) n=81
 - After 1 year (follow up) (T₂) n=73
 - Analysis
 - Baseline: descriptive analysis
 - Paired sample T-testing
 - Repeated measures analysis (n=56)

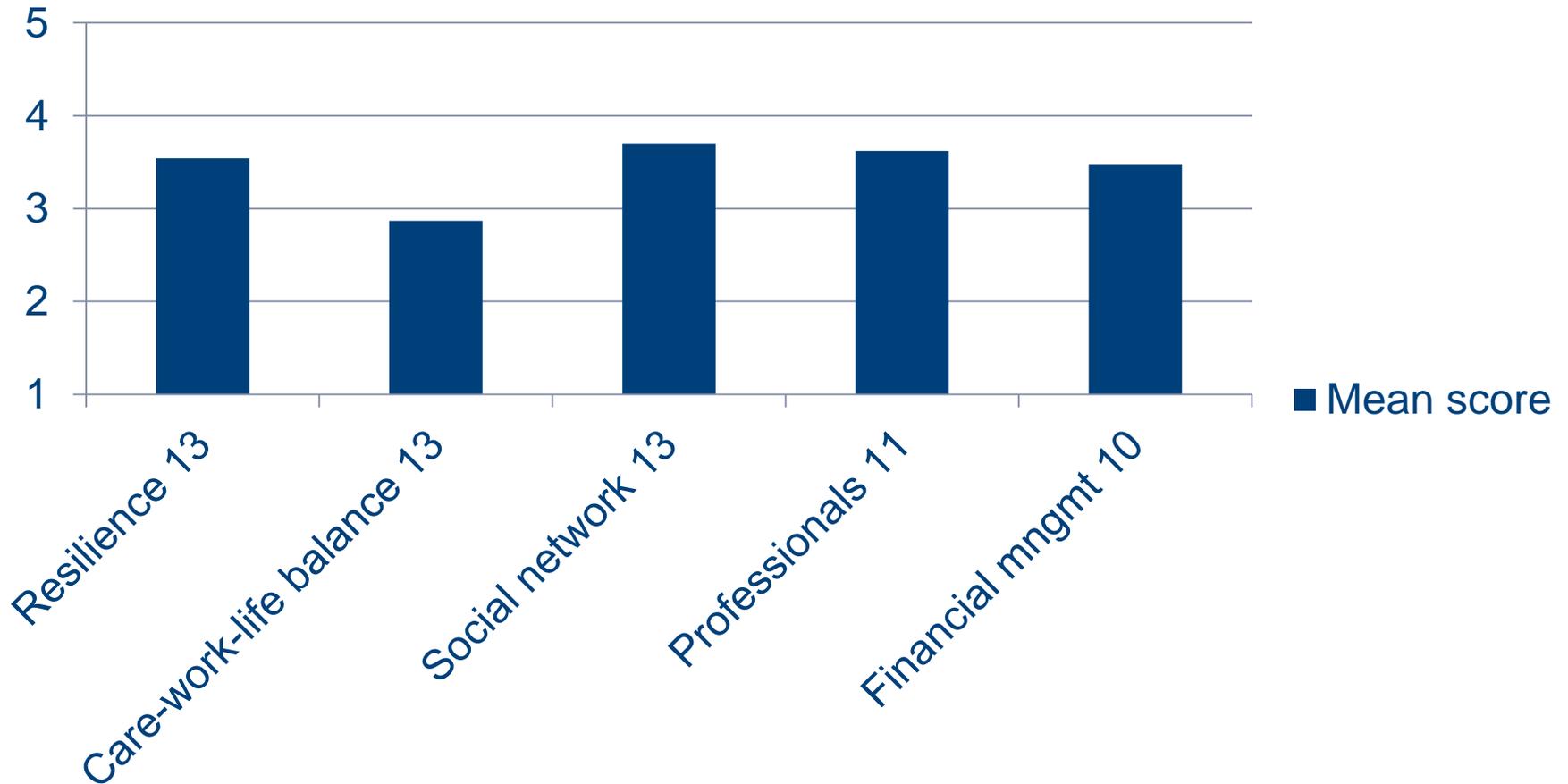


Results effect evaluation

Baseline (n=161)

- Age of parents
 - 31 to 40 years (46.2%) , older than 40 years (44.2%)
- Work situation
 - 31% fulltime, 45.4% parttime (20% halftime) and 13.6% unemployed
- Family composition
 - 55.3% has 2 children
- Age of the child with disabilities
 - 18.4% between 0 to 3 yrs, 27% between 3 and 6 yrs, 46.6% between 7 en 12 yrs, 9.7% older than 13 yrs

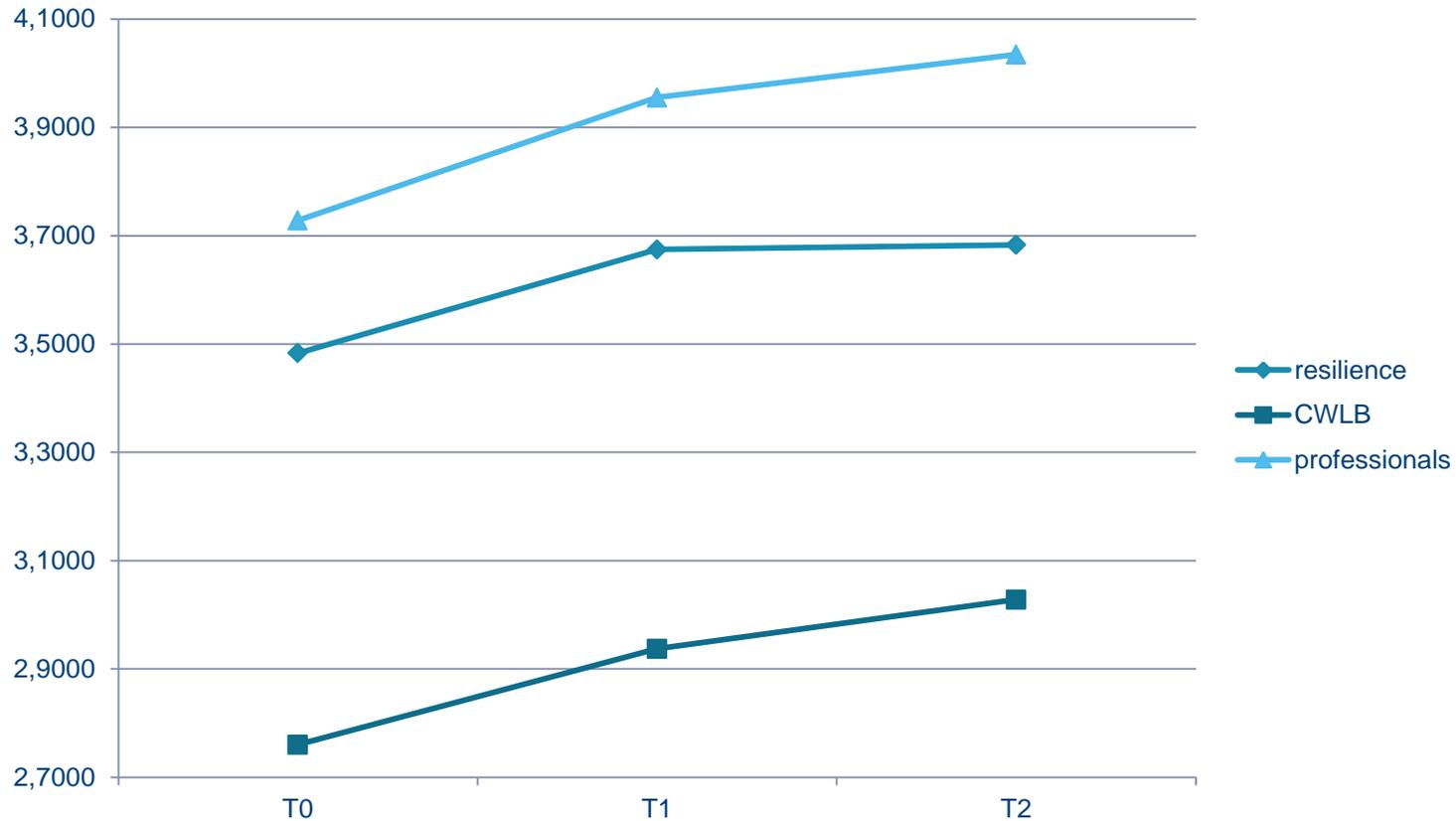
Results Baseline (n=161)



Results effect evaluation

Paired sample T-test	T0 - T1 (n=81)	T0 - T2 (n=73)
Resilience	< .001 ***	.008 **
Care Work Life Balance	< .001 ***	.002 **
Partnership with professionals	< .001 ***	< .001 ***
Social network	.021 *	.154
Financial Management	.002 **	.124

Repeated measures analysis (n=56)



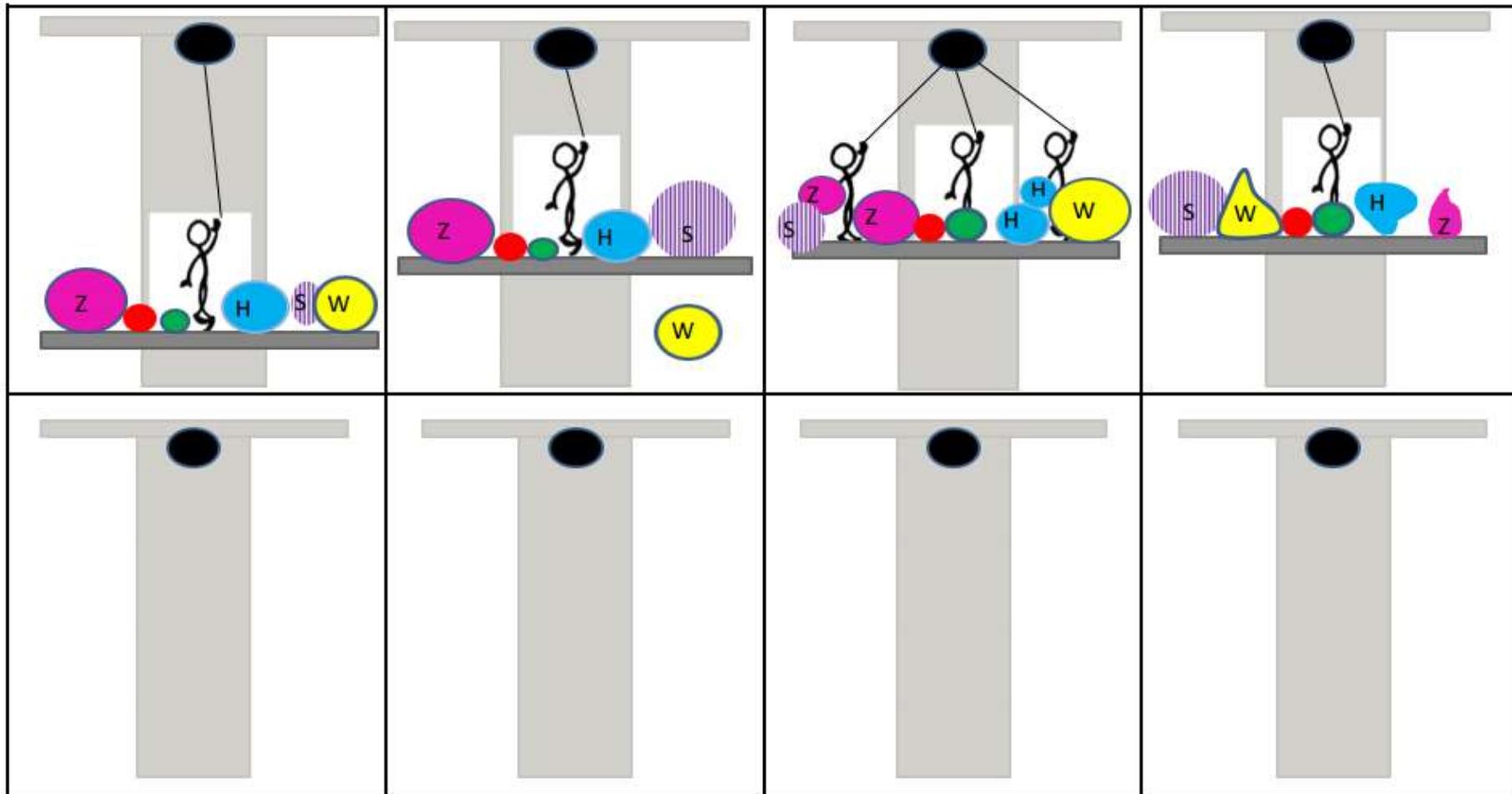
Conclusions

- Baseline
 - Lowest mean score on care work life balance
 - In each domain relatively higher and lower scores
- Significant positive effects of workshops
 - Immediately after workshops
 - Significant positive effects on all subscales
 - After one year: significant positive effects on
 - Resilience
 - Care Work Life Balance
 - Partnership with professionals

Magenta going on...

- Workshops to be continued
 - 300 parents on waiting list
 - Pool of trainers (parents)
- Adaptation of the program to other target groups e.g. parents of older children
- Follow-up courses
 - First topic: work-care balance (linked with an ESF project)

Werkblad Loopbaanstrategieën



Legende: ● Zorg voor het kind/de kinderen ● Werk ● Huishouden ● Vrije tijd/sociale contacten ● Verplaatsingen