

Evaluation of an online training program for families waiting for specialized services

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Background

- ❖ The presence of challenging behaviors (CB) in children with intellectual and developmental disabilities (IDD) may have serious consequences on their quality of life such as limiting participation in various social activities. Moreover, the presence of CB can have considerable impact on familial quality of life (e.g., increased parental stress, parental burn out)
- ❖ In a recent survey documenting the needs of families of children with IDD, parents reported a need for simple tools to support them in the daily management of CB (Grenier-Martin & Rivard, 2021). Unfortunately, long delays to access specialized services are commonplace in Quebec, Canada.
- ❖ As an alternative, an online, interactive training program aimed at managing CB was created. It is based on evidence-based practices, is easily exportable (for accessibility to remote areas), simple and low cost.

Method

- ❖ Design
Randomized controlled trial
- ❖ Participants
29 parents having a child diagnosed with IDD and displaying CB waiting for specialized services
- ❖ Measures
 - Frequency and intensity of CB of the children weekly as observed by the parents (from 0 to 10)
 - Social acceptability (Training acceptability rating from- revised;TARF-R) and satisfaction on the training program

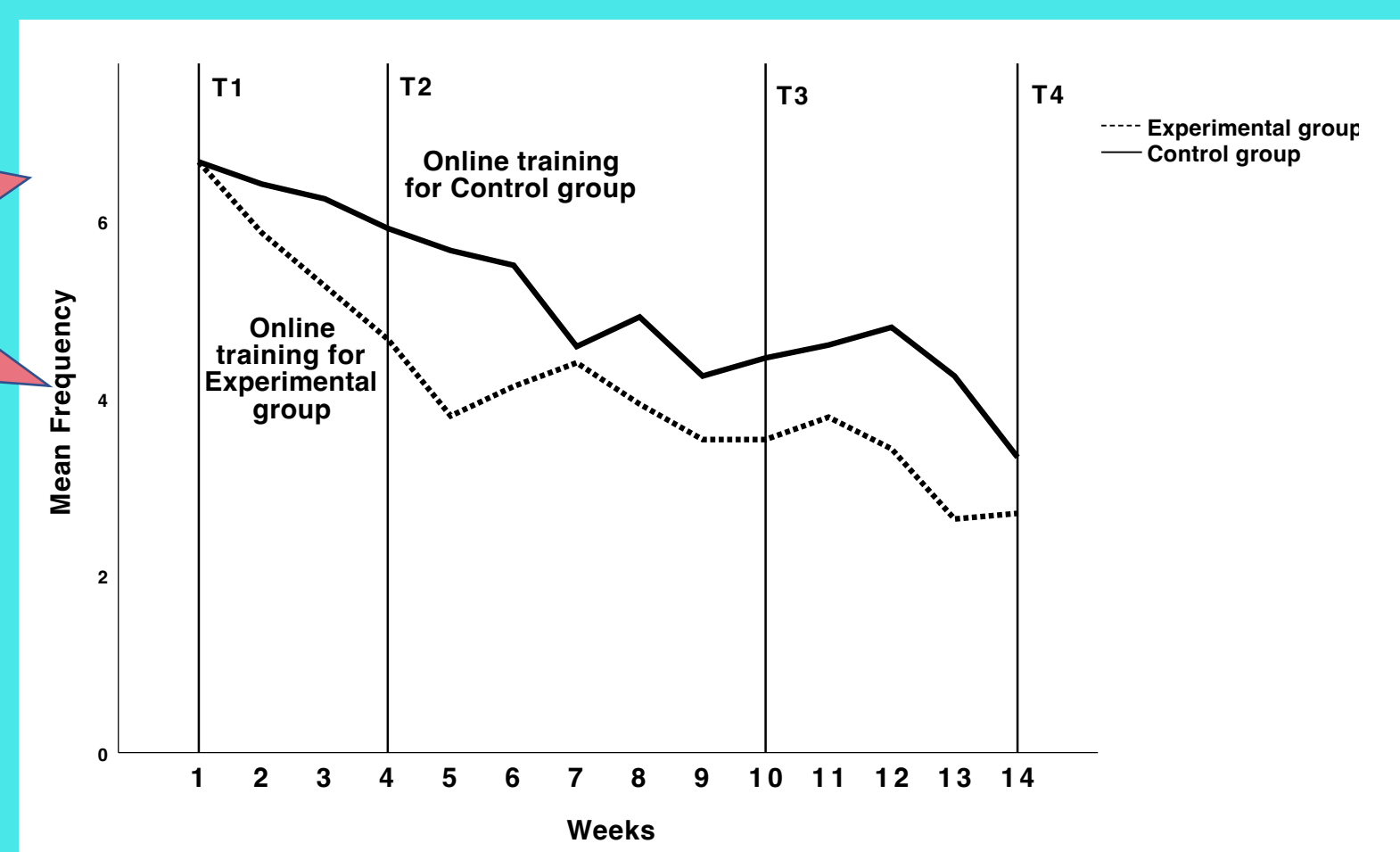
100% of the participants recommend this training for other families having a child with IDD

97% of the participants learned new skills and knowledge

97% of the participants found the training improved their quality of life

Results

Mean Frequency of Problem behaviors per Week per Group From Beginning to end of Study

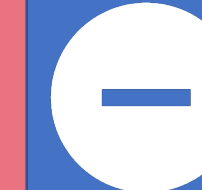


Dropped from 6.67 on week 1 to 4.00 on week 14

Social acceptability of the training (TARF-R)
Means ranging from 4.79 to 2.48 on 5



Affordability
Intelligibility
Wiling to implement
Reasonnable
Coherent with the child
CB
Appreciation of the
procedures



Time needed to
implement
Implication of other
family members
Complexity to fit in
family routine

Discussion

The purpose of this project was to assess the efficacy and social validity of an innovative program to offer families during the waitlist period. The results revealed a significant reduction in the perceived CB of the child and a high level of satisfaction regarding the training. It seems to respond to the needs highlighted in the survey which was to offer simple tools for parents. It is important to note that the training is not meant to act as a substitute to intensive specialized services, rather, its intention is to bridge the lengthy gap between diagnosis and service delivery.