



Co-funded by the
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ESIPP

EQUITY AND SOCIAL INCLUSION THROUGH
POSITIVE PARENTING

Developing parent education in autism in south east Europe: Introduction to the ESIPP project

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A background image of four children sitting outdoors, blowing bubbles. The image is overlaid with a semi-transparent green filter. The text is white and centered over the image.

Welcome to the ESIPP conference Northampton June 2017

We hope that you find the day interesting,
informative and stimulating

A background image of two young children, a girl and a boy, sitting on the floor and playing with various toys. The girl is on the left, wearing a striped shirt and a bow in her hair, and the boy is on the right, wearing a dark shirt. They are both focused on their play. The image is overlaid with a semi-transparent green filter.

Equity and Social Inclusion through Positive Parenting (ESI PP)

An introduction to our project

What is ESIPP?

- 3 year project running from September 2015-August 2018
- Funded by the European Commission (Erasmus+ Programme)
- 9 funded partner organisations – universities, charities and educators from Croatia, Cyprus, the Former Yugoslav Republic of Macedonia, Belgium and the United Kingdom
- Focus – parent education and training for parents of children on the autism spectrum in 3 south-east European countries where diagnosis and service provision in autism is emergent

ESIPP – Objectives of the partnership

- Develop an **evidence-based model** for delivering parent education in autism
- Develop a **core curriculum** and **locally appropriate training** materials
- Use these materials to **provide** parent education to Croatian, Cypriot and Macedonian families living with autism
- **Evaluate** the **effectiveness** of the materials and the **impact** of the training using quantitative and qualitative data collection and analysis
- **Share the materials** with stakeholders and **make recommendations** to policy- and decision-makers across Europe

A photograph of four children sitting outdoors, blowing bubbles. The image is overlaid with a semi-transparent green filter. The children are of various ethnicities and are all smiling and looking up at the bubbles. The background is a soft-focus green, suggesting foliage.

Why parent education in autism?

Why does parent education in autism matter?

- Effective parent education for families living with autism has been shown to have positive effects:
 - Helps parents to understand their children
 - Helps to reduce stress in the family
 - Improves skills – supports the child's learning, as well as family functioning
 - Improves social, educational and economic outcomes for those with autism and their families
- Early intervention through parent education
 - can reduce need for long term dependence on external support
- Less costly than other models of support
 - Can reduce economic impact as well as improving quality of life and opportunities

Parent education – Benefits and problems

- Range of parent training models in existence
- Some based on specific approaches (e.g. TEACCH, ABA)
- Some more eclectic: e.g. NAS EarlyBird, Spectrum/Reflections (Northants)
- Research shows:
 - Parent training about autism is valued by parents
 - Can reduce parental stress
 - Benefits can be maintained over time
- But...
 - Can be issues about attendance, child care, waiting times, access, distance, intrusiveness
 - Generally based on US/UK models – unavailable in / inappropriate for other settings, such as SE Europe

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What have we done so far?

Developing the curriculum and training materials

Parent education curriculum and materials

- Approx. 12 hour education programme—*Positive Approaches to Autism*
- 6 core modules
 - Introduction to autism
 - Using structure and visual supports
 - Sensory sensitivities
 - Communication
 - Social development and interaction
 - Understanding and managing challenging behaviour
- Also extra modules on specific issues (e.g. eating, sleeping, puberty)



Parent education events



- Five sets of parents being trained 2016-2018 across Croatia, Cyprus and FYR of Macedonia (c.300 in total)
- Local training teams being developed to support sustainability

Parent education events



- Parent education events have comprised
 - Core training curriculum
 - Extra modules on specific issues
 - Lectures
 - Group activities
 - Opportunities for individual consultation

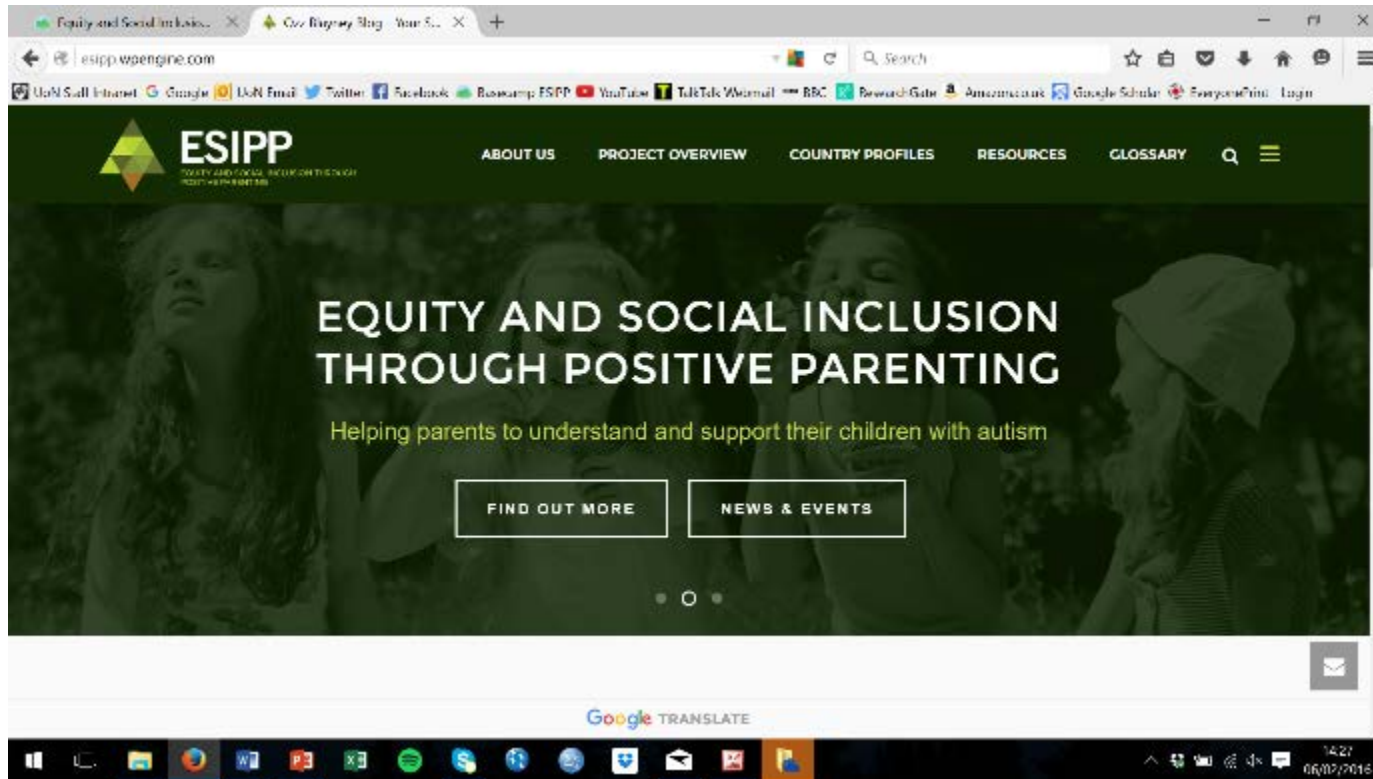
Evaluation

- Collecting data from multiple sources to evaluate the project
 - Pre-training, post-training and follow-up questionnaires to all parents and carers attending training
 - Includes Quality of Life evaluation instrument (*CarerQoL*, Hoefman 2014)
 - Interviews with sample of parents
 - Trainer keeping reflective diaries throughout project
 - Trainer focus groups
 - Document analysis – training materials (different versions)

Evaluation (continued)

- Internal Quality Assurance – e.g. evaluating meetings, conferences, process of the project
- Project Advisory Group
 - Parents, individuals with autism, professionals from Germany, Luxembourg, Netherlands and United Kingdom
- External Project Auditor
- Progress, interim and final reports to and audit by European Commission and UK Erasmus+ national agency
 - funding dependent on successful acceptance of reports

Telling people about ESIPP – website and social media



- Website www.esipp.eu
- Quarterly e-newsletter
 - **PLEASE SUBSCRIBE AND FOLLOW OUR PROJECT**
- Twitter and Facebook
 - @ESIPP_EUROPE 
 - ESIPP project 

Telling people about ESIPP – academic journals



Telling people about ESIPP – conferences and TV



- Conferences in the project countries...plus UK, Ireland, Serbia and Brazil
- TV programmes in the project countries



Telling people about ESIPP

Stakeholder conferences
in:

- Zagreb (March 2017)
- Northampton (June 2017),
- Skopje (November 2017)
- Cyprus (March 2018)



A photograph of four children sitting outdoors, blowing bubbles. The image is overlaid with a semi-transparent green filter. The children are of various ethnicities and are all smiling and enjoying the activity. Bubbles are visible in the air around them.

The rest of the day

What will be happening during the rest of the day

Stakeholder conference

- An opportunity to hear from partners (and parents) from Croatia, Cyprus and the FYR of Macedonia
- A chance to hear some stimulating and helpful speakers
- An opportunity to see and learn about the ESIPP materials
- A chance to network and meet with colleagues and friends – and to develop new relationships

Disclaimer

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