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EXPERIMENT OF FOLLOW-UP PROGRAM AFTER PARENT TRAINING FOR HIGH-FUNCTIONING PERVASIVE DEVELOPMENTAL DISORDER

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Background: We reported the effects of parent-training program (P.T.) for three mother who had the child with PDD in AOTC (2007). Many of participants said that "I did well to manage child while working with P.T., but it is difficult to continue managing by oneself after P.T.". The purpose of this study was to explore the experimental follow-up program for eleven mothers who had the child with PDD after P.T..

Methods: We separate 11 participants into 3 groups. We instructed three representatives how to identify target behaviors and to facilitate group members. Three representatives were requested to support and suggest about target behaviors for group members. Each target behavior were specific activities of daily living such as "Clean the glass", "Fold the pajamas after taking off", "Arrange the shoes", "Start homework at once". This follow-up program was practiced once a week for ten weeks. Before the P.T., two target behaviors were identified for each child, using a Canadian Occupational Performance Measure (COPM).

Results: This method has shown a dramatic improvement between parent/child relationships for almost all participants. After program, COPM score increased 8 point over both performance and satisfaction for 10 participants. The participants developed a better understanding in coping with each other, and most target behaviors achieved satisfying result.

Conclusion: These findings support the further application of follow-up program after P.T. as a part of the services provided to some parents and children with PDD. It is important that we educate in away that parents can help each other.