

Caregivers of children with special needs: the group therapy contributions

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This work was made with a group of visual disabled and hearing impairment people's caregivers, into the Centro de Estudos e Pesquisa em Reabilitação - CEPRE (Center of Studies and Research about Rehabilitation), Faculdade de Ciências Médicas, Universidade de Campinas - Unicamp (Campinas University). The research has the listed goals: 1) Identify the caregiver's reactions about the deficiency's diagnosis; 2) To identify if the caregiver has a time for leisure activities; and 3) Verify what contributions of therapy activities could be directed to the caregiver's group. A descriptive survey with the caregivers of users with deficiency in the CEPRE was made. For data collection, a questionnaire, applied through an interview developed after a explored study, was used. A not probabilistic sample of nine caregivers was composed. Between the results, the feelings pointed by the caregivers, in relation with the diagnosis, were: sadness (66,0%), fear (44,0%) and doubt (44,0%). Most of them (66,0%) told that they have a time for leisure activities. A great part of the interviewed caregivers (66,0%) believes that the group therapy contributes to a experience change, to know about the same problems of them with the others caregivers, and to understand the deficiency. The results obtained was: the feelings of sadness, fear and doubt are the most evident, being that some caregivers had presented a mixture of these feelings; a great part of the interviewed caregivers knows that they need to reserve a time for leisure activities; and the most of them recognizes the importance of the therapy group in order to promote a bigger understanding about the deficiency and its implications through the change of experiences. This makes the performance of the occupational therapist essential to facilitate those experience changes.