

## Exploring the challenges in quality of daily living among mothers of children with autism in Bangladesh

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**Background:** Mothers of children with autism experienced challenges in health and wellbeing compared to other mothers of children with or without disabilities. Mothers' quality of daily living is important to care of children's needs.

**Objective:** This qualitative Ethnographical study aimed to explore mothers' understanding about 'autism' and find out the challenges to perform quality of daily living considering physical, mental, family, and social wellbeing.

**Methodology:** Semi structure open-ended questioners with face to face in-depth interviews were conducted with 10 mothers from three potential organizations in Dhaka city and the data were analyzed by using qualitative content analysis.

**Result:** Mothers have limited understanding about the term, cause, impact and prognosis of 'autism', mothers revealed an imbalanced occupational life and challenges pursuit in between personal care, household responsibilities and assisting in children's daily living functions. Consequently, frequent musculoskeletal disorders, feeling of guilty, frustration and negative social attitudes protest to perform daily activities. However, mothers did not stopover, supports from family members are blessing to have an existence as a member in family.

**Conclusion:** The findings indicate that organizations (rehabilitation and special care) and health professionals working with these families must be supportive with mothers by raising awareness on disability and creating meaningful occupational life to balance in-between occupations, prioritize activities, extending community based care and educational sessions to develop preventive measures in musculoskeletal problems, mental illness and negative attitudes in society.