

**STRESS AND COPING AMONG PARENTS OR
CAREGIVERS RAISING A CHILD WITH AN
AUTISM SPECTRUM DISORDER (ASD)**

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About the Author



Bachelor's
degree in
Social Work



Masters
degree in
Social Work



Began
working with
children with
ASD in 2019



Who I Am

- Fraternal Twin (sister)
- First generational college student
- Hispanic
- Community Activist

Literature Review

- About 1 in 54 children in the United States has a diagnosis of autism spectrum disorder (ASD). It is more common in males than females, and autism can be diagnosed as early as 18 months (Autism Speaks, 2014).
- Parents had fear of the future and have lack of understanding of their child's diagnosis
- Stress, depression, isolation, support from professionals and family/friends



Why parents and caregivers of ASD children?

Understand the struggles, coping skills type of formal and informal support when raising a child with autism and reveal any gaps in services that can be improved for these parents.



Ecological Systems Theory

Microsystem

Home, School, Playground, Daycare, Neighborhood

Mesosystem

School, Work, Neighborhood, Government agencies

Exosystem

Leisure Activity, extended family, friends, professionals

Macrosystem

Culture norms, beliefs, form of behavior, social expectations

Chronosystem

All changes and constancy in the individual's environment over time



Research & Methodology

Participants

Type of Study

Location

My Questions

1

What type of stressors are linked to parents who are raising a child diagnosed with autism spectrum disorder?

2

What coping mechanism(s) if any are parents utilizing when raising a child with ASD?



Themes

- Behavior of the child, Reaction to diagnosis
- Typical day at home, Unmet Needs
- Challenging experiences, Ways of coping
- Formal/Informal support, Seeking Resources
- Setbacks, Overall feelings of child
- Strengths of parents

Quotes of Parents/Caregivers

“Three teachers still check in on him and want pictures of him, and want to know how he’s doing”

“His school allowed him to eat his lunch in an office because he cannot stand the sound or smell of the cafeteria, and they have been incredible”

“I would see a therapist on and off, and would have thirty minutes that I devote to myself each day, read a book, and just escape”

“Being a mother is all I know, so I think that’s my strength. That between my family, the ABA therapist, and everyone that we’ve met through our journey has taught me how to be a mother. It is all I know, and I know that I will never stop fighting for him”

Strength of Study

Insight into the lived experiences of parents raising a child with ASD

Knowledge about Autism

Age of child in study

Limitations



Small
sample

Limited
number of
questions

Voluntary

Location

Why It Matters?



ASSESSMENT
SERVICE
PROVIDERS
SUPPORT
GROUPS
AWARENESS
ADVOCATES



THANK YOU
CCASSC AND
PARTNERS!

Questions?

References

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