

# Strongest Families Neurodevelopmental Program

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## Abstract

The Strongest Families Neurodevelopmental Program's resource page is part of a randomized controlled trial focusing on parents of children with a neurodevelopmental disability. The resource page will function as a tool for parents and caregivers to find information about provincial and federal resources available to them. Through this research, a jurisdictional scan compares services and resources available across Canadian provinces and territories.

## Introduction

The study is part of a joint effort between teams in Halifax and Montreal. It focuses on caregivers' of children with a neurodevelopmental disability. Specifically, the study looks at whether the intervention reduces behaviour and emotional problems in the child, decreases caregiver distress and improves parent efficiency.

The study is a three arm RCT with two experimental groups and a control group. Throughout the study, all three groups will have access to the resource page. In addition to the resource page, depending on the group, parents will also have access to online modules, a chat room and a personal coach. Differences between the groups will then be analyzed and the efficiency of the different components will be investigated.

## Research Question

***How do policies regarding funding and respite services for children with neurodevelopmental disabilities differ by province and territory in Canada?***

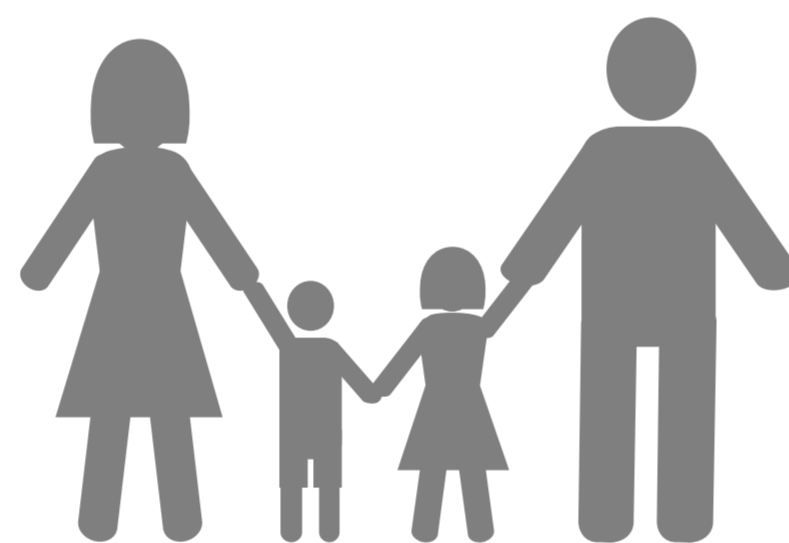
## Methods

### Participants:

Caregivers of children with neurodevelopmental disabilities that have a maximum developmental age of 12 and chronological age of up to 14.

### Measures and Procedures

#### 1. Needs Assessment



Parents were asked what they would want to have on the resource page

#### 2. Data Collection



Online searches were conducted to find available resources in every province and territory

#### 3. Interviews with Specialists



Phone calls with specialists e.g., social workers in every province and territory to validate findings

#### 4. Data Compilation



Summaries of resources across Canada

## Purpose

The resource page will serve as a tool for caregivers who are looking for information about services available for a child with neurodevelopmental disabilities. The objective is to have as much information as possible gathered in one area, in order to make it is easier for caregivers seeking information.

The resource page will be offered to participants of this study and eventually to the general public.

## Results

Interviews with specialists across the country are currently being conducted and data compilation is underway. Primary results indicate that there are major differences between the provinces and territories in the resources they provide caregivers of children with a neurodevelopmental disability.

## Conclusion

The program is expected to produce a reduction in behaviour and emotional problems in the child. A tool in achieving this result could be the resource page. Researching the information for the resource page has allowed to also look at the differences existing between the provinces and territories. Future research could investigate which policies and programs are more effective and efficient in supporting families.