

DREAMS- A Community Advocacy Project to Empower the Mothers of Children with Disabilities

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ABSTRACT

Background

High parental self-efficacy (PSE) positively impacts parenting outcomes for children with disabilities. In Malaysia, mothers play a significant role in caring for children with disabilities. They face challenges in juggling multiple roles and caring for a child's psychosocial development. Parent training programs have been effective in increasing PSE in mothers of children with disabilities (MoCD). We introduce DREAMS as an advocacy project to empower MoCD to navigate their roles in daily life.

Project Details

We aim to equip the MoCD with knowledge and skills in taking care of children with disabilities, raise awareness of the importance of mental health, and provide applicable and beneficial resources for mothers. During this program, participants will be educated on five essential components of caring for children with disabilities. The components are DREAMS, which stands for D-Diagnosis; MoCD have a right to get an accurate diagnosis; RE- Right Education on the diagnosis and tailored therapy; A- Available aid; MoCD need to be informed on available aid offered by government authorities and non-government organisations which include medical, financial & educational aid. M- mental health support: mothers need to care for their mental health and receive adequate mental health support. S- Social connection and support: mothers will be encouraged to seek social networking or support for themselves and their children with disabilities. The program will involve professional experts in children with disabilities, therapists, experienced mothers, government and non-government organisations or institutions.

Expected outcomes

By implementing DREAMS, the PSE among MoCD will be enhanced through the knowledge, understanding and skills delivered throughout this program. We envision this project to significantly empower the MoCD and their families' well-being in the future.

Conclusion

DREAMS is an advocacy program to empower the MoCD, who are the cornerstone of the family in balancing the needs of the children and themselves.

Keywords: empower; mothers; children with disabilities; advocacy; skills



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Biodata:

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Dr Aiza Nur Izdiyar is a lecturer and Family Medicine Specialist at UiTM. With more than 10 years of experience in primary care, she is passionate about preventive healthcare specifically on infectious diseases, child health and community empowerment. She is also a mother of 4, and enjoys raising them.

Dr Hayatul Nawwar Miptah is a lecturer and Internal Medicine Specialist and currently undergoing subspecialty training in Palliative Medicine. Apart from dealing with adult patients with life limiting illnesses, she is also involved in the care of children with disabilities.

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