

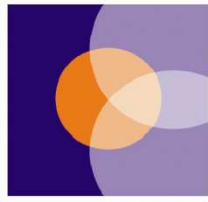


MyTime

The first 4 years—and the next 3



MyTime is a national facilitated peer support program for parents and carers of children with a disability or chronic condition



MyTime

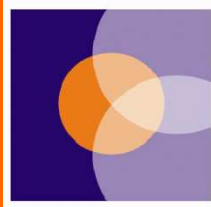
*supporting parents of
children with disabilities*

Anyone eligible for the Carer
(Child) allowance can join a
MyTime group.



Parenting Research Centre

raising children well

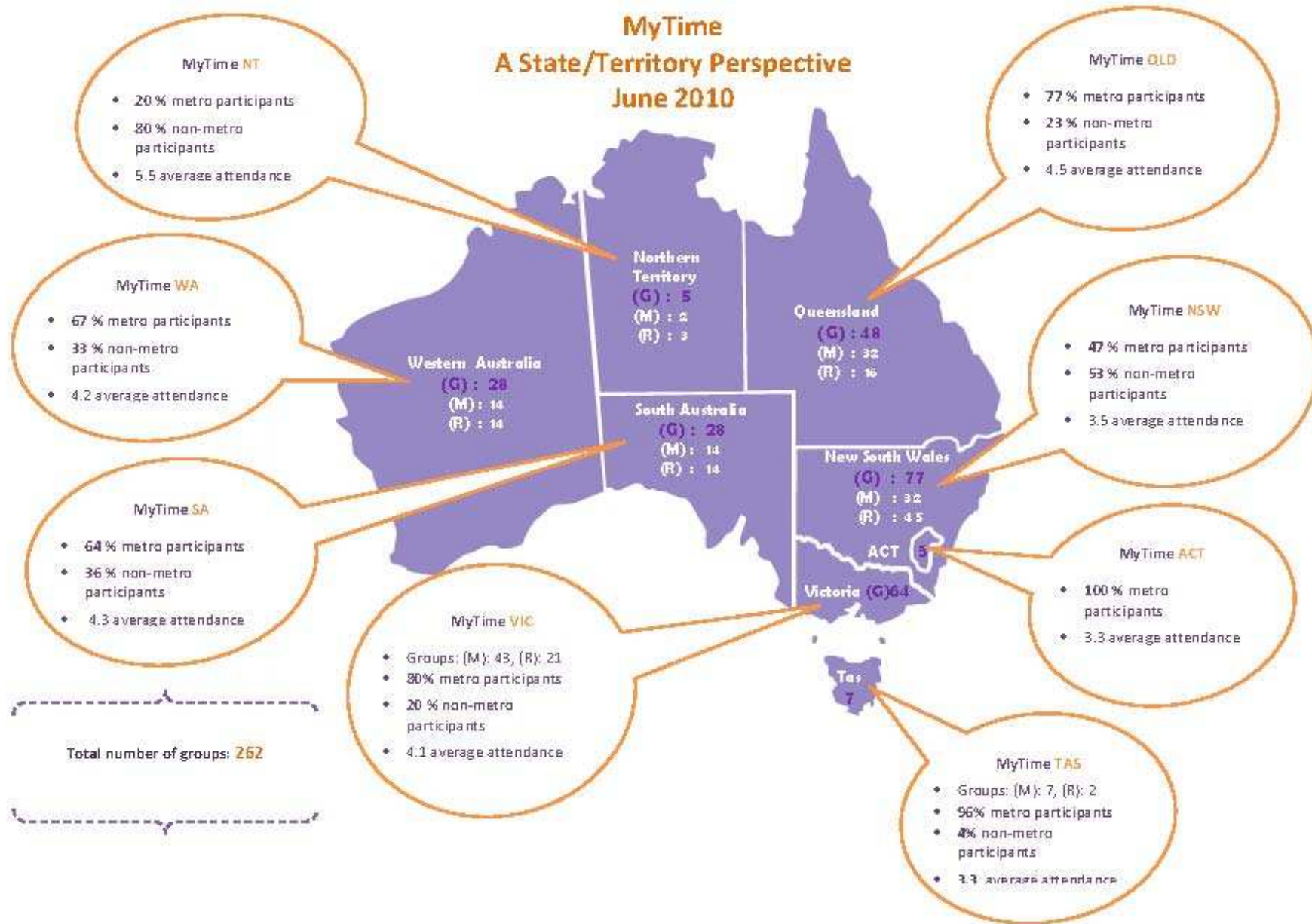


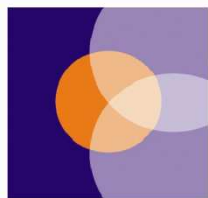
MyTime

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children with disabilities*

**262 MyTime groups
established around the
country**

MyTime A State/Territory Perspective June 2010





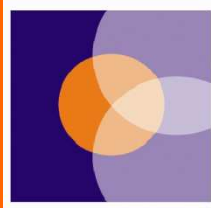
MyTime

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MyTime

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**Over 2500 parents have joined a
MyTime group since 2007**

Who are our members?

Total participants	2520	
Female	95%	
Male	5%	
Indigenous	2% (n = 51)	
CALD	13% (n=339)	
Area of residence	Metro	56%
	Non-metro	44%

Peer support

Peers have shared experience.

A group of people who face a similar stressor convene to share experiences and feelings.

Peers provide validation and mutual aid.

Being part of a group reduces stigma and provides emotional and practical support.

Peers foster a sense of connection.

The group becomes a place where members feel a sense of belonging.

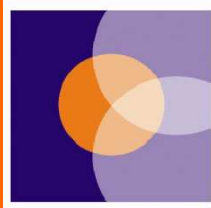
Facilitated peer support

A professional facilitator ensures that:

- The group stays on track
- Everyone feels included
- The group has access to good evidence and local services

Play helpers ensure that:

- Members are free to build connections
- Children engage in developmentally-appropriate activities



MyTime

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MyTime evaluation

Why evaluate?

- Fulfil our reporting requirements to government
 - Monitor group progress and maintain program quality
- Find out more about peer support, how it helps parents and carers, and how best to foster it

What do we want to know?

- Are participants actually receiving peer support?
- What effects does this peer support have?

- Are we achieving our overall aim of improving parent/carer wellbeing?

What do we want to know?

- What are the best ways of engaging parents with the evaluation?
- (and with the program!)

How will we find out what we want to know?

- Group attendance reports
- End-of-term satisfaction surveys
- **Baseline and follow-up surveys**
- Specific questions: by invitation

What the evaluation covers

Demographic and tracking information

Existing social support

Existing family/close friend support

Feelings about caring for a child with special needs

Feelings of upset, anxiety, or stress (wellbeing)

Knowledge of and confidence about being a carer

Baseline

6 months

12 months