

A scoping review of parental roles in rehabilitation interventions for children with developmental delay, disability or long-term health condition

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Why did we do this study?

A child with a disability or health problem may need therapies to help them learn (called rehabilitation intervention).

Parents are an important part of therapy since they know what help their child needs.

We do not know much about the different tasks parents can do to be a part of their child's therapy.

This makes parents feel stressed.

This study wanted to find out about the different roles or tasks parents do to be a part of their child's therapy.

How did we do this study?

1232 studies on parents and therapy were searched.

14 studies explained parent roles and tasks in therapy.

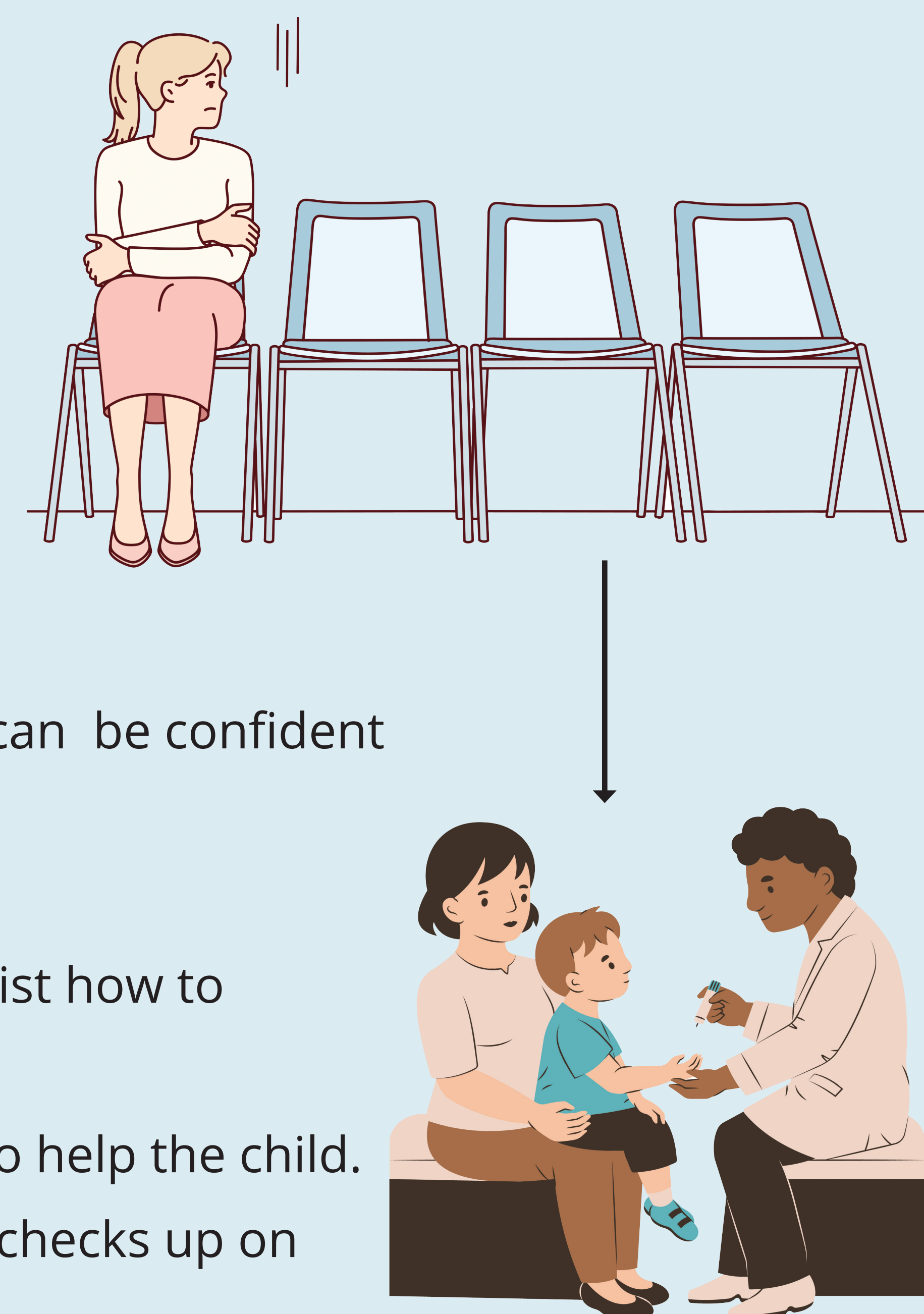


What did we find?

There are 9 different parent roles.

Some roles or tasks are done inside the therapy room and other roles or tasks are done at home.

1. **Bringer:** the parent brings the child to therapy.
2. **Supporter:** the parent helps the child enjoy therapy.
3. **Informer:** the parent shares information with the therapists, teachers and doctors helping the child.
4. **Observer:** the parent watches the therapy to copy activities at home.
5. **Learner:** the therapist helps parents learn skills and information so they can be confident to take part in therapy to help their child.
6. **Implementer:** at home the parent copies activities from the therapist.
7. **Adaptor:** the parent makes up new home activities and shows the therapist how to do new activities.
8. **Collaborative Decision-Maker:** the parent and therapist work together to help the child.
9. **Advocate:** the parent makes sure their child gets the help they need and checks up on therapists.



What does this mean?

Knowing these roles is important so that therapists can help parents be a part of therapy.

When they know what tasks to do, parents will be less stressed.



What can we do to help?

Help parents learn new skills and information and feel confident to be a part of their child's therapy.

