

Thank you for supporting this study!

Care-Giving Time and
Mother's Well-Being Study

Results



Dear parent,

Thank you very much for your help with the Care-Giving Time and Mother's Well-being study. This booklet describes some of the early results of the study. Further results will be published in appropriate journals, and the results will be used to advocate for better services for families with children with disabilities.

I wish you all the best in the future.

Many Thanks,



Michael Sawyer

If the work of unpaid carers were to be replaced by paid carers it would cost Australia approximately \$30.5 billion. Furthermore, 62% of current health and community sector resources would be needed to replace the work performed by unpaid carers in Australia.

(Access Economics, 2005)

Support Telephone Numbers

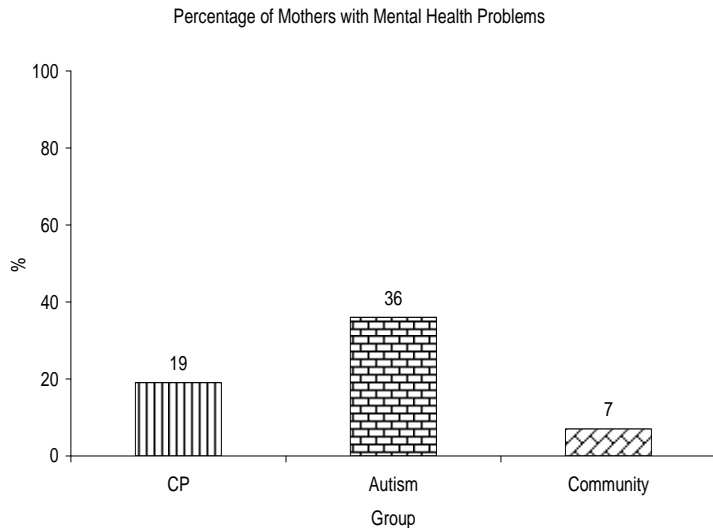
Autism S.A (Info Line)
1300 288 476

Carer Advisory and Counselling Service Freecall
1800 242 636

Novita Children's Services
8243 8243

Mental Health of Mothers with Children with Cerebral Palsy or Autism

A study questionnaire found that mothers of children with autism reported greater problems with their mental health than mothers of children with cerebral palsy (CP) and mothers of children with no major disabilities. Furthermore, mothers of children with cerebral palsy reported greater problems with their mental health than mothers of children with no disabilities.



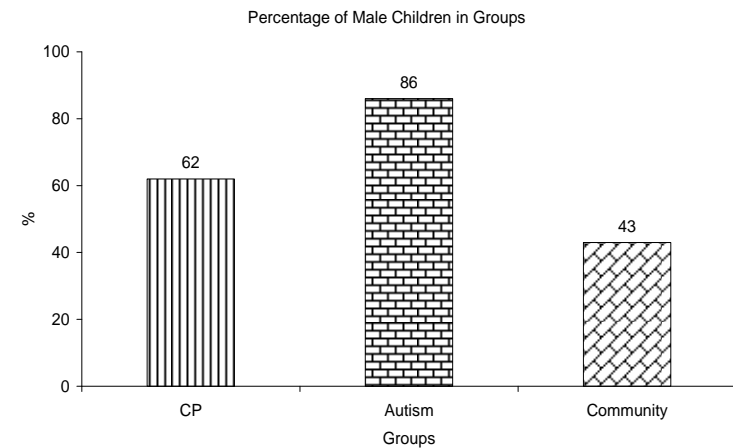
Study Participants

Table 1.

Age of Children in Study

	CP	Autism	Community
Average Age (years)	10.3	9.1	9.7

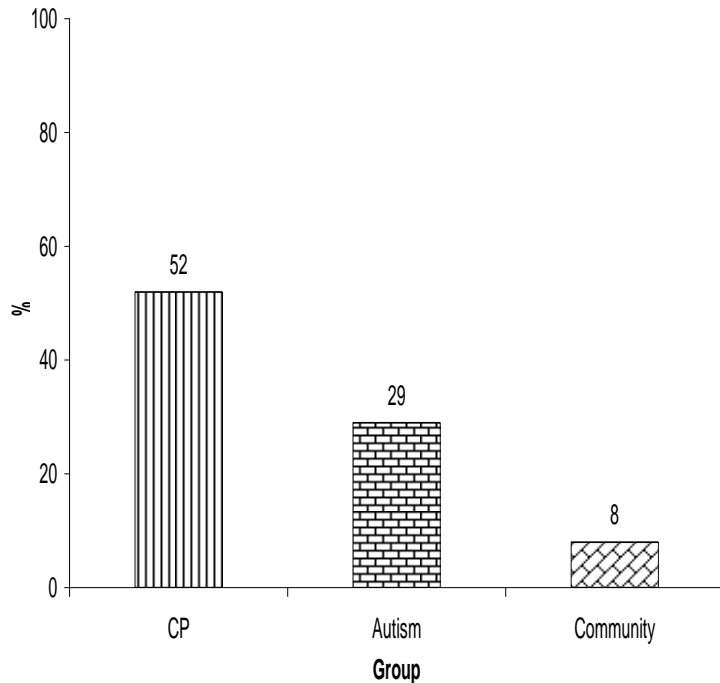
The figure below illustrates that there was a greater percentage of males in both the autism and cerebral palsy (CP) groups when compared to the community group. This difference is a function of autism and cerebral palsy being diagnosed in boys more often than girls.



Study Participants

The figure below shows that children with cerebral palsy (CP) were more likely to have other illnesses when compared to children with autism and children in the community.

Percentage of Children with Other Illnesses Apart from CP or Autism

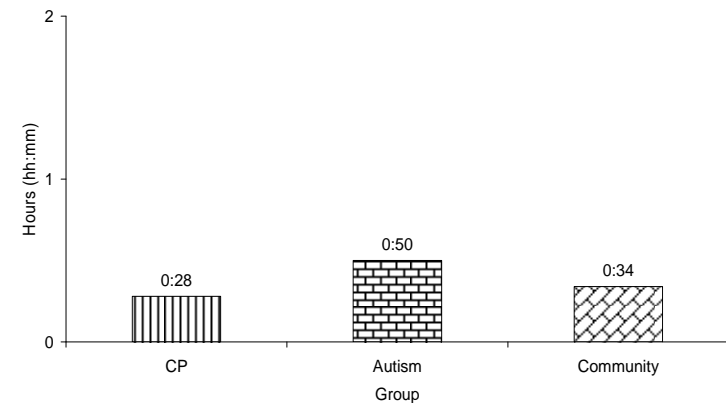


Time Spent by Mothers on Non-Physical Childcare Activities

Non-Physical Childcare: Helping child to do things or showing them how, helping with homework, directions about household chores, and settling disputes

The figure below shows that, mothers of children with autism spent more time on non-physical childcare than mothers of children with cerebral palsy (CP) and mothers of children without these disabilities. Furthermore, mothers of children without disabilities spent more time on non-physical childcare than mothers of children with cerebral palsy.

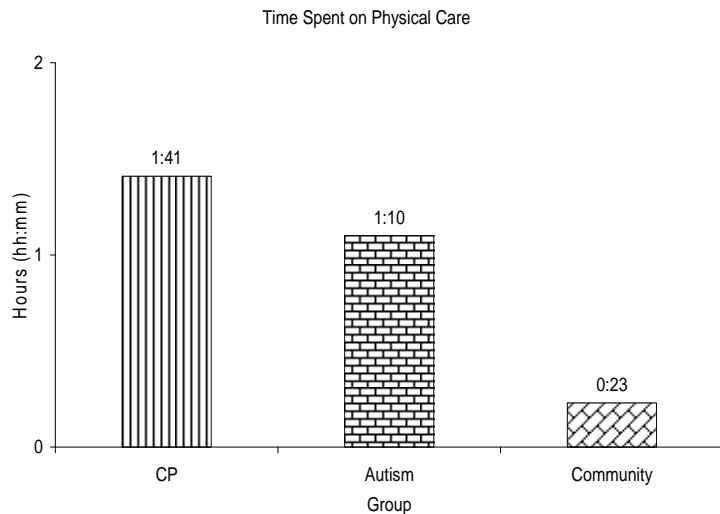
Time Spent on Non-Physical Childcare Activities



Time Spent by Mothers on Physical Care Activities

Physical Care: Dressing, waking up, putting to sleep, cleaning teeth, bathing, brushing hair, first aid, or supervision of these activities

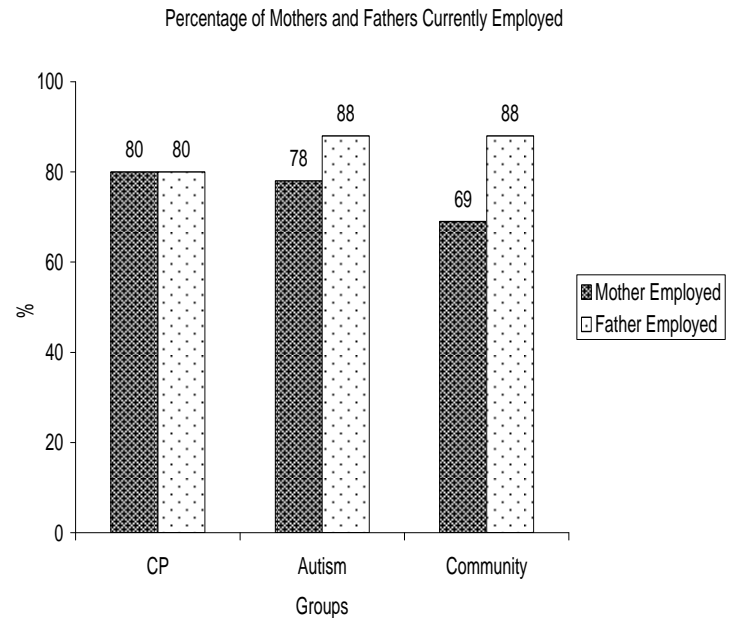
The figure below shows that, mothers of children with cerebral palsy (CP) and autism spent more time physically caring for their children than mothers of children without these disabilities. Mothers of children with cerebral palsy spent more time physically caring for their children than mothers of children with autism.



Study Participants

The figure below illustrates that there was a greater percentage of *mothers* currently employed in both the cerebral palsy (CP) and autism groups compared to the community.

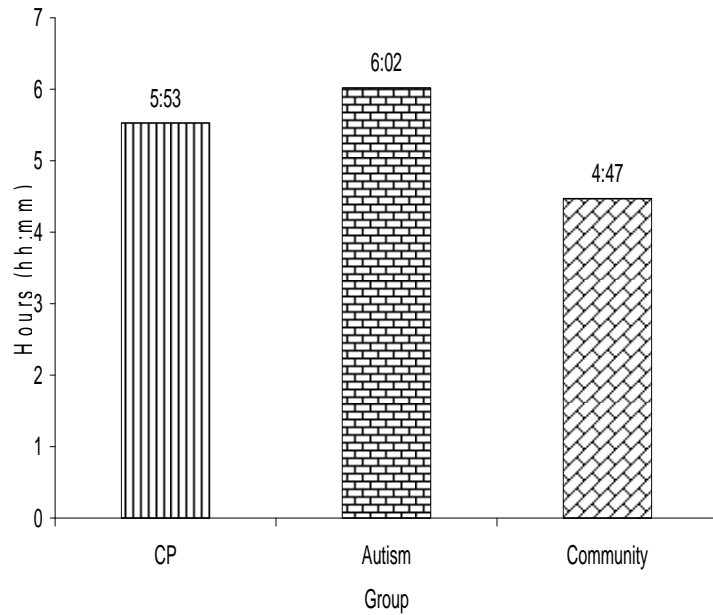
There were more *fathers* currently employed in the autism and community groups compared to the cerebral palsy group.



Child

The figure below shows that, on weekdays, mothers of children with autism spent more care-giving time than mothers of children with cerebral palsy (CP) and mothers of children without major disabilities.

Parental Time Spent in Activities with Child during Weekdays



Time Spent by Mothers on Activities for their Child

The figure below shows that, on weekends, mothers of children with cerebral palsy (CP) spent more care-giving time than mothers of children with autism and mothers of children without major disabilities.

Parental Time Spent in Activities with Child during Weekend

