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Life designing with intellectual disability: domain-specific goals and determinants in adolescents and young adults with intellectual disabilities

T.M. Sgaramella

Department of Philosophy, Sociology, Education and Applied Psychology
University Center for Disability, Rehabilitation and Inclusion
University of Padova, Italy

Aim: Current times require individuals to deal with several uncertainties when designing their future. This poses additional challenges to individuals experiencing disability in everyday life. The aim of our study was to describe life designing profiles by analyzing dimensions of future time processing and life goals. **Method:** Forty-six adolescents and young adults with mild to moderate intellectual disability (ID), age ranging from 14 to 40 and comparable for disability severity, were involved. They were given an interview concerning processing of short and long term future time intervals, and future goals (such as work and family hopes). Statistical analyses were conducted on the number of goals across life domains, on dimensions of future goals and future time processing in the two groups. **Results:** The number of goals differed across life domains; time processing ability was variable and, more specifically than age, influenced the ability to set, analyze and describe future goals. Confidence and positive attitudes toward the possibility to realize work goals were limited. **Conclusion:** These dimensions are relevant components in future life construction of young adults with ID. They should be systematically addressed in order to decide specific targets of actions, such as interventions on time processing and/or goal definition and construction.

Future time perspective in parents of children and adults with intellectual disability: the role of future planning and quality of life dimensions

T.M. Sgaramella, L. Ferrari

Department of Philosophy, Sociology, Education and Applied Psychology
University Center for Disability, Rehabilitation and Inclusion
University of Padova, Italy

Aim: The aim of the present work was to examine future time perspective in parents who take care of a family member with a disability and its role on quality of life experienced. **Method:** Fifty parents of children or adults with chronic, lifelong disability were interviewed. The Long-Term Personal Direction Scale (Wessman, 1973), the Achievability of Future Goals Scale (Wessman, 1973) and PROSPERA (Soresi, et al., 2012) were used to address these issues. All study participants were also given the Quality of Life Questionnaire (Soresi and Nota, 2007). **Results:** Statistical analyses showed that parents of children with intellectual disabilities (ID)

exhibited more marked difficulties in setting goals and in planning strategies for achieving them in the long term; they showed instead a higher sense of achievability of future goals. On the other hand, quality of life experienced by parents of adults with ID was differentially related to their future time perspective profile. **Conclusion:** Length of care, transitions expected in the near future and uncertainty about personal life duration may differently influence dimensions of future time perspective and quality of life experienced by parents of persons with disabilities as a function of their sons' age thus suggesting different support needs.

Hope, optimism and resilience in a group of parents of children with disability

S. Santilli, L. Nota, S. Soresi and MC Ginevra

Department of Philosophy, Sociology, Education and Applied Psychology

University Center for Disability, Rehabilitation and Inclusion

University of Padova, Italy

Aim: The purpose of this study is to assess the moderating role of type of disability of the children in the relationship between hope, optimism and resilience and perceived life satisfaction of parents. **Method:** This study involved a snowball sample consisting of 50 parents of children with Down syndrome and 50 parents of children with autism spectrum disorder (ASD). Parents of children with ASD or Down syndrome were recruited through associations, social services and schools. Each participant filled out the Hope Scale (Snyder, et al., 1991), Life Orientation Test-Revised (LOT-R; Scheier et al., 1994), Design My Future (Soresi, Nota, Ferrari & Sgaramella, 2012), and Satisfaction with Life (Diner, et al., 1985), designed to assess their levels of hope, optimism, resilience and life satisfaction. To test moderation effects in the structural equation model, we used the procedure suggested by Little et al. (2006). **Results:** The results reveal that the type of disability moderates the relationship between hope, optimism, resilience and life satisfaction of parents. **Conclusion:** These results have important implications for practice and underscore the need to support parents of children with disability to improve their level of hope, optimism and resilience.