

## WELCOME TO Faculty of Psychology and Educational Sciences

*A warm welcome to the website of the Faculty of Psychology and Educational Sciences. The mission of our faculty is to provide academic education, to conduct innovative research and to offer scientific and societal services in the fields of psychology and educational sciences.*

WELCOME BY THE DEAN



# Magenta



**WORKSHOPS FOR PARENTS OF  
CHILDREN WITH SPECIAL NEEDS**

**BY PARENTS - EXPERTS BY EXPERIENCE**

**PARENTING AND SPECIAL EDUCATION  
RESEARCH UNIT**

**RESEARCH TEAMS  
AUTISM  
PIMD  
FAMILIES**

# Family Quality of Life

- Perspective of the family members on the quality of life
- Fulfilment of individual needs and wishes of each family member

AND

Quality of Family life as a whole

- Dynamic system
- Several dimensions

• Brown, Isaacs et al. (2007)

- health
- finances
- family relationships
- support from other people
- support from disability-related services
- influence of values
- careers and planning for careers
- leisure and recreation
- community interaction

# Triathlon

Partnership with EPIONI

**ESF**  
INVESTEERT IN  
JOUW TOEKOMST



**Europese Unie**



**Vlaanderen**  
is werk

Call 481  
Project 9603

# 3 Tracks Triathlon project

1. Policy oriented research: combining informal care and work  
(Liesbeth Op de Beeck)
2. Support of informal carers in combining work and care
3. Support of parents (transition of their child to adulthood)

**The 10 steps towards carer-friendly societies across Europe**

**Step 9: Prevent Carers' poverty and allow them to maintain an active professional/educational life**



# Combining care and work

- Which **bottlenecks** do informal carers experience in relation to the combination of informal care and work?
- Which **support factors** do informal carers experience in relation to the combination of informal care and work?
- What are the **pivotal moments** in the life of an informal carer regarding the combination of informal care and work?
- What **suggestions for improvement** can be formulated regarding the combination of informal care and work?

# Research method

- Focusgroups (5)
- In depth interviews (10)

Informal carers  
working  
jobseeking  
professionally inactive

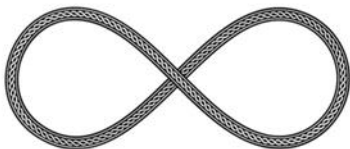
# Results

## the voice of informal carers



Policy recommendations

Starting points for action



It is an infinite challenge

1. An **integrated policy vision** with equal appreciation of work and informal care
2. The right to make own **choices** (lack of appropriate professional care)
3. **Tailored support** to enable work/care combination  
(e.g. re-entering labour market: jobcoaching + care coaching)
4. Adjustment of **leave systems**
5. Role of **employers**
6. **Perception beyond stereotypes** (informal carer – combi with work)
7. The **broader scope** of the informal care role  
(direct support <> coördination, invisible tasks,...)
8. **Fragile balance** between bearing capacity and burden borne  
(e.g. waves in necessary care and impact on combining with work)





Let's continue to inspire each other

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