Participation by Children with CP and Quality of Life of their Caregivers
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INTRODUCTION

Purpose of the Study: To determine if participation in recreational activities by children with cerebral palsy is associated with caregiver quality of life.

Caregivers (CG) of children with CP
- are more likely to experience psychological and physical symptoms compared with CG of children without disabilities.
- often have unmet psychological needs despite the number of services they receive to address child and family needs.
- may relate quality of life to perceived social support, stress management, self perception, sense of mastery, and self esteem.

RESULTS

• Caregiver psychological health
- Purpose of the Study: To determine if participation in recreational activities by children with cerebral palsy is associated with caregiver quality of life.
- Diversity was moderately correlated with both participation intensity, r(30)=.39, p<.05, and enjoyment, r(30)=.44, p<.05, of activities. A moderate correlation was also found between psychological health and enjoyment, r(30)=.41, p<.05.

Correlations across quality of life and participation measures

<table>
<thead>
<tr>
<th>Diversity</th>
<th>Intensity</th>
<th>Whom</th>
<th>Where</th>
<th>Enjoy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social</td>
<td>Psych</td>
<td>Physical</td>
<td>Environment</td>
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<td>.20</td>
<td>.01</td>
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<td>.23</td>
<td>.12</td>
<td>.18</td>
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<td>.11</td>
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<td>.30</td>
<td>.41*</td>
<td>.28</td>
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Three statistically significant relationships greater than or equal to .39. (N=16; 1-3 visits per dyad; Total observations = 30)

- Using the Spearman’s rank correlation approach across the correlations, p<.05 was required for significance.

Correlation between Constructs of Caregiver Quality of Life & Child Enjoyment of Activities

Caregivers’ environment was most likely to have a significant relationship with participation measures. Environment was moderately correlated with both participation intensity, r(30)=.39, p<.05, and enjoyment, r(30)=.44, p<.05, of activities. A moderate correlation was also found between psychological health and enjoyment, r(30)=.41, p<.05.

- Physical health
- Psychological health
- Social relationships
- Environment

Conclusions & Implications

• Caregiver psychological health was significantly related to reports of the child’s enjoyment of activities.
• Environment (as a component of caregiver quality of life) may play a role in both intensity and enjoyment of a child’s participation in recreational activities.
• Occupational therapists need to consider potential environmental barriers to participation in recreational activities for a child with CP.
• Interventions should involve the whole family and address issues affecting quality of life for both the caregiver and the child in order to promote greater participation (e.g., access to transportation, financial resources, home living environment).
• In future research, qualitative interviews would further enhance our understanding of the connections between QOL and participation and promote effective interventions and outcomes.

Acknowledgments

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