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# How Families' Lifestyles are Impacted When There is a Child or Parent with a Cognitive Disability

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# Impact on Lifestyle of Families with a Child or Parent with a Cognitive Disability

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## Research Question

How does having a child or parent with a cognitive disability impact a family's' lifestyle and involvement based on influence in this family member's life?

## Literature Review

- ❖ According to Wright (2006) a *whole-system approach* that includes culture, practice, structure and review is imperative to a positive participation in the lifestyle of the family member with a disability.
- ❖ In order to create a consistent lifestyle for a family member with a disability, the parent-child interactions and child development should include social support, family strength, help-giving practices and functioning (Trivette, 2010).
- ❖ If the parent is the one who is disabled in the family, it creates a struggle for them to guide their children to a positive lifestyle and they typically loose their child (Azar, Maggi, & Proctor, 2013).
- ❖ Advancements in technology have taken away the face to face communication between family members while lessons are enhanced through technology (Palmer, 2012).

## Literature Analysis

- ❖ Depending on the role that the family member with a disability plays in the family and the level of participation the family lifestyle can vary.
- ❖ The levels of impact and effectiveness are based on how much interaction the families have with each other and the parenting styles that are provided to the family member with disability.
- ❖ Even when there are limitations to families creating a positive lifestyles, when the families are more involved, they still try to create a way of life for their loved ones.
- ❖ Parents with disabilities have a hard time being involved in the family and sometimes loose custody of their children.
- ❖ When the child is the one with a disability, the divorce rates increase because of the stress and lack of knowledge about the disability that affect the relationship.

## Methodology

- ❖ A conceptual framework was created to examine impact and effectiveness on the families' lives based on levels of involvement.
- ❖ Analysis consisted of not only successful ways for these families but the limitations that these families have experienced.

## Conclusion

- ❖ There must be an emphasis on individuals with disability and how their family's' lifestyle is structured.
- ❖ It is important to include what role the family member with the disability plays and how the family views this role.
- ❖ Further research is needed to determine which support strategies are effective for these families to have a positive lifestyle.