

# *Velkommen / Welcome*



<https://www.youtube.com/watch?v=TT9QMfefg0E>





## Fredensborg:

Granbohus headquarter

- ❖ 24 hours service - children
- ❖ Granbo Tour
- ❖ Personal assistants
- ❖ Family assistants
- ❖ Hometraining



## Jægerspris:

24 hours services

- ❖ Autisme / Asperger
- ❖ ADHD / PDA
- ❖ Youngsters
- ❖ Grown-ups



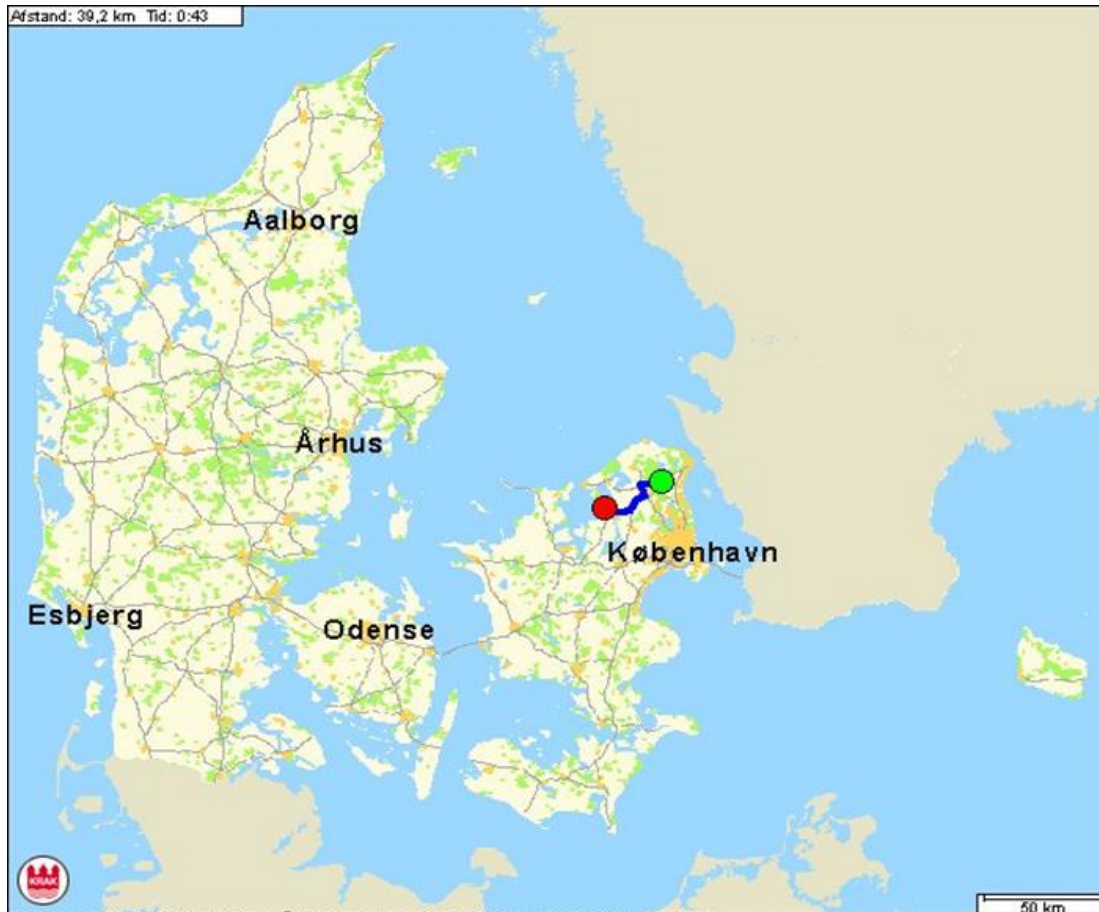
# Organizational frame



A respite care or short break center political and organizational placed in the municipality of Fredensborg



Afstand: 39,2 km Tid: 0:43



© Kraks Forlag AS © D.A.V. Kortet må ikke efterges uden skriftlig tilladelse fra Kraks Forlag AS.





## Danish social law:

- ❖ Prevents premature institutional care and thereby ensuring that children with disability can remain at home as long as it is appropriate.
- ❖ Ensures that all family's has the right to live a life as close to the normal as possible.

# *“An ideal welfare model?”*

*WE TAKE THE MONEY FROM THE OLD, THE  
DISABELD*

*AND THE POUR PEOPLE, CUT DOWN THE  
EDUCATIONS*

*AND GIVING THE MONEY TO THE WEALTHY  
PEOPLE AS TAX RELIEFS*

*THE DANISH WELFARE MODEL*

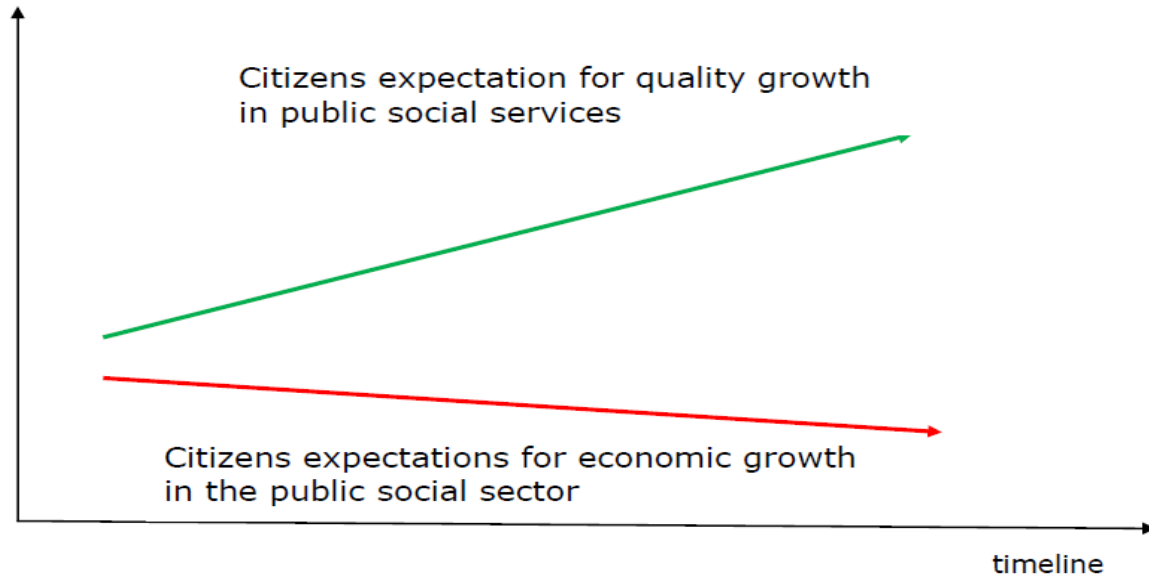
*EVERYONE IT TALKING ABOUT - WHAT' IS IT?*



Cartoonist, Roald Als



# *Challenge in the social welfare model*





# Short break center for "families" with children and youngsters with disabilities

## *Old school*

A Breathing Space for the families  
- in the center

## *New School*

Coping - the art of *Parenting*  
- focus on families resilience









# Central points for positive effects and well-being in families

- Identification of stressors in the family
- Identifying goals and desired effect of efforts - *"Parents coping" – individual needs*
- Professional suggestions on how to work together, supports and strengthens the parent's responsibility and family relation.

# The danish social law

- The universal welfare model - a principle of normalization
- The welfare system must ensure the necessary support to enable people to live as normally as possible
- Focus: Homesupport and Short break

## Negative effects

- Families participate in a "*weakness competition*" with the system.
- Parents become stressed and frustrated when they encounter system
- The system has no tradition to teach the parents how they handle parenthood



Changes in the social policy paradigm

- shift in the professional mental assumption

This shift in paradigm need to open the political window for a new social reform in Denmark

## First step (new parents)



### Parent coping - Parent resilience

*“Premature measure” - “premature effort”*

Coaching the new family's strategies

Support in the new family's – skills

Provide focus groups - network and social relations



# Parents coping strategies

How parents face their challenges  
and

How parents realize there challenges



# Such as....



Parents creates mental energy

- by seeking information about diagnoses

Parents focusing on child development

- instead of limitations

Parents get mental energy through solving problems or physical training

# Danish studies have identified 9 copin strategies

- Emotional bonding
- Social relations
- Mental breathing space
- Make sense
- Fabricate benefits
- Personal existential beliefs
- Take action
- Normalization
- Keep up hope



# Step 1



- The professional courage to go into families' lives and their parenting
- Hometraining is very early individual measure for new parents (??)
- Professional goal of evidence-based effects and a clear purpose for the child and family

# Step 2



*”Maintain the familyship”*

- Support or underpin to the mature family by offering Short Break services\*:

-

Temporary stay – Weekend-Tours – Activity camps

*\* by parent groups – Family activities*

-

Brother and Sister focusgroups – social activities

# Step 3



## ”Free from Parents”

- Family support with focus on the youngsters and young adults - ”cut the umbilical cord” to the parent’s
- Short breaks by: Camps – Tours – leisure activities

”Training – Moving out of home”

Thank you for your attention

