

# Action plan of

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2009



# Name of organization

Early stimulation programme  
Ministry of labour and social  
security



# Name of project Parent Support Group

“I can”



# Background

- Portland is one of the rural parishes in Jamaica. It is 72 miles away from the capital (Kingston). The child development officers from the early stimulation programme visit over 70 families in this area. Among these families there is a high incident of depressed parent of children with disabilities. These parents are finding it hard to cope.
- Its believed that when parents are happy, the children will be healthy and happy, however when parents are depressed their children are not taken care of properly and this can lead to other problems.
- In Kingston there is a support group that has been helping parent in that area. Due to the distance, the parents in the rural area are unable to benefit.
- From training I have received in intellectual disability in community activities, I would like to extend the project to the rural area, so parent in this area can benefit.



# Target population/Area

- 25 Parents of children with intellectual disabilities
- In the rural area of Buff bay Portland



# Long Term Goals

Having happy families without depression among parents of children with intellectual disability.



# Short term goals

- Having parents that will enhance the support of each other.



# Time frame/Activities

- Aug-Sept : Notify the relevant authority to get approval
- Sept- Oct :Visit Portland to allocate past parents to participates involvement of depress parents
- Oct-Nov :Prepare place for meeting
- Nov : Commence project





# Activities continue

- Meetings
- Motivational talks
- Social events
- Work shops



# Resources

- Persons within organization
- Parent with success story
- Past parent of programme
- Depress parents
- Printed materials



# Responsible persons

- Director of Organization
- Facilitator
- Counselor
- Social workers



# Monitoring activity

- The Director of the organization will monitor the activity by the way of reports.



# Killer assumption

## Threats

- Getting parents to attend meeting
- Unwillingness of Parents to speak out

## Overcome

- Visit home and talk with them
- One on one counseling



# Sustainability

- Parents playing a major role in this project
- Involvement of parents in planning of activities
- Parents taking control of project after 3 years



# Documentation

- All meeting
- Attendance
- Progress
- Reviews
- Schedules
- Evaluation

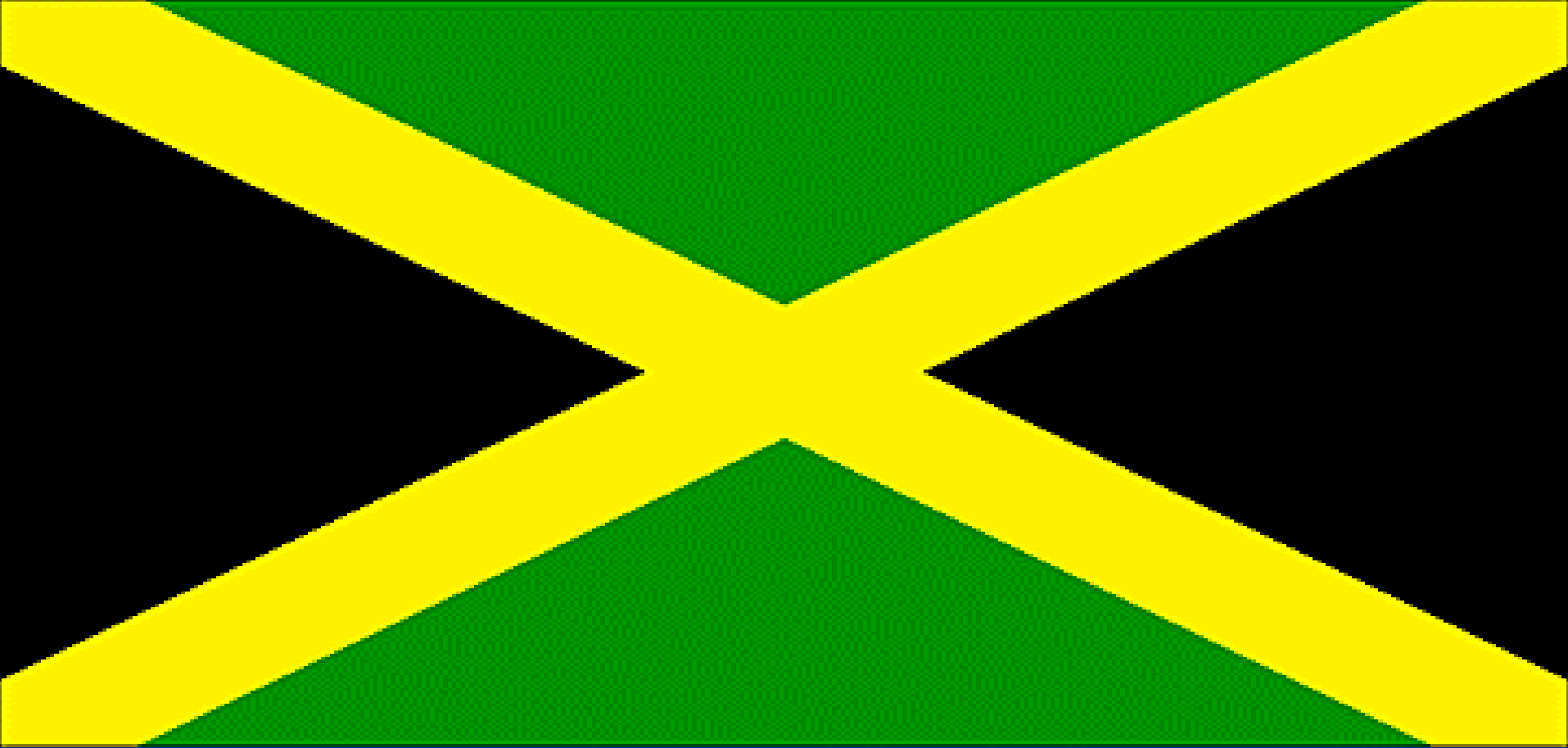


# Evaluation

- Evaluation will be done by way of interview before and after project
- Parents :once per year
- Project : once per year







Thank you

