

V International Congress Health Promotion Universities **BRA-22062011-AUTI**

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A little bit of background history - I

- Bancroft – 1989/1991
- JICA/Tokyo - 1995 ; JICA/Cambodia – 2005
- JICA/GTID – 2006/2007
- JICA/Tokyo – 2008/ “Above the Waves”
- Vancouver/Ashoka – 2009/ Stony Brook
- “Very Special Women Network” begins in 2010 / Educateur Institute & Criart & CCAP Network
- The Women network at Fiocruz/VPAAAPS in Manguinhos’ area (Rio de Janeiro)



A little bit of background history - II

- "Multi Site Study on Depression of Mothers of the children with intellectual disabilities and/or autism" (Brazil/RJ + Colombia/Bogota + Thailand/Bangkok + Malaysia/Kuala Lumpur) – in 2006
- Making "Above the Waves" videotape
- At the V International Congress at Costa Rica – sharing our video and the network progress

Above the Waves – how the video came about

- Research results in Tokyo – data analysis and the strength of interviewee's narrations came alive in 2007
- The proposal of a multi-cultural video could reveal what families with persons with disabilities and/or autism go through

Why the video, why the network ?

- Many research narratives have shown us how important was to have someone to talk to, about everyday problems while parenting persons with disabilities and/or autism
- This could be achieved through peers-mentoring support groups
- Sharing experiences with someone who knows exactly where they are coming from

Why the "Above the Waves" video?

- A Swedish research, by Olson and Hwang, revealed "mothers with children with autism had higher depression scores than mothers of children with ID without autism, who in turn, had higher depression scores than fathers of children with autism."
- Many countries lack of social and/or medical services to provide care for them when needed
- Some ethno-psychiatry approaches (Community Therapy) shows that sharing experiences among peers can help overcome common issues



The social networking

- Empowerment and self-advocacy workshops in RIO help parents (mostly mothers) operate as a self-helpers, a support-group networking strategy in places where specialized professionals aren't available (with JICA support)
- Portuguese version of JICA video
- A documentary ("A very special day")
- TYZE – new ties with other women network around the globe (Canada/PLAN for the Life Time and)

Final remarks

- I'd love to have mothers in Congress speaking for themselves
- However, since they don't have, at the moment, financial support to do that, let's watch some brief excerpts from "Above the Waves"
- This is not a video to raise awareness but a tool to gather social support for their cause: after all, taking care (about themselves) is about health promotion

Many thank's to you all

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