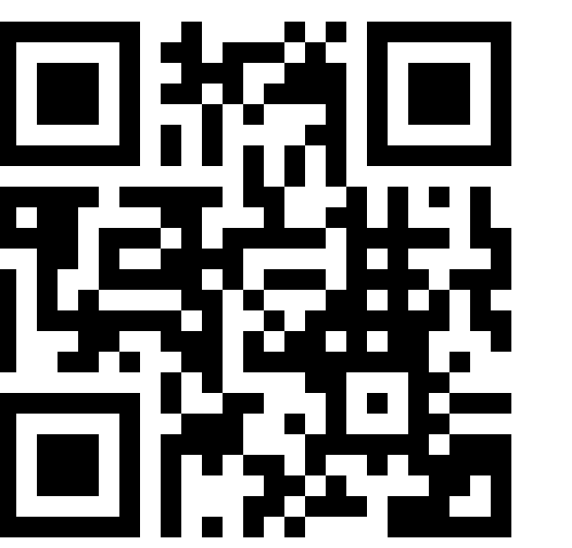


# Perception of parents of adults with autism spectrum disorder regarding their quality of life and that of their child

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## Background

Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder that affects the quality of life of parents, through the special needs of the child, the level of help required and the severity of symptoms. Similarly, ASD also affects the quality of life of the person with the disorder. Since most adults with ASD remain dependent on others to meet their needs, their quality of life depends on the people who provide support.

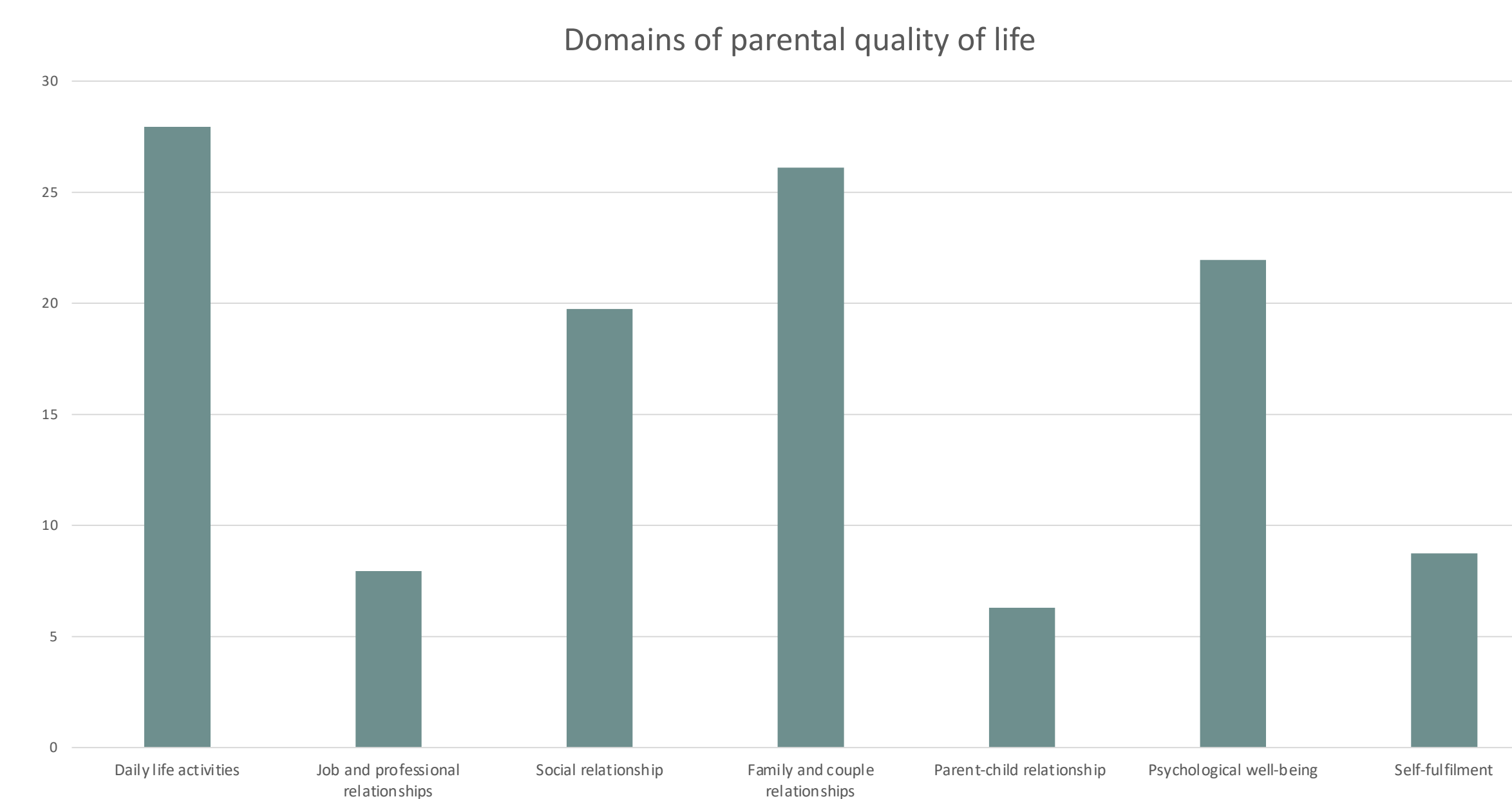
## Objective

The objective of this study is to analyze how parents of adults with ASD perceive their quality of life and that of their adult child.

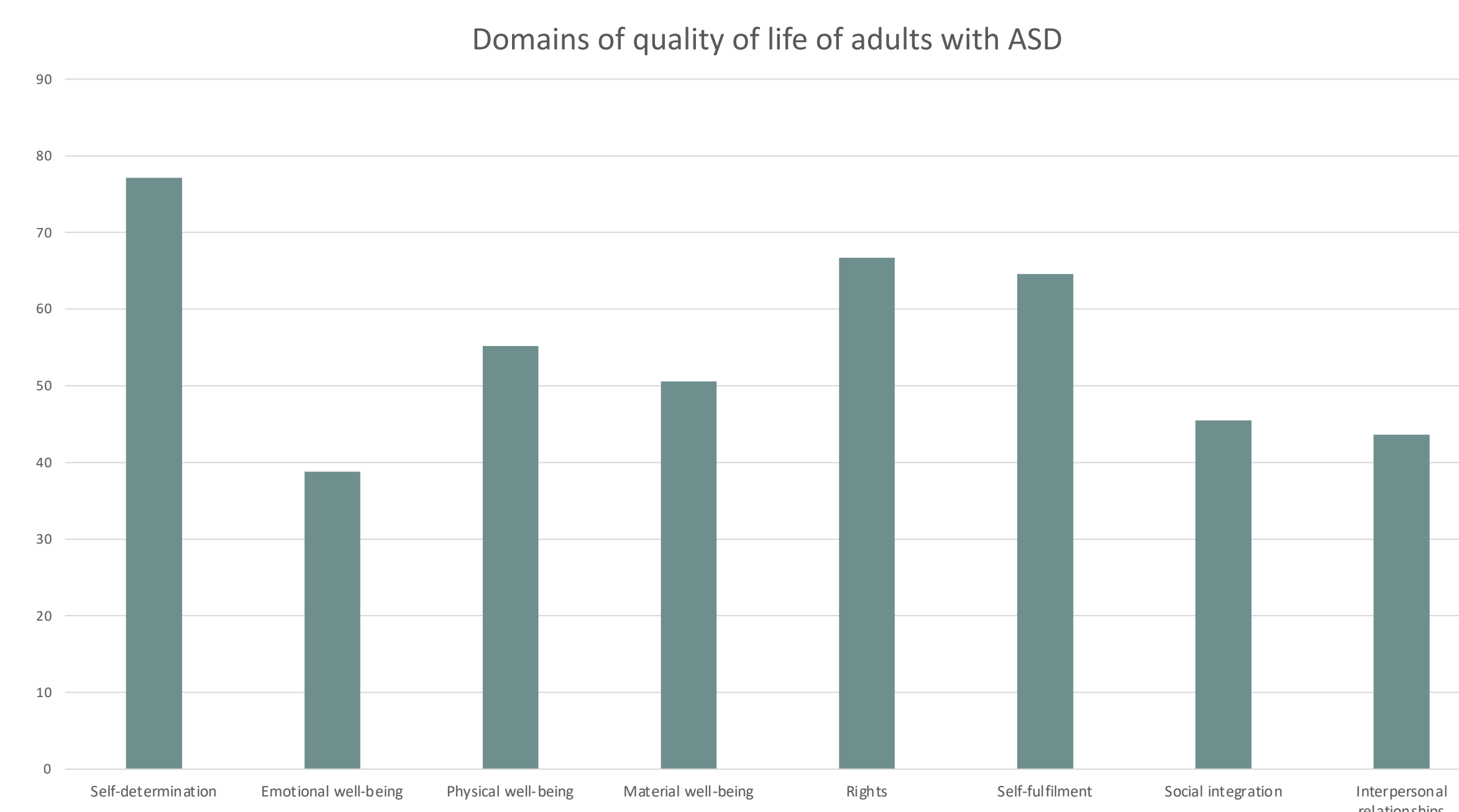
## Method

The sample is composed of 20 parent-child dyads with ASD. The parents are mostly mothers and are on average 55 years old. Adult children are mostly men and are on average 24 years old. A socio-demographic questionnaire as well as two questionnaires, namely the *Scale of quality of life for parents of a child with ASD* (Cappe, 2009) and the *Scale San Martin – Evaluation of the quality of life of people with significant impairments* (Verdugo et al., 2014), were completed by the parents.

## Results



Parents perceive that their child's ASD diagnosis affects more significantly their daily activities as well as their family and couple relationships. Conversely, the diagnosis of ASD has little impact on their relationship with their child with ASD, their professional relationships and their personal growth.



Parents positively assess self-determination and access to rights in their child. Conversely, they judge their emotional well-being and their interpersonal relationships to be less. Parents perceive their overall quality of life ( $M = 116.14$ ,  $Min. = 0$ ,  $Max. = 297$ ) and that of their child ( $M = 54.21$ ,  $Min. = 0$ ,  $Max. = 100$ ) to be around the average.

## Method

The first questionnaire focuses on the impacts of the ASD diagnosis on seven aspects of the parents' quality of life: daily activities, professional relationships, social relationships, family and couple relationships, the relationship with the child with ASD, psychological well-being and personal development. The second questionnaire assesses the quality of life of adults with significant disabilities according to eight quality of life components: self-determination, emotional well-being, physical well-being, material well-being, rights, personal development, social integration and interpersonal relationships.

## Conclusion

Parents of adult children with ASD experience the same challenges as other families, plus the daily burden of care required by their child. Over the years, these parents learn to deal with the different needs of their child. It is interesting to note that in adulthood, their child's ASD diagnosis does not lead to more impacts on their overall quality of life. Similarly, parents seem well equipped to meet the needs of their adult child in the various areas of his quality of life.

## References

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