

FAMILY 101 PLUS

Empowering Families of Children with Special Needs

Prospectus for Seminar-Workshop Package



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Rationale

The **Filipino family** is described as basically nuclear (husband, wife, and children in an independent household) but functionally extended, which means that there is a high recognition and respect for the ties between the nuclear family and the whole network of relatives – grandparents, godparents, uncles, aunts, cousins, etc. (Medina, B. T. G., 2015). However, during the past decades, the Filipino family has been changing its configurations due to social realities such as poverty, technological advancements, and globalization. Today, families have become less traditional and more flexible. There is now a proliferation of different family dynamics affected by these factors: rearing children with special needs, OFW and hectic parents, gadget addiction, stress from academic expectations, single parenting, unawareness of exit points for adolescents transitioning to adulthood, and many other social-cultural-political realities (Medina, B. T. G., 2015).

In families with a child who has special needs, it is vital to introduce the importance of **parent-professional collaboration** as this kind of partnership promotes how both professionals and the family have important expertise and knowledge that will make a difference in a child's life (Jaffe, Humphry, & Case-Smith, 2010). When undergoing a **family-centered approach**, the care providers (occupational therapy, physical therapy, speech-language pathologist, developmental pediatrician, etc.) demonstrate a family orientation that establishes trust and builds rapport and conveys to the family a "willingness to orient services to the whole family, rather than just the child" (Jaffe, et al., 2010).

Family 101+

The Family 101 + (Plus) is a program that includes a **seminar and workshop** for families, communities, and carers of children, adolescents, and adults with special needs. The program was conceptualized from Dr. Michael Sy's clinical experience as an occupational therapist (2009-2015), international training from the Training Program for Young Leaders sponsored by the Japan International Cooperation Agency on Support Systems for Persons with Disability (2010), and graduate program at the University of the Philippines Manila's National Teachers Training Center for the Health Professions (2011-2016). The overarching aim of the program is **not just to foster acceptance but to empower** families and communities allowing them to act for and with children with special needs. To achieve that, the one-day seminar and workshop have been (1) providing basic knowledge on disability perspectives, (2) identifying modern-day issues of families with children with special needs, and (3) fostering a shift into more inclusive and collaborative attitudes towards persons with disabilities. Dr. Sy has implemented the program in more than **25 locations** in Luzon, Visayas, Mindanao, and Metro Manila in partnership with non-government organizations, local government units, special schools, and therapy centers **reaching more than 1000 individuals** since 2010. Veering away from the "medical mission" model, after the Family 101+, the community where it is held is encouraged to sustain their plans, ideas, and projects sparking partnerships and collaboration towards a more inclusive society.

Program Outline and Outcomes

Time	Activity / Topic	Learning Method	Materials
(9 am) 120 mins	Disability perspectives Sensory processing & behavioral issues Positive behavioral & environmental supports Family-centered care approach & collaboration Exit points (for adolescents and adults)	Lecture/Seminar (with 5-min breaks)	LCD projector Laptop (Windows) USB
60 mins	Lunch break		
30 mins	Case study session	Facilitated Workshop (with Q&A)	4 1/2 illus. board 4 packs sticky notes 4 marker pens 1 pack Glutac™ 1 pack colored chalk
30 mins	Output oral reporting		
30 mins	Processing & open forum		

The Family 101+ program aims to provide helpful information for parents, carers, and teachers about their primary needs from qualified health care providers. Also, it is an event that can be attended by anyone who is responsible in rearing the child with special needs who is within the infancy to adolescence stage with the following outcomes:

1. To discuss the **myths and truths** about **disability**.
2. To explain basic principles on children's **sensory processing abilities** and **behavioral responses** based on stimuli from the environment.
3. To identify **positive behavioral support systems and sensory-rich activities** for use at home, in school, and in community.
4. To discuss **family-centered and collaborative care approaches** throughout the therapy process.
5. To create a **team-based plan** for the evaluation, intervention, and goals of children with special needs among **parents, teachers, and health & social care professionals**.

Program Fees

- Honorarium: PhP 25,000. In addition, speaker's transportation, accommodation, and meals shall be provided by the sponsoring organization.
- The fees must be settled via bank transfer a week before the activity. In case of cancellation or postponement, a PhP 15,000 fee must be provided by the sponsoring organization.

References

- Jaffe, L., Humphry, R. & Case-Smith, J. (2010). Working with families. In J. Case-Smith (Ed.), *Occupational therapy for children* (6th ed.) (pp. 108-145). St. Louis, MO: Elsevier, Inc.
- Medina, B. T. G. (2015). *The Filipino family* (3rd ed.). Quezon City, Philippines: The University of the Philippines Press.

Learning Experience and Methods



1. The morning **lecture** includes topics on disability perspectives, family-centered care, and modern-day issues affecting families of children with special needs.



2. Participants discuss a case study in **small groups** composed of family members, teachers, therapists, and other stakeholders



3. Group **outputs** are presented by sharing their personal insights and realizations from their discussion



4. **Open forum** allow participants from the community to ask questions and clarify pressing issues they have about disabilities

5. Post-seminar advocacy activities through **radio guesting** and **newspaper write-ups**



6. **Sustainability** of the ideas that transpired during the seminar-workshop are demonstrated by **advocacy works** and by implementing these ideas in their own clinics, schools, spiritual spaces, and communities towards **reinforcing a more inclusive environment for Filipino families affected by disability**.

10 SunStar Bacolod Friday, August 24, 2018

Lifestyle lifestylesunstarbacolod@gmail.com

All children are special

The Happy Beginners School of Learning in partnership with Autism Society Bacolod Chapter recently organized a seminar on "Family 101," a session for parents, teachers, health and social workers handling children with special needs.

A SOUND MIND

Michael Sy, a Filipino occupational therapist (OT) and educator, was the speaker who developed the "Family 101 Program" in 2010. He has conducted the program all over the Philippines and other countries like Malaysia, Japan and Vietnam. He is a PhD scholar in Japan and actively researches on substance addiction, occupational therapy, occupational science and disability studies.

ROSE JESSICA OCTAVIANO

Disability, according to the World Health Organization, encompasses impairments, activity limitations, and participation restrictions. It is not just a health problem but a complex phenomenon.

Furthermore, WHO reports that over one billion people globally experience disability. There is one out of every seven people who have a disability. Sadly, only one-half of these people have access to any health services.

There are many types of disability. Anyone can experience it.

All children are all special. But there are some who have special needs. They may be experiencing the three D's: delays, disabilities or difficulties.

Parents and teachers would be the first to notice these developmental patterns. Teacher Mike, our speaker, recommends that the parent should bring their child to his or her pediatrician. Once an examination has been made, and it has been confirmed that the child has special needs, he will be referred to a specialist, a developmental pediatrician. Therapy services may be needed.

There are different professionals who may be able to help the child. Aside from the developmental and behavioral pediatrician, there might be a need for an occupational therapist (OT), a physical therapist (PT) or a speech-language pathologist (SLP), and a special education teacher.

The parents and the team of professionals will need to work together to achieve the realistic goals for the child. It can be costly and will take so much of a parent's time. Both parents and even siblings should be involved.

Families are very essential to the child's therapy and development. Both father and mother are needed in the child's care. Siblings should be educated about their brother's or sister's condition so they will also understand the situation. It may also prevent jealousies but can create more love.

It is important also that parents treat all their children equally. Parents should spend time with all of them. Children, after all, are children. They need the same things: love, guidance, encouragement, positive influence and someone to lean on."

THE staff of Haven Home with Wendy Arroyo, president of Autism Society-Bacolod chapter

THE staff of Kalipay Negrense Foundation Home pictured with Michael Sy

SPEAKER Michael Sy with Happy Beginners School of Learning directress Anne Marie Makilan, and consultant Rodette Mabayag

SY gives his talk

ABOUT 130 participants attend the seminar on handling children with special needs

Family 101+ Empowered Communities

The Family 101+ program has evolved through the years and aims to spark empowerment in more communities in addition to more than 25 communities all over the Philippines who has availed of this program since 2010:

- Abra de Ilog, Mindoro Occidental
- Bacolod City, Negros Occidental
- Bacoor, Cavite
- Baguio City, Cordillera Administrative Region
- Balanga City, Bataan
- Batangas City, Batangas
- Cagayan de Oro, Misamis Oriental
- Candon, Ilocos Sur
- Cebu City, Cebu
- City of San Fernando, Pampanga
- General Santos City, South Cotabato
- Iloilo City, Iloilo
- Malolos, Bulacan
- Marikina City, Metro Manila
- Mariveles, Bataan
- Ormoc City, Leyte
- Parañaque City, Metro Manila
- Pasig City, Metro Manila
- Pilar, Bataan
- Puerto Princesa, Palawan
- San Jose de Buenavista, Antique
- Tacloban City, Leyte
- Valencia, Bukidnon

About the Speaker



Michael P. Sy PhD MHPed OTRP is a Filipino occupational therapist (OT) and educator who developed the “Family 101+ Program” since 2010 from his clinical experience and post-graduate certificates in *disability studies* and *interprofessional education* from the JICA, World Health Organization, and Gunma University (Japan). Dr. Sy has conducted the Family 101+ Program in provinces from Luzon, Visayas, Mindanao, and Metro Manila as well as abroad e.g., Japan, Vietnam, Malaysia, & Indonesia. He has recently completed his Ph.D. degree in occupational therapy from the Tokyo Metropolitan University (Japan) and continues to actively conduct research, publish, and share his research findings in the Asia-Pacific and European



regions. The “Family 101+ Program” aims to empower not only the children we care for but more so the community where these children can achieve their fullest potentials. For a more detailed information about the speaker, please scan the QR code to view Dr. Michael Sy’s curriculum vitae. E-mail me: <https://www.mikesyot.com/contact>.