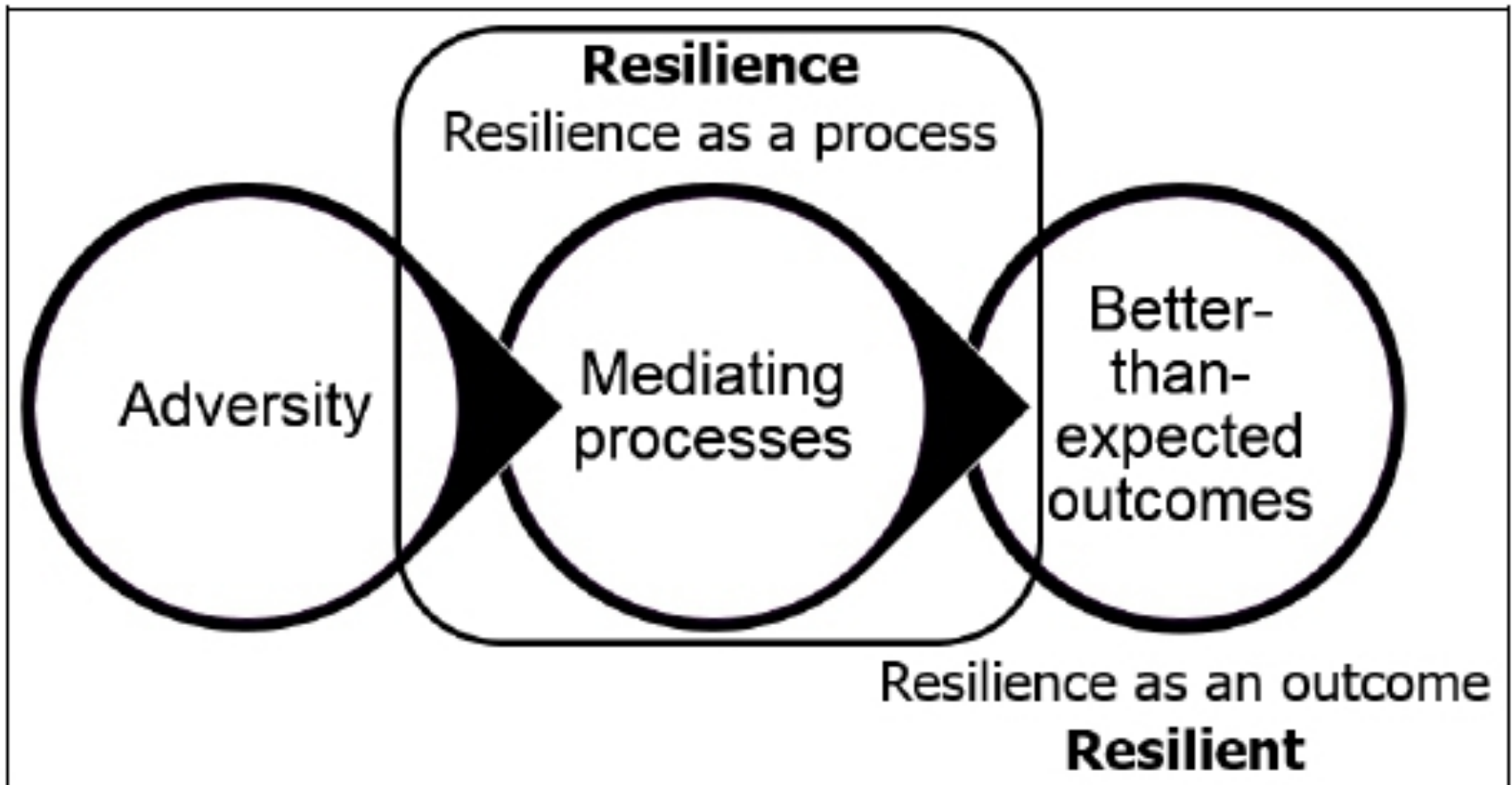


FIGURE 1
RESILIENCE AS PROCESS AND OUTCOME



Ungar, 2004, *Nurturing hidden resilience in troubled youth*; van Breda, 2018, *Social Work*

| | |
|--|---|
| (1) effective caregiving and parenting | (6) motivation to succeed |
| (2) close relationships with capable adults | (7) self-efficacy |
| (3) close friends and romantic partners | (8) faith, hope and belief that life has meaning |
| (4) intelligence and problem-solving skills | (9) effective schools |
| (5) self-control, emotion regulation and planfulness | (10) effective neighbourhoods and collective efficacy |

Table 1.1 Seven factors associated with resilience (Ungar et al., 2007)

| <i>Resource Category</i> | <i>Explanation</i> |
|---------------------------------|--|
| 1. Relationships | Relationships with significant others, peers, mentors, and family members within one's home and community. |
| 2. Identity | A personal and collective sense of who one is that fuels feelings of satisfaction and/or pride; sense of purpose to one's life; self-appraisal of strengths and weaknesses; aspirations; beliefs and values; spiritual and religious identification. |
| 3. Power and control | Experiences of being able to care for oneself and others; personal and political efficacy; the ability to effect change in one's social and physical environment in order to access resources; political power. |
| 4. Social justice | Experiences related to finding a meaningful role in one's community; social equality; the right to participate; opportunities to make a contribution. |
| 5. Access to material resources | Availability of financial and educational resources; medical services; employment opportunities; access to food, clothing, and shelter. |
| 6. Cohesion | Balancing one's personal interests with a sense of responsibility to the greater good; feeling as if one is a part of something larger than oneself socially and spiritually; one's life has meaning. |
| 7. Cultural adherence | Adherence to everyday culture-based practices; assertion of one's values and beliefs that have been transmitted between members of different generations or between members of one generation; participation in family and community cultural practices. |

Resilience in Familial Caregivers of Children with Developmental Disabilities: A Meta-analysis

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social support

problem-focused
coping

cognitive appraisal, optimism, locus of control, self-efficacy, acceptance, sense of coherence, family function



What's working?

- ✓ Social stories
- ✓ Breaks for rest and relaxation
- ✓ Telehealth appointments
- ✓ Pursuing hobbies
- ✓ Cooking for family
- ✓ Enjoying time with family in person and virtually



| Socio-ecological contexts | Individual characteristics |
|--|---|
| Social support Access to resources New opportunities | Planning tendency Living in the moment / one thing at a time Truth-seeking |
| "Stress inoculation" "Steeling effect" "Turning points" | |

Resiliency

- What is it?
 - Individual characteristics (personality)
 - Process with environment (economic factors)
 - Both
- How is it measured?
 - Positive outcomes
 - Absence of negative outcomes
 - Self report
 - Objective measures
 - Need to be flexible

Resiliency

- Important factors
 - Social support – what about in ASD where people feel isolated?
 - Planning and problem-focused coping mechanisms
 - Power and control
 - Economic and external supports (availability of internet for telehealth, etc.)
- Change during COVID
 - Hope for system level changes in support and resources that will be implemented and last long after COVID is gone.
 - Different levels of needs should be taken into account