

# Family First: Considerations for Understanding and Engaging our Families' Diverse Needs

Voice of the Mountains Conference  
Region 19 ESC  
July 26, 2019

Phuong Lien Palafox, M.S., CCC-SLP  
phuong.palafox@bilinguistics.com  
<http://bilinguistics.com/speech-therapy-blog/>

## Today's Goals:

Learning Objective 1: Participants, both clinical and educational, will identify evidence-based practices for family-centered practices.

Learning Objective 2: Participants will describe how family and individual beliefs and values will vary based on culture, background, personal preferences, and individual variability.

Learning Objective 3: Participants will list effective strategies to use as a clinician/educator when working within the scope of family-centered practices.

## Grieving Process for Parents (per Dr. Ken Moses)

Denial/Shock

Anxiety

Fear

Depression

Pain/Guilt

Anger

## Definition of Evidence-Based Practice

Evidence-Based Practice (ASHA): Professional Opinion/Clinical Expertise, External Scientific Evidence, **Client/Student/Family Perspective**

## National Center for Family Centered Practice – University of Iowa

Key components of family centered practice include:

- Engaging with family members to understand their lives, goals, strengths, and challenges and developing a relationship between family and practitioner
- Working with the family to set goals, strengthen capacity, and make decisions
- Providing individualized, culturally responsive, and evidence-based interventions for each family

## American Speech-Language-Hearing Association (ASHA)

Per ASHA, “audiologists and SLPs recognize the essential role that families play in all aspects of service, from assessment through treatment, and the role that families and individuals play as **key decision makers**, recognized for their knowledge and skills. Families are considered from a **lifespan perspective** and may include parents, guardians, siblings, spouses and caregivers.”

Family-centered practice results in families:

- Being more knowledgeable
- Increasing self-care
- Increasing satisfaction
- Increasing quality of life

(Park, M., Lee, M., Jeong, H., Jeong, M., & Go, Y., 2018)

## Considerations Outside of Speech-Language Pathology

Social Determinants: Education, Income

Cultural Competence: Family Life, Child-Rearing Practices, Education, Employment, Health Care Practice

(Hofstede, 2011)

“must understand and incorporate relevant cultural factors into the process while avoiding a stereotypical or “one-size-fits-all” approach to treatment”

(Abuse, S., 2014)

## Family Centered Goal Writing

**S**pecific ←

**M**easurable

**A**ttainable

**R**elevant ←

**T**ime Bound

Goals need to address Health, Safety and Independence within everyday functional environments.

## Palafox Case Study: What qualities do you look for in an SLP?

Five Areas of Consideration

SLP Brain: research-based practices

Be Kind: caring, compassionate, empathetic, kind

Communicate with Family: find success in moment, praise, child excited to go, child led

Human Skills: connect with child, be consistent, engaging, raise the bar, flexible, recognize individualized needs, look beyond difficulties, committed to my child, observant, ability to modify, think outside box

## Strategies

### Assessment

Talk to family about short-term and long-term concerns

Ask about child's likes

Ask about daily routines

Tell them the process

### Therapy

Incorporate Student/Client Interests

Give functional strategy embedded in daily activity

Share successes

Provide proactive, positive feedback

First, emotions. Then, learning.