

Dear Participant,

We would like to invite you to participate in a study that involves being a part of the Community of Practice (CoP) or community program, Family Goals for Achieving Lifelong Self Care (Family GOALS), which aims to help families with children on the Autism Spectrum improve their self-care. This program is specially tailored to meet families where they are at in their self-care from defining the self-care activities that are meaningful to them to planning how they will do their self-care. Furthermore, Family GOALS supports families in sharing their self-care experiences, growing together through family-led discussions of resources or strategies that they used from week-to-week, and becoming empowered on their self-care journeys with the support of other families and professionals, e.g., occupational therapists, through a community effort.

Within each of the 10 core workshops that Family GOALS provides, there is a focus on guiding families through an active and staged process in learning to dedicate the time, place, and space to do their self-care. Families who are a part of Family GOALS will convene twice per week over the course of an annual 5-week period. Each workshop will run on an online basis for a total of 60 minutes. A total of 10 families who are 18+ years of age and have a child or children on the Autism Spectrum will be asked to participate.

Families will be provided with two questionnaires, the 22-itemed Families Assessment of Quality in Self-Care Engagement (FAQ-Self Care) and a short supplemental questionnaire, which consists of 6 survey items, prior to the first workshop. The FAQ-Self Care helps families examine the life factors that affect their self-care participation. The supplemental survey will assess the types of self-care activities they currently do, have previously done, and desire to do, the frequency (time of day and amount of time) of their participation in self-care, and the strategies they have used to support their self-care. At the beginning and the end of Family GOALS, families will be provided with a 11-itemed Knowledge, Beliefs, and Actions (KBA) Questionnaire, which will analyze families' views about the importance of their self-care and changes that have occurred as part of the program. Additionally, the Canadian Occupational Performance Measure (COPM) will also be administered and will guide families in building their goals for their self-care along with evaluating changes in families' satisfaction with their self-care and performance of self-care. This program hopes to positively impact families' self-care journeys as caregivers and individuals who are a valued part of this community.

If you are interested in being a part of this study or have any further questions and/ or concerns regarding this study, please feel free to respond to Valencia Steele at vs2761@cumc.columbia.edu or Dr. Lenin Grajo at lg2890@cumc.columbia.edu.

Thank you for your time and consideration!

Valencia Steele, MS, OTR/L

Dr. Lenin Grajo, Ph.D., OTR/L