



Malamulele Onward Carer-2-Carer Parent Facilitator Course



Malamulele Onward exists to enable each child with Cerebral Palsy (CP) living in low resource rural settings to reach their best potential within a supportive environment. We believe that equipping all those who play an important role in life of a child with CP is sustainable as it is a long term investment that will help more children with CP benefit from quality rehabilitation services and excellent daily care.

One way of achieving this is to build capacity within CP Clinics by providing training to therapists, midlevel workers and to parents of children with CP living and working in rural areas. All our training courses are based on our experience in the field over the past nine years and are as practical as possible. The Carer-2-Carer Parent Facilitator Course is aimed at parents/primary caregivers of children with CP who want to run workshops on CP for other parents and caregivers as part of the Malamulele Onward Carer-2-Carer Training Programme. Over the course of three weeks, participants are trained to facilitate a series of 5 workshops on CP for other parents/caregivers in their community or district.

These parents can either identify themselves as participants, or therapists can identify parents that they would like trained in their area. Either way, all applications for the course must apply through a therapy department or an organisation - they cannot apply on their own. The workshops require two parents to run them and thus applications are made for two parents together not one.

The course is also open to mid-level workers (physiotherapy assistants, occupational therapy assistants, occupational therapy technicians and community based rehabilitation facilitators) who are or were parents of a child with CP and are currently employed by the Department of Health. It is also open to people working in day-care centres who are or were parents of children with CP. Mid-level workers and day-care centre workers can apply on their own, however applications accompanied by a co-facilitator will gain preference.

The course is run in all languages with the help of our training assistants and thus the ability to speak English is not a requirement for the course. However the parents should be reasonably literate in their own languages.

SELECTING PARENTS

The following qualities are important to consider when selecting parents to be facilitators:

- Anyone that is involved in the day-to-day care of a child with CP can apply for the course. This includes aunts/uncles, grandparents and guardians. However, workers employed by institutions to care for a number of children with CP will not be accepted.
- The selected parents' eyesight and hearing need to be sound.
- The selected parents need to be able to read and write in their own language.
- Parents who are good at looking after their own child and show initiative to help other parents usually make good parent facilitators.
- It is important to consider how far the parent lives from where you would like them to run the workshops as high travel costs may become a problem.



CONTENT

The course covers the material for all five workshops:

- Introduction to CP
- Handling and Positioning (CP as a way of life)
- Eating and Drinking
- Communication
- Cerebral Visual Impairment

Training on facilitation, record-keeping as well as monitoring and evaluating is included in the course. Our facilitator manuals are freely available online and can be downloaded from our website www.cpchildren.org if you would like to view the content in detail.

After the course, Malamulele Onward continues to support the parent facilitators through regular communication, additional training opportunities, outreach visits and when appropriate, piece-meal employment.

HOW TO APPLY

Applications will open from 1 January 2017 To apply:

- Select the parents you would like to send on the course.
- Decide how you will implement the programme (when and where will they run the workshops; who will supervise them; how will their expenses be refunded; will they receive a stipend for running the workshops; etc).
- Meet with your selected parents and explain how the programme will be run after the course and what your expectations will be of them.
- Once there is agreement between your department/organisation and the parents, complete the full application form (4 pages) and email it to:

misty@cpchildren.org

Once we have received your application, you will be sent a letter that will confirm that your parents have been offered a place on the course and an additional information form will need to be completed before the course start date.

COST

There is no course fee for the Carer-2-Carer Parent Facilitator Course, however in the case where parents are applied for and supported by an organisation, we request a donation towards the cost of training the parents. The cost of training a pair of parent facilitators is more than R20 000 and we fundraise to cover these costs each year. Thus any contribution that can be made towards the costs is greatly appreciated.

Malamulele Onward covers the expense of accommodation and transport to and from Johannesburg. We do however expect the parents to buy their own food while on the course. Please note that once the parents have arrived in Johannesburg, their transport expenses will be refunded. We do not provide transport money in advance - the initial cost must be covered by the parents and will be refunded. During the day there are refreshments provided during tea breaks.

For those parents who need to bring their children with them due to there being no one to look after them at home, we do provide child minders to look after the children during the day. However a trip to Johannesburg can be quite distressing for some children and thus if a child can remain at home we do prefer them to not come to Johannesburg.



IMPLEMENTATION PLAN

We recognise that parents need both operational and financial support once trained as facilitators, thus an implementation plan must be thought through and filled in as part of the application.

Your plan can take any shape and form. It could involve partnering with a company or NGO that will cover the financial requirements of the programme. It could involve implementing an income generating project run by the parents themselves to fund the workshops. Depending on whether you are working in a rural or urban setting, you could require the parents attending the workshops to pay a small amount towards them. You may be working for an organisation that is willing to employ the parents, or the parents applying may already be employed.

Information to keep in mind about the workshops:

- The workshops are designed to complement therapy services and thus should not be run in isolation of a therapy service.
- The workshops are designed to be run for up to 10 parents at a time as we consider 6 - 10 people a realistic number of people for group learning where there is high demand for information. The workshop kit that the parents will receive has enough materials for 10 workshop participants.
- The workshops can take between two and four hours depending on the number of parents and the quality of discussion that takes place and thus it works well to have one workshop per day.
- The only perishable item that needs to be bought for the workshops is a box of custard/tub of yoghurt/something of similar consistency for the eating and drinking workshop.
- The workshops do not involve hands on activities with the children and thus parents are not required to bring their children to the workshops.
- The workshops do not only have to be run for parents, but can be run for anyone wanting to learn more about CP such as friends and family, hospital staff, day care workers and community workers.

Important things to consider are:

- Plans need to be made for the logistics of the programme: who will arrange the workshops, decide on dates, invite parents, and monitor that the workshops are taking place.
- Provisions need to be made for stationery and copying. There are evaluation forms, attendance registers, parent handouts, etc that the parents will need to be able to copy prior to the workshops.
- The expenses of the parent facilitators' transport to and from the venue need to be covered as well as the expense of the food required for workshop 3.
- The parents should receive a stipend for their time and effort, but some parents are willing to volunteer their time.
- Think about how this programme will be run and fit within your current CP service. Will the workshop take place on the same day as your CP clinic? Will the parents outreach to other areas between CP clinics, etc.



Please contact Misty Weyer on 084 890 3415 or misty@cpchildren.org for any queries.

**Malamulele Onward****Carer-2-Carer Parent Facilitator Course****Application representative:**

The person responsible for the application on behalf of the parents.

Name	
Cell number	
Email address	
Work telephone number	
Name of hospital/organisation	
Discipline & position	
Village & nearest town	
Province	
Do you currently run a CP service? <i>(Please describe)</i>	

Please email your application form to misty@cpchildren.org and contact Misty Weyer on 084 890 3415 for any queries.



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Main parent facilitator:

Name		
Date of birth		
Sex		
Cell number		
Home language		
Child's diagnosis & associated impairments		
Relationship to the child		
Who will care for the child during the course? <i>(Tick the appropriate box)</i>	Someone at home	The child will need to come with to Joburg
Literacy levels <i>(Tick the appropriate box)</i>	Can speak and understand English	Can read in own language
	Can read and write in English	Can write in own language
Describe why this person will make a good parent facilitator		
Name as it must be printed on the certificate		



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Co-parent facilitator:

Name		
Date of birth		
Sex		
Cell number		
Home language		
Child's diagnosis & associated impairments		
Relationship to the child		
Who will care for the child during the course? <i>(Tick the appropriate box)</i>	Someone at home	The child will need to come with to Joburg
Literacy levels <i>(Tick the appropriate box)</i>	Can speak and understand English	Can read in own language
	Can read and write in English	Can write in own language
Describe why this person will make a good parent facilitator		
Name as it must be printed on the certificate		



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Implementation plan:

How will the programme fit in with your current CP service?	
Who will arrange the workshops?	
Who will the facilitators report to?	
Where and when will the workshops take place?	
Where will the facilitators photocopy their documents?	
How will the facilitators' expenses be compensated for?	
Will the facilitators receive a stipend for running the workshops? If so how much?	

Please any other information you feel is important *(You may use an extra page if necessary)*