

Concrete steps in the separation process for parents

(see Eckert, A. (2007); Seifert, M. (2004))



- 1. Relationship with the adolescent or adult child**
- 2. The own situation and the situation of the family**
- 3. Cooperation with housing situation**

1. Relationship with the adolescent or adult child:

- Addressing the importance of growing up
 - Which signals are perceived by the child?
 - How can growing up look concrete?
- Develop areas of self-determination for the child and continuous work towards independence in everyday life
- Assess the competences, characteristics and needs of your own child with regard to the new life situation
- Benefits of timely accompanying replacement for the child (e.g. saving the sudden separation, calm preparation, early information for future caregivers and supporters)
- advice in practicing the separation (e.g. long-distance travel, visit in a short stay residence)
- Preparing the daughter or son for the new area of life (preparation group, rehearsal)

2. The own situation and the situation of the family:

- Clarification of own fears and worries
- Impact of the excerpt on the whole family structure and for your own further life
- Reflection of one's own role, perspectives, needs, possibilities for action
- The future of your own life planning (relationship to the partner, hobbies, profession)
- Support in the sibling theme; to perceive and accept the needs of the siblings
- Encouragement for conversations with family members (including siblings)
- Exchange with other parents

3. Cooperation with housing situation:

- If applicable familiarize yourself with housing options for people with intellectual disabilities, internships and considerations, which kind of housing is suitable for daughter / son, get to know the performance possibilities of the support services
- Contacting the chosen institution; Visits and discussions with the facility management and possibly employees about the concept of the facility and its offers
- Introducing the child in the future housing group
- Conversations with the team about the life story, individual forms of expression and communication, needs, interests, dislikes of the child
- When reopening a facility / group, parents prepare for replacement together
- Preparation of the move to the new institution (authority matters, equipment of the room and others)

Source:

Eckert, A. (2007) Auszug ohne Abschied. Zur Bedeutung von Ablösungsprozessen im "Zusammenleben mit" und dem "Sich-Trennen von" Heranwachsenden mit einer Behinderung. Quelle, In: Behinderte Menschen, (2007) 1, S. 54-64

SEIFERT, M. (2004): Wenn Anforderungen zur Überforderung werden. Ablösung vom Elternhaus – im Interesse des Kindes. In: Geistige Behinderung 4, 43. Jahrg., 312-320