

DEVELOPING A COLLABORATIVE PARENT-LED HOME-BASED INTERVENTION PROGRAM TO FOSTER INDEPENDENCE IN DAILY ACTIVITIES FOR CHILDREN WITH AUTISM SPECTRUM DISORDER (ASD)

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ABSTRACT

Autism Spectrum Disorder (ASD) presents challenges in social interaction, communication, and behavior. In the Philippines, limited access to professional services highlights the need for accessible interventions. This study aimed to develop and evaluate a collaborative, parent-led, home-based intervention program designed for Filipino families to foster independence in daily activities for children with ASD. Specifically, it sought to determine children's current independence levels, parental perceptions and challenges, develop a targeted program, and assess its effects. A descriptive-developmental research design was used. The study involved 35 parents of children with ASD (aged 3-8) from a therapy center in Batangas City. Data were collected using structured questionnaires and observational checklists before and after the intervention. The developed program focused on five domains: skill acquisition, behavioral changes, parental competence, social interaction, and independence/autonomy. Pre-intervention results showed children had moderate independence (Overall M=2.80). For post-intervention, significant improvements were observed across all domains, particularly in skill acquisition (+20%) and independence/autonomy (+20%). Parents reported high competence pre-intervention (m=3.25) and expressed strong satisfaction post-intervention regarding role confidence (m=3.80), behavioral management (m=3.76), and child relationship (m=3.73). Key challenges identified by parents included managing time, accessing resources, and ensuring consistency. The developed collaborative parent-led home-based intervention program effectively enhanced independence in daily activities for children with ASD and increased parental competence and confidence within the Filipino context. This approach provides a valuable, culturally relevant resource, empowering parents to actively support their child's development, particularly where access to professional services is limited. Addressing implementation challenges and conducting further research on long-term effects are recommended.

Keywords: Parent-Led Intervention, Home-Based Program, Autism Spectrum Disorder (ASD), Independence, Daily Living Activities