

## ABSTRACT

Author: Kathleen Griffin

Title: The Effect of Personal Care Attendants on the Psychosocial Wellbeing of Parent Caregivers of Adults with Disabilities in Connecticut

Thesis Advisor: Zara DeLuca

Department: Department of Communication Disorders and the Honors College

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The present study investigated the effect that personal care attendants have on the psychosocial and emotional wellbeing of Connecticut parent caregivers of adults with disabilities. Participants (n=53) were asked to respond to a twenty-five-question survey that was distributed via social media, email, and word of mouth. Participants responded to questions about their experiences with depression, anxiety, and feelings of isolation in relation to their experiences as parent caregivers and the services their child with disabilities received prior to turning aged 22 and after aged 22. Respondents also ranked the effectiveness of various support services at meeting their needs and their children's needs, and their experience with the personal care attendant (PCA) services through the state of Connecticut. Participants reported general dissatisfaction with access to quality service for their child, general negative experience with these support services and related these experiences to negative effects on their wellbeing. Participants who reported receiving support services from a PCA, however, reported experiencing general satisfaction with the service and its ability to meet their child's needs and their needs as parent caregivers. Results suggest that the wellbeing of parent caregivers is deeply affected by the supports their child receives, and thus, more research is needed to understand this interaction and take positive steps in advocating for the needs of parent caregivers.