



FAMILY

Empowerment

what is it?

Empowerment acknowledges, encourages, and strengthens the ability of families and caregivers to identify their needs, problemsolve, and utilize resources to gain a sense of confidence and control over their lives. ¹

importance

- Increases treatment attendance and completion
- Improves caregiver-child relationship
- Enhances confidence in caretaking skills Reduces caregiver stress
- Betters child behavioral outcomes ¹

goals

- Highlight family strengths and abilities
- Praise family efforts
- Communicate invaluable role of caregiver in treatment
- Increase family confidence in ability to carry out treatment ²

achieving empowerment

1. Acknowledge family strengths, capabilities, and resources
2. Recognize that you are the expert on your child ²
3. Have confidence in yourself as a caregiver
4. Speak up and ask for what you need
5. Take an active role in your child's treatment³