

Supporting Employment Through Parent Mentorship

RESEARCH
STUDY #1

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*“The biggest support
we can give is a
listening ear and
sharing what worked
for us... letting
someone know they
are not alone.”*

—Mentor parent

INTRODUCTION

Many adults with intellectual and developmental disabilities (IDD) want to work, but families often need support navigating employment services and opportunities. The Employment Pathways Project tested whether parent-to-parent mentorship could help families support employment goals for their family member with IDD.

In this infographic, the term “parent” also includes grandparents, siblings, and other loved ones who supported a person with IDD in pursuing employment goals.

VISUAL STRUCTURE

Step
1

Parents joined the study

- 55 supporting adults of unemployed adults with IDD participated in the Employment Pathways Project.

Step
2

All participants received employment resources

- Employment short course
- Roadmap to Employment guide

Step
3

Participants were randomly assigned to one of two groups

- Group 1: Parent mentorship and ongoing support
- Group 2: Services and supports available in the community

Step
4

Mentor-parent pairs meet monthly over 12 months

- Mentorship meetings focused on:
 - sharing advice
 - problem solving
 - discussing next steps
 - supporting employment goals

Step
5

Researchers examined outcomes

- Researchers looked at:
 - employment outcomes
 - parent confidence
 - stress related to employment support
 - participant experiences with the program

FINDINGS

What Did the Study Find?

- Greater confidence supporting employment
- Meaningful support from other parents
- Improved employment outcomes