



Invitation letters

Healthcare services, stress, and resilience among Canadian children with disabilities

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Hello,

We are researchers at Dalhousie University. We are conducting a research study investigating stress, resilience, and healthcare programs/services for families of children with developmental disorders.

Currently, there is little information on guidelines or best practices that can inform us about strategies related to resilience and healthcare services to promote it. This research aims to explore resilience and stress experienced by families of children with disabilities and their strategies to cope with challenges from the perspectives of parents and healthcare providers. This study identifies underlying mechanisms to help us understand how some people can better cope with situations and show higher resilience in

response to stress. The study will develop a list of available resources and gaps in healthcare services to support resilience among families of Canadian children with disabilities.

If you are interested in participating in this research study, the following information and attached poster will give you more details.

Purpose

The goal of this study is to have a better understanding of health care services and resources that are available to improve resilience. We hope that your participation will help to develop guidelines and improve existing services available which aim to improve resilience among families of children with disabilities.

Participation

Participation will entail your involvement in an online survey to share your ideas and perspectives. **By participating in this survey, you will have the chance to be entered in a draw to win one of 30 gift cards (e.g., Amazon, based on participants choices), valued at \$50.**

Your participation in this study is completely voluntary. You may choose to stop participating at any time.

If you choose to participate in this study or have any further questions, please do not hesitate to contact the research team via email at resasd@dal.ca or call 902.494.8434.

Thank you very much,