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## Caring for an individual with autism disorder: A qualitative analysis

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## Abstract

**Background** Caregivers in this qualitative study reported the multidimensional implications of having a child with autism on their family's lives and overall functioning.

**Method** The Effects of the Situation Questionnaire (Yatchmenoff, Koren, Friesen, Gordon, & Kinney, [1998](#)) was used to gather qualitative data from 80 caregivers. Colaizzi's ([1978](#)) phenomenological data analysis method was used to analyse the caregivers'

written responses. The data were analysed using grounded theory and phenomenological lenses were used to interpret the findings.

**Results** The findings of this study suggest that caregivers of children with autism experience a range of challenges. These challenges include: physical, emotional, financial, social, spiritual, and cognitive. The study also identified that caregivers of children with autism experience a range of benefits. These benefits include: increased knowledge, improved skills, and a sense of community.

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**Conclusions** The results of this study offer valuable insight into how helping professionals may attend to the biological, psychological, social, and spiritual dimensions of those caring for an individual with autism.

Keywords: autism caregiving biopsychosocial-spiritual ecological systemic

## Notes

\*This manuscript was accepted under the Editorship of Roger J. Stancliffe.

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