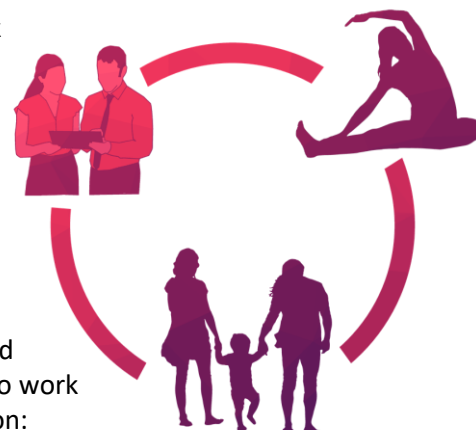


Paid Work

Research findings for mothers (Bourke-Taylor PhD©)



This fact sheet reports on research findings that identified paid work as a major influence to maternal stress (Bourke-Taylor, 2019). Many mothers of children with a disability may find that their engagement in paid work has changed secondary to other family responsibilities. Working hours may have decreased or discontinued. Despite these changes, many mothers may find that they wish or need to engage in paid work.



What does the evidence say?

Research with mothers of children with a disability found that around 55% of mothers worked for pay, and that 82% wanted and needed to work more. Mothers report a number of barriers to workforce participation:

Mother-related reasons—28%

- mothers' health
- younger children to care for
- partner is unavailable
- challenges with sleep
- caring for another person
- too long out of work
- volunteering at school.

Child-related reasons—29%

- refuses other carers
- frequent appointments
- complex medical needs.

Service limitations—43%

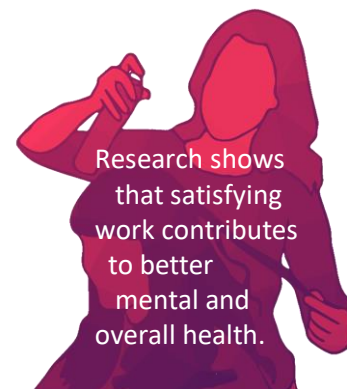
Lack of:

- before-after school care
- appropriate paid carers
- school holiday programs
- transport to or from school
- school resources and accommodations.

What are the benefits of work?



- demonstrate your skills and talents
- provides income
- can be enjoyable
- connect and socialise with others.



Research shows that satisfying work contributes to better mental and overall health.

So what can I do?

Consider your own situation. Are you involved in paid work? Is it important for you to be working?

If you want to return to paid work, set goals towards achieving this and be prepared for opportunities ahead.

By breaking down the steps involved and achieving each one-by-one, it will be easier for you to return to work.

Steps you can take



Paid work can be beneficial to your health and well-being.

Visit our website at <http://www.healthymothers-healthyfamilies.com/> for references and more information.

If this fact sheet has raised any concerns, please seek medical advice from your local GP. Alternatively, please call LifeLine on 13 11 14 or Carers Australia, who can provide short-term counselling and emotional support for carers and families, on 1800 242 636.