

Projects on the accessibility of vulnerable families in Switzerland

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Background

- Favorable family environment contributes significantly to the reduction of risk factors and the development of protective factors.
- Burdened families often have poorer access to care services and make less use of them¹.
- In Switzerland no overview of existing projects or their effectiveness exists.

Aim: To compile and evaluate current offers for families in vulnerable situations in terms of their effectiveness and accessibility for the target group.

Method

- Literature and project search via data banks and internet (grey literature, project websites)
Inclusion criteria: target group vulnerable families/ expectant mothers, children 0-4 yrs.
- Contact with cantonal health departments requesting information on cantonal projects.
- Projects assessed based on project descriptions, evaluation reports and reported success parameters.
- Selected vulnerability factors: poverty risk, domestic violence, mental illness, addiction of parents and migration background.

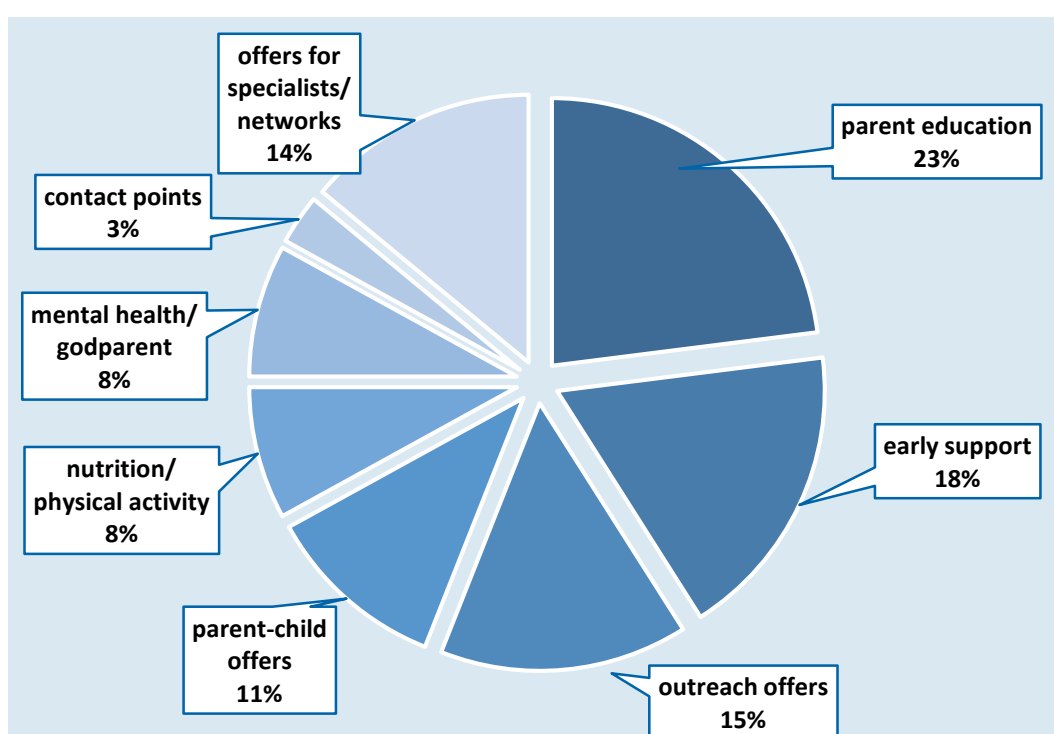


Fig. 1 Frequency of project types for vulnerable families in Switzerland.

Reference

¹Wilcox, A., E. E. Levi and J. M. Garrett (2016). "Predictors of Non-Attendance to the Postpartum Follow-up Visit." *Matern Child Health J* 20(Suppl 1): 22-27.

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Examples of projects found

Parent education: Femmes- /Hommes-Tische, LUANA*, Parlare insieme di salute tra persone migranti*

Early support: PAT mit Eltern lernen, Primano, schritt:weise, Zäme uf ä Wäg, Zeppelin

Outreach offers: Migram, Miges balù, Brückenbauerinnen

Parent-child offers: Schenk mir eine Geschichte – Family Literacy, Mini Move, Maison Verte

Nutrition/physical activity: fit+ mami, Buggyfit PEBS

Mental health/godparenthood: Patenschaften für Kinder mit psychisch belasteten und erkrankten Eltern, Chinderliecht*, Tous concernés*

Contact points: Anlaufstelle für Kinder und Angehörigen psychisch kranker Menschen

Offers for specialists/networks: wikip, Familystart beider Basel, Familiystart Zürich

* No (public) evaluation available.

Results

In total, 65 projects were included in the overview. Project evaluations all showed positive effects on children and/or parents, but varied greatly in format and content. Key success factors were: Professionalism, low thresholds access, integrated multipliers as well as key persons.

Conclusion

- Offers for vulnerable families exist in Switzerland.
- Identification of specific gaps is difficult due to large number of providers and lack of a central organization.
- Characterization of “underserved” or “unreached” vulnerable families needed.
- A comprehensive national/cantonal overview of existing offers (platform or database) is recommended to improve coordination and access to offers for vulnerable families.

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