

# 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 them<sup>1</sup>.
- 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.

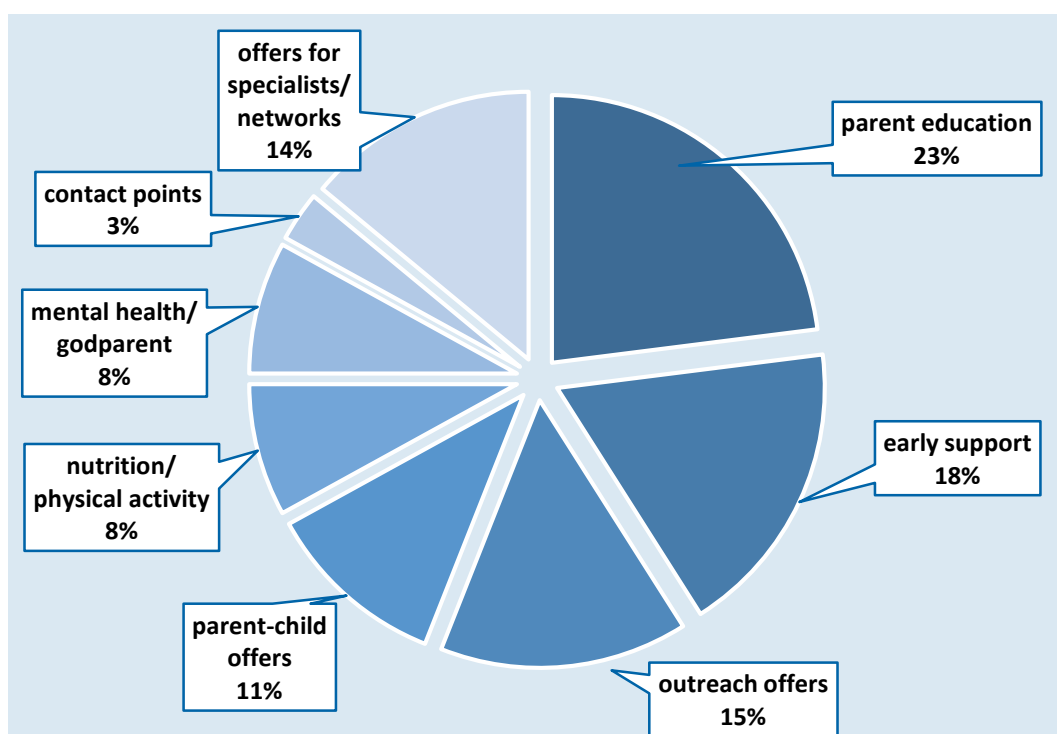


Fig. 1 Frequency of project types for vulnerable families in Switzerland.

## Reference

<sup>1</sup>Wilcox, 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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