# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>ACCOUNT</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>PREFACE</td>
<td>10</td>
</tr>
</tbody>
</table>

## CHAPTER 1. Introduction
1.1 Caring for a Disabled Child in a Global Context 16
1.2 Focus and Aim of Thesis 17
1.3 Thesis Outline 18

## CHAPTER 2. Conceptual Framing
2.1 Wellbeing: A Multidimensional Understanding of Poverty 22
2.2 Politics of Care
   2.2.1 Care as a Concept 24
   2.2.2 Care in the Southern African Context 25
2.3 Disability Models
   2.3.1 Three Conceptual Models 27
   2.3.2 Conceptual Models in the Southern African Context 29
2.4 Participatory Action Research 30
2.5 Conceptual Framework 32

## CHAPTER 3. Research Design
3.1 Questions and Objectives 36
3.2 Ontological and Epistemological Approaches 36
3.3 Methodology
   3.3.1 Exploratory Phase 38
   3.3.2 Theoretical Phase 39
   3.3.3 Empirical and Interventional Phases 40
3.4 Study Respondents and Sampling 43
3.5 Scientific Validity 44
3.6 Ethics 45

## CHAPTER 4. Fighting the Odds: Strategies of Female Caregivers of Disabled Children in Zimbabwe
4.1 Abstract 50
4.2 Introduction 51
4.3 Theory
   4.3.1 Wellbeing 52
   4.3.2 Disability and Wellbeing Outcomes and Processes 53
   4.3.3 Disability and Wellbeing Structures 55
4.4 Methodology
   4.4.1 Methods 57
   4.4.2 The Respondents 58
   4.4.3 Research Limitations 58
4.5 Main Findings
   4.5.1 Wellbeing Structures: Caregivers’ Experiences with Stigma and a Weak State 61
   4.5.2 Wellbeing Processes: Caregivers’ Most Deployed Caring Strategies 62
4.6 Conclusion 66
7.5 Discussion 133
7.6 Limitations 136
7.7 Conclusion 137

CHAPTER 8. ‘I Am a Brand-New Me’: The Unlikely Transformation towards Wellbeing among Mothers of Disabled Children in South Africa: A Participatory Action Approach 139

8.1 Abstract 140
8.2 Introduction 141
  8.2.1 Participatory Action Research and Wellbeing 142
  8.2.2 The Mothers in Action Project 143
  8.2.3 Unanticipated Turn of Events 146
8.3 Methods 147
  8.3.1 Data Collection 147
  8.3.2 Sampling and Study Respondents 148
  8.3.3 Data Analysis 149
  8.3.4 Ethics 149
8.4 Results 149
  8.4.1 Status Quo 150
  8.4.2 Encountering the ‘inactionable’ 150
  8.4.3 Individual Transformations towards Wellbeing 153
  8.4.4 Collective Transformations towards Wellbeing 154
  8.4.5 Expected Drivers of Change 156
  8.4.6 How Stories Mattered 156
8.5 Discussion 159
  8.5.1 Reflections 159
  8.5.2 Limitations 162
  8.5.3 Implications 162

CHAPTER 9. Discussion 165

9.1 Practicing Life and Care as a Mother of a Disabled Child 166
9.2 Mothers of Disabled Children Increasing Their Wellbeing 168
9.3 Theoretical Implications: New Ways to Look at Wellbeing through PAR 171
  9.3.1 Relational Wellbeing 171
  9.3.2 Relational Wellbeing and Understanding Mothers’ Daily Realities 172
  9.3.3 Relational Wellbeing and Understanding the Project Process and Outcomes 173
9.4 Par Research Implications: Sensitizing PAR 176
9.5 Implications for Practice 178
9.6 Methodological Reflections 179
  9.6.1 Role of the Researcher 179
  9.6.2 Generalization and Transferability 180
9.7 Suggestions for Future Research 182
9.8 Concluding Remarks 183

REFERENCES 187
SUMMARY 207
SAMENVATTING 219
ABOUT THE AUTHOR 233
ACKNOWLEDGEMENTS 237