



## **Anxiety and stress assessment and Interventions for school-age students experiencing a disability**

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There is a considerable literature describing programs for parents of children with disabilities to manage their own anxiety and stress as adults and parents but much less recognition of the presence and considerable functional impairment that children and adolescents experience when they are anxious and stressed. Most educators would be aware that children on the spectrum present with elevated anxiety but school age students with other disabilities may also be experiencing significant levels of anxiety and stress.

In this presentation, I will describe case studies of children and adolescents with disabilities who present with unhealthy levels of anxiety and stress, mental health issues that impair well-being and resilience. I will give examples of instruments that can be used to assess levels of anxiety and stress and will explain coping and management models to reduce the negative effects of anxiety and stress.