

Newsletter

SAFDA SA produces a newsletter. The newsletter includes personal stories, poems, a remembrance garden and topics of interest (e.g. coping with Mother's/Father's Day etc). The editors welcome any input from parents and their families – you may like to share your story, a poem or something you have done which has helped your grieving. Or you may like to include your precious baby in the remembrance garden. The SAFDA SA newsletter editors can be contacted via email: safdaeditor@gmail.com

Website

Information about SAFDA SA is available on the Women's and Children's Hospital Website www.wch.sa.gov.au/safda

Genetic Counsellor

If you would like to contact a genetic counsellor please phone:

Paediatric and Reproductive Genetics Unit
Women's and Children's Hospital
North Adelaide SA 5006
T 8161 7375



About SAFDA

SAFDA (SA) was established in 1999 to support parents and families before and after the termination of a pregnancy, following the diagnosis of an abnormality. SAFDA SA is jointly run by parents who have experienced this type of pregnancy loss and genetic counsellors from the SA Clinical Genetics Service.

SAFDA SA offers a range of support services to parents and their significant others, recognising that everyone is an individual and therefore has individual needs. Each person is free to choose the services they feel best meet their needs, at any stage along their journey.

The time of testing, diagnosis and decision making often seems unreal. Events can move very fast and there may be little time to fully reflect on all that has happened. The experience can be so deep that it may take months for its meaning to sink in. Family and friends may offer a lot of support at this time, but often they are also struggling to cope. As life moves on, many parents welcome contact with others who have had similar experiences. It can be helpful to share and think about what has happened.

How we can help

Support Group

SAFDA SA offers support group meetings for parents, providing an opportunity to meet other parents and talk over issues of similar concern. A meeting like this may be the first time you realise your feelings are normal and are shared by other parents. The support group is a safe place for people to talk about their experiences, so parents are assured that all discussions within the group are confidential. People need only participate at a level which feels comfortable to them.

Support Group meetings are held in an evening at the Women's and Children's Hospital, King William Road, North Adelaide. Parking is available in surrounding streets and also in the car park on Kermode Street.

For more information see the SAFDA website or contact a genetic counsellor.

Counselling

SAFDA SA recognises that attending a support group does not suit everyone, especially in the early stages following pregnancy loss. SAFDA SA is supported by genetic counsellors through the SA Clinical Genetics Service who can provide individual counselling before and after your decision.

"We specifically asked for someone to talk through our decisions with, we were just referred back to the specialist and got more medical information but no help with decision making."

A genetic counsellor will not make a decision for you, but will help you to access the information you need to make your decision. They can also support you after the termination to help you to deal with the loss of your baby.

Contact with other parents

Some parents find it very useful to have contact with another parent(s) who has faced a similar situation before. This support is informal and can be provided via phone, email or in person, negotiated with you to determine what will best meet your needs. A genetic counsellor will be able to put you in contact with an appropriate parent.

"As we saw other families, we were able to get back in touch with our own experience, as well as realise how much we were progressing with our own grief... it gave us the sense that we weren't always going to feel stuck in the place we were at the time."

Collection of Personal Stories

SAFDA SA has collated personal stories from parents who have terminated a pregnancy due to fetal abnormality. Parents often find it very helpful to learn about what someone else has experienced through the loss of their baby.

"We did not need help with the actual decision itself, but perhaps the 'how to deal with it' side of things."