**Appendix 1**

**Interview Questions**

1. Please tell me about yourself.

2. Can you please tell me about your family and your child with intellectual-developmental disabilities?

3. Describe a typical day in your life as a mother.

4. How do you balance caregiving responsibilities with other aspects of your life?

5. Can you tell me about experiences that have been particularly challenging?

6. Describe your social interactions and relationships with friends and family.

7. Describe your relationship with your spouse or partner.

8. Describe the strategies or coping mechanisms you used to maintain family

 dynamics.

9. What sources of support have been most valuable to you?

10. Can you share any specific examples of support or resources that have made a positive impact on your family’s quality of life?