



Co-funded by the
Erasmus+ Programme
of the European Union



European Network
of Social Authorities

ENSA Elderly and Disability Working Group

Quality of life: post Covid challenges and opportunities
for seniors, professionals and persons with
disabilities

25th of January 2022



Co-funded by the
Erasmus+ Programme
of the European Union



European Network
of Social Authorities

SELF-IN Project Erasmus+ KA220 ADU

A self-management learning model to foster the
independence of people with
intellectual disabilities

Co-funded by the
Erasmus+ Programme
of the European Union



European Network
of Social Authorities

SELF-IN Project Erasmus+ KA220 ADU

Title:

A self-management learning model to foster the independence of people with intellectual disabilities (PWID).

Budget: 139.429€

Duration: 36 months

PARTNERS



IVASS (SPAIN)



GROEP UBUNTU (BELGIUM)



UNIVERSITÀ
DEGLI STUDI
DI PADOVA

UNIVERSITY OF PADOVA (ITALY)



Co-funded by the
Erasmus+ Programme
of the European Union



**GENERALITAT
VALENCIANA**
Vicepresidència i Conselleria
d'Igualtat i Polítiques Inclusives



INSTITUT VALENCIÀ
D'ATENCIÓ
SOCIAL-SANITÀRIA



European Network
of Social Authorities

SELF- IN OBJECTIVES

1. To improve the key competences of People with intellectual disabilities (PWID) necessary to take part in self-management programs in order to achieve greater levels of independence and social inclusion.
2. To improve the competences of disability educators to design, lead and evaluate Self-learning programs (SLP).
3. To build capacity of disability organizations to deploy SLP.



Co-funded by the
Erasmus+ Programme
of the European Union



European Network
of Social Authorities

Tangible results (3 PR: Project Results)

1. **WORKBOOK** on Self-management programs, quality of life, metacognitive processes and motivational orientation for PWID (+ a competence evaluation tool)
2. **SELF-IN 25-H course** for PWID to improve the competences needed to improve their independence and social inclusion.
3. **SELF-IN MOOC** course for educators including all the pedagogical resources developed by the SELF-IN project.

Intangible results/outcomes

1. **Improvement of the competences** of 96 PWID taking part in:
 - 2 national courses (20h).
 - 12 self-management national programs (1 year).
2. **Improvement of the professionals competences** of 15 educators taking part in Padova in a 15h course of self-management and quality of life and, later, implementing 12 self-management programs.



Co-funded by the
Erasmus+ Programme
of the European Union



European Network
of Social Authorities

Thank you for your attention!

María Sorzano
European Project Manager
Valencian Institute for Social Services (IVASS)

sorzano_marcas@gva.es

www.ivass.gva.es

+34 96 386 94 59