



MODULE 1: Effective Networking and Collaboration Skills for Staff

Description: Staff members will develop improved networking and collaboration skills, enabling them to engage effectively with the community and work collaboratively with team members.

Learning Objectives:

1. Community Engagement:

- Staff will learn to initiate and maintain positive relationships within the community to support the social inclusion of ageing individuals with intellectual disabilities.

2. Communication for Advocacy:

- Participants will enhance communication skills to advocate for the inclusion of aging individuals within the community.

3. Team Collaboration:

- Staff will develop effective team collaboration skills, emphasising open communication and shared goals for a supportive environment.

MODULE 2: Stress Management and Burnout Prevention for Staff

Description: Staff members will develop effective stress management strategies and preventive measures to mitigate burnout while providing care and support to ageing individuals with intellectual disabilities.

Objectives:

1. Healthy Coping Mechanisms:

- Participants will learn and practice healthy coping mechanisms to manage stress effectively, both in the workplace and personal life.

2. Effective Time Management:

- Staff will develop time management skills to prioritise tasks, reduce workload pressure, and enhance overall efficiency.





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3. Team Support and Communication:

- Participants will understand the role of effective communication within the team for mutual support and stress reduction.

MODULE 3: Building Positive Relationships with Aging Individuals with Intellectual Disabilities

Description: Staff members will develop the skills and attitudes necessary to build positive relationships, emphasising trust and emotional support, to enhance the social inclusion of aging individuals with intellectual disabilities.

Objectives:

1. Establishing Trust:

- Participants will learn strategies to establish and build trust with aging individuals with intellectual disabilities, recognising its fundamental role in fostering positive relationships.

2. Respect for Autonomy:

- Staff will understand the importance of respecting the autonomy of aging individuals, empowering them to make choices that contribute to their social inclusion aligned with their values and preferences.

3. Promoting Independence through Support:

- Staff will understand how to provide support that promotes independence, allowing aging individuals to actively participate in social activities and community life.



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