
EPR MEMBERS' GOOD PRACTICES COMPENDIUM

EUROPEAN PLATFORM
FOR REHABILITATION



COMMUNITY BASED
& MAINSTREAMED
SERVICES

epr

european platform for rehabilitation



INTRODUCTION

EPR is a network of service providers for people with a disability. We support our members to provide sustainable, high quality services through mutual learning and training activities.

Between 2014 and 2017 EPR received funding from the EU EaSI Programme, which among other activities, allowed EPR to gather good practices in different fields of service provision. This leaflet aims to spread knowledge of some of those practices that have a positive impact on the lives of people with disabilities. One of the four focus areas for activities funded by EaSI was mainstreamed and community-based services.

MAINSTREAMED SERVICES

Mainstreamed services are those provided in the 'mainstreamed environment'. By 'mainstreamed environment' we mean the common society, that is, environments that are not segregated or targeted exclusively to persons with disabilities. A regular school, the open labour market or a community facility that is opened to the general public are examples of 'mainstreamed environments'.

Mainstreaming is about challenging discrimination to promote participation. As such, "it involves supporting basic services to ensure that persons with disabilities are included, and enjoy equality of access to those services" (UNRWA.org).

The text above was taken from the "Study of services to support the inclusion of persons with disability in mainstream environments" commissioned by EPR and funded by the EaSI programme. It was written by Paula Campos Pinto, Ph.D. ISCSF, member of the Academic Network of European Disability Experts and Teresa Janela Pinto, ISCSF, both from the Universidade de Lisboa.

This leaflet profiles services that are provided in the mainstreamed environment and or support people to live independently in the community. They show different services provided across the lifecycle. Three of the examples in this leaflet were submitted for the study.

EARLY INTERVENTION



THEOTOKOS, GREECE

The Theotokos Foundation aims to continually improve and create innovative approaches and specialised programmes which help children and young adults with learning and other developmental disabilities, to learn, live and work while participating in everyday life. Theotokos' vision is to evolve into a premier European rehabilitation centre and to play an important role in the creation of a world where people with learning and other developmental disabilities can live with equal rights in all spheres of life.

The goal of the Early Intervention programme is to support the inclusion of as many children as possible in mainstream kindergartens and elementary schools. International research shows that early intervention for preschool children, reduces the need for special education and therapy during the school-age period.

The Early Intervention team supports children with immaturity or disorders in their development. The services provided aim at strengthening the children's development, empowering parents' skills, minimizing developmental risks and the need for health and special education services during the school years.

The work is done both on-site, through group and individual programmes, and off-site through integration support. The activities vary from helping children increase their attention span, developing speech and thinking skills, to acquiring skills for mastering activities in their daily lives. When children have acquired the necessary skills, they begin a step by step integration process, which is carried out in their local kindergarten. The idea is to ensure a smooth transition into a local school afterwards. 20 children are admitted into the programme every year, about half of these are accepted in mainstream schooling afterwards.



“Our belief is that people with difficulties are entitled to receive the same, or even better, educational opportunities as all other members of society”

TRANSITION TO ACTIVE LIFE

AFID, PORTUGAL

AFID Diferença Foundation serve a wide population with numerous services mainly covering the area of disability. AFID promotes autonomy and social support of people with disabilities, including health, education and training. In line with the roots of the foundation, they also fight exclusion and are committed to and guarantee excellence in their service provision. AFID further promote and support quality and active life for people with disabilities and other target groups.

The Transition to Active Life programme was started by the Resource Centre for Inclusion in Foundation AFID in 2013. The overall goal of the Resource Centre for Inclusion (CRI) is to meet the special educational needs of students with significant limitations in terms of activity and participation in one or more areas of life. CRI's services are taken to schools, where students receive individual

support allowing specific skills to be acquired. Activities vary from speech and occupational therapy to work on interpersonal relations and community participation. The programme further focuses on providing teachers with strategies to improve learning as well as raising awareness about special needs.

The fact that this is a comprehensive methodology and service performed in schools allows early diagnosis and intervention. This intervention model, which is developed in partnership with social organisations that support disability, allows tracking of students in the educational model and preparing them for the transition to vocational training, the job market, further study and life after school. CRI provides its services in various groupings of schools in the Lisbon area and covers an average of 186 students a year.



“The promotion of quality education in an inclusive school model helps establish principles, values and equal opportunities”

TRAINING TOWARDS COMMUNITY-BASED LIVING



ADELANTE, NETHERLANDS

Adelante is a health-care group based in South Limburg in the Netherlands, providing general specialist and quality clinical rehabilitation, audiological care, special needs education, independent living and occupational rehabilitation. Regardless the type of disability, Adelante focuses on promoting opportunities for patients, maximising their independence and encouraging an active, healthy lifestyle to enable them to take control of their lives.

Training towards community-based living, is a transition programme which is designed to support youth between the ages of 16 and 23 who are on their way to independence. The programme is based on a method which is developed by an organisation that aims at promoting independent living for people with a disability, Dichterbij Zo Wonen.

The method is called “Op eigen benen” (On your own legs), meaning becoming independent.

Financial planning, organizing a daily routine, taking care of one’s medication are examples of activities included in the programme. The staff also help young people establish contacts with schools, potential employers, day care and job coaches. The training-centre is situated in Heerlen city centre and there are around 15 youth enrolled in the programme at any time. The family is involved, but not as much as in the regular rehabilitation training, the goal being to support the youth on their way to independent living. In its work Adelante adopts an all-round, patient-based approach where diagnostics, treatment and advice concentrate on physical, psychological and social aspects.



For more information:
<https://www.adelante-zorggroep.nl/en>

EMPLOYER BASED TRAINING

REHAB GROUP, IRELAND

The Rehab Group is a charity organisation that provides services for over 20,000 adults and children, and champions the value of diversity and inclusion for people with disabilities or disadvantage, in their communities throughout Ireland and the UK. Their mission is to help change the lives of the people they serve by helping them to become more independent by empowering them with the skills and confidence to be active in the workforce, and supporting them to be in charge of their health and wellness.

Employer Based Training (EBT) is a flexible 1-year training programme suitable for all learner types over the age of 16 years. The programme is funded through the local Education and Training board. To enroll in the training, the learner must have a strong interest in gaining employment as well as a qualification. The programme includes a combination of 3 days training

in the workplace and 2 days academic training in the Rehab Group Centre and is tailored to offer learners work placements in a number of vocational areas. Learners source work placements with the support of the EBT coordinator or in some instances, the EBT coordinator will source the placement where a learner is not in a position to do so. Each learner receives an individual training and work plan.

Training in the workplace is arranged with the host company 8 weeks after the learner starts the programme. The EBT coordinator visits the host company on a regular basis to gain feedback from the employer and the learner. The learner is also supported by the multi-disciplinary team within the Rehab Group Centre. At the end of the programme, the learner may progress to employment within the host company or to further education or training.



“Place then train, rather than train then place”

KOMPETENT MOBILITY



JOSEFS-GESELLSCHAFT, GERMANY

The Josefs-Gesellschaft (JG) is a nation-wide Catholic Society running rehabilitation services for people with disabilities in Germany. The JG supports people with disabilities in enhancing their independence by focusing on individual possibilities and developing new abilities. About 9000 people are currently using JG's services in different kind of fields ranging from housing, schools, apprenticeships and workshops to medical and nursing care. Respect and solidarity are the core values of their work.

The Kompetent mobility project is designed to promote mobility skills in people with disabilities. It contributes towards the implementation of the UN Convention on the Rights of Persons with a Disability, as regards the commitment to "take effective measures to ensure personal mobility with the greatest possible independence for persons with disabilities" (article 20 – personal mobility, training in mobility skills).

Training documents for mobility promotion were developed and are available online, free of charge. Depending on individual requirements, the training may include topics such as using a wheelchair, walking with an aid, travelling by bus, train, or car. Every activity which aims to ensure better participation in professional and social life.

Experience shows that people with a disability have a higher risk of having an accident on the way to work. One reason could be barriers on the street or in buildings as well as their own unsafe behavior. To increase safety and avoid accidents, the training focuses on specific situations like going to work or learning skills for moving around the workplace. The Kompetent mobility programme is particularly useful for those who are preparing for the transition to the labour market.



"More mobility brings more freedom"
www.kompetent-mobil.de

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