



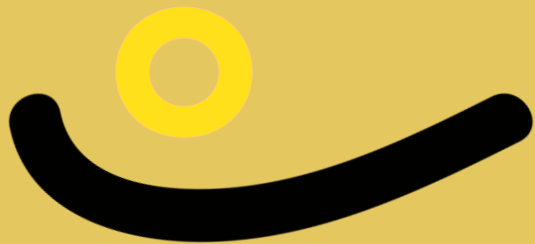
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# Adapting activities in aging people with disabilities

*Promoting Autonomy, Well-being, and Participation*

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# GOLD

GETTING OLDER  
WITH A DISABILITY



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# WHY ADAPTATION MATTERS



- Both ageing and disabilities cause a change in needs
- Adaptation improves: autonomy, participation, quality of life
- Person-centered approach



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# Steps to Adapt Activities for Aging People with Disabilities



# FOUR IMPORTANT STEPS



Adapting activities needs to consider four complementary steps:

- Measuring needs, wishes and capacities
- Adapting or creating activities
- Implementing the activities inclusively and safely
- Promoting participation, well-being, and the recognition of skills



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# 1. Measuring the needs

- Taking into account the person's life pathway – experiences, competences, life project...
- Differentiate changes caused by disability from those caused by aging
- Assessment of residual functioning through tests (cognitive abilities, autonomy, functional abilities, mobility, nutrition, etc.)



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## 2. Adapting or designing new activities



Adapting activities does not only mean simplifying them, but also:

- Making adjustments to the environment
- Adapting materials
- Maintaining the right pace
- Adjust communication



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# 3. Implementing inclusive and safe activities



- **Preparation:** preparing materials and organize the space for group activities (games, cooking, crafts, music, movement...), planning group dynamics (considering people abilities, preferences and rest needs), promoting participation, well-being and enjoyment
- **Starting the activity:** explaining the activity, presenting options and safety guidance, co-creating the activity with participants
- **During the activity:** observe signs of fatigue, discomfort or disengagement and adapt on the spot, promote cooperation and recognition of each other's contributions, ensure physical and emotional safety



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# 4. Promoting participation, well-being, and recognition of skills



- Encourage participants to take an active role
- Allow expression of talents (cognitive, creative, social, or motor field)
- Create positive experiences
- Document and share observation with the team



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# CONCLUSIONS



Adaptation is continuous, multidimensional, and person-centered

It combines evaluation, observation, environmental adjustments, and collaborative planning

It has the goal to ensure that activities are safe, inclusive, enjoyable, and supportive for well-being

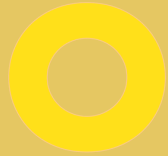


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# Thank YOU



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