



# AGID- Developing Training Modules for Staff On Ageing and Disability Issues

AGID – Newsletter N°2/2013

Dear readers,

Welcome to our second newsletter of the AGID project. This issue will focus on the content of the training portfolio and the achievements reached so far.

Please feel free to contact us if you wish to receive more information about the project.

For further information please visit the website [www.agid-project.eu](http://www.agid-project.eu).

We hope you will enjoy reading our newsletter!

## THE AGID PROJECT – short summary

The AGID project consists in developing an e-learning platform targeting frontline staff working with elderly and aging persons with Intellectual Disability.

Co-funded by the European Commission, the project aims to develop a training program in e-format on Aging and Disability issues with the primary aim to provide quality service provision to aging people with ID. The multinational consortium consisting of highly motivated partners, intends to provide services that will better meet the specific and evolving needs of this new emerging population- aging people with intellectual disabilities, through quality training of the staff and professionals working with the user.

## Training Platform - Why and how did we choose these topics for the training?

The challenges of caring for older people with ID are diverse. In order to determine which topics were needed several focus groups were held in each participating country. The focus groups consisted of experts, front-line staff, family members and people with ID, with the aim to identify the needs of the user and provide services to better meet users' necessities.

The AGID Training platform online course features a series of 6 Modules on the topics of:

1. Ageing Process
2. Person- Centered Planning
3. Social Networking and Communication of Elderly People with ID
4. Emotional Regulation for Front-line staff
5. Pathological Ageing in People with ID
6. Taking Care: a Complex Professional Stance

## Ageing Process

This module addresses ageing as a process that is common to all living beings, with particular attention to ageing of people with ID. Disabled people are no exception to the ageing process, and as they grow older, they lose their autonomy due to the impairment of their various skills and faculties.

The main aim of the module is to provide professionals and frontline staff with the knowledge about ageing process in general and to focus on the ageing process of people with intellectual disabilities. The module also explores the biological/ psychological and social issues concerning ageing as also examine healthy and successful ageing perspectives.

After successfully completing the module the trainee shall acquire the following competencies:

- Ability to reflect about ageing and ageing process
- Ability to understand the theoretical approaches to ageing and its strengths and limitations
- Recognize healthy active ageing for people with ID
- Ability to communicate about ageing process to professional and service colleagues and also to people with ID and their families

## Person-Centered Planning

This module intends to introduce the basics of the person-centered support: approach/tools/methods and improve the participation and self-determination of an ageing person with ID.

The first part of this module gives an introduction to a relatively new approach in the support of persons with ID. The central idea of the Person Centered Planning (PCP) is to promote the empowerment, self-determination, participation and the social inclusion of each person with ID. The PCP promotes the values of the UN convention of the rights of a person with disabilities ratified in most of the European countries. This approach is centered on the person instead on the services of the support. Beyond the introduction on person centered planning the module emphasizes older person's interests and abilities instead of deficits, illnesses, disabilities. Moreover, the module presents the different tools of the PCP for the life planning and transitions.

After successfully passing this module, the trainee shall be able to have the following acquired competencies:

- Transposing the person centered thinking approach into Person centered planning
- Supporting the clients in the process of empowerment especially in transitions (moving out, retirement )
- Be able to apply different tools of the person centered life planning, and service planning
- Coping with age related issues, transitions, diseases, social life, retirement, physical changes.
- Adopting a different attitude in relation with an ageing person with ID, seeing the person with dreams, wishes, interests instead of a person getting dependent

## Social Networking and Communication of Elderly People with ID

This module shall guide the staff into understating how essential social networks are for people with ID seen the high risk of dependency, isolation, loss of mobility, for these people. It will teach the frontline

staff how to improve the contacts with the social network in order to initiate, to maintain and to improve the contacts between the ageing people with ID and their social network.

After successfully completing this module, the trainee shall be able to have the following acquired competencies:

- creating a social action map for an ageing person with ID
- speaking and listening in team
- sustaining communication in relation to the client
- reflecting on yourself in relation to your job
- solving problems and anticipating crises
- dealing with difficulties concerning ageing people with ID in their social network
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## Emotional Regulation for Front-Line Staff

This module will provide the staff with the necessary skills to reflect and systematically explore stress factors in their own work environment and knowledge about application-oriented strategies to reduce stress.

After successfully completing this module, the trainee shall be able to have the following acquired competencies:

- Ability to reflect and systematically explore stress factors in one's own work environment
- Recognition of one's own risk of a burnout
- The ability to recognise and handle organisational or personal violence and aggression
- The ability to systematically recognise and benefit from resources available in the work environment
- Measures to ensure a social and productive exchange in a professional environment
- Knowledge of goal oriented problem solving strategies
- The ability to exercise relaxation techniques
- Reflecting on one's own understanding of ageing and death

## Pathological Ageing in People with ID

This module will teach the most common diseases of old age, how to handle an emergency situation and how to communicate effectively with people with ID.

After successfully passing this module, the trainee shall be able to have the following acquired competencies:

- Managing multiple pathologies in people with ID
- Adopting a prevention approach to medical complications of multiple pathologies
- Creating a supporting environment for people with ID and dementia or depression
- Improving compliance through efficient communication with the patient and the family
- Responding effectively to medical emergencies through emotional management

## Taking Care / A Complex Professional Stance

*“Caring is not just about ‘adding years to their life’, but also ‘adding life to their years’”!*

The module “Taking Care” addresses address the **notion of a global approach to the person and their medical and social care through the recognition of their own identity and individuality, with the greatest possible respect for their choices and intimacy**. The main objectives of this module are to develop a professional attitude among staff and health professionals - so they can be prepared and equipped to deal with the specific challenges when supporting older people with intellectual disability. The modules will train professionals on who to implement safe-guarding (*Bientraitance*) in their everyday work while considering the self-determination approach.

After successfully completing this module, the trainee shall be able to have the following acquired competencies:

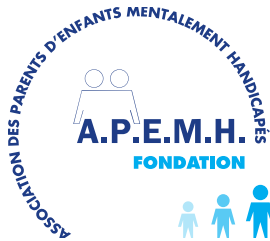
- Choosing the right methodologies and tools for the specific person and situation
- Creating support that takes the person as a whole into account
- Know how to write a personal support project: data collection, analysis, and co-construction of user project
- Making correct use of the legal framework, ethical principles in your work thus assuring the users’ quality of life

### **Achievements reached so far:**

The consortium has shaped an outstanding training portfolio which has demonstrated to be in line with the users’ needs and requirements. The AGID consortium believes that quality training of the staff working with people with Intellectual Disabilities, contributes to the quality of the services provided, increasing the quality of life of the users.



## AGID Consortium



**La Fondation A.P.E.M.H.** (Association de Parents d'Enfants Mentalement Handicapés) is a national NGO working in Luxembourg for the support of people with intellectual disabilities, multiple disabilities and dual diagnosis. The principal aim of the association is to improve the quality of life of their client groups and to ensure their social and vocational inclusion. A.P.E.M.H. has numerous services in various areas, such as residences, educational support structures to enable people to live in the community, sheltered workshops and a training centre -UFEP- for professionals in the field.

[www.apemh.lu](http://www.apemh.lu)



**University of Vienna** is the largest teaching and research institution in Austria. The project partner will be the department of clinical psychology, which has a special focus on research topics in the field of intellectual disability and ageing. The partner has a high competence in designing and offering training courses, in designing research and evaluation, and in dissemination activities (publications and conferences). The partner organisation has broad experience in jointly developing curricula and training modules especially in the context of EC funded projects.

[www.univie.ac.at](http://www.univie.ac.at)



**ARFIE**- Association de Recherche et de Formation sur l'Insertion en Europe brings together at European level various partners involved in the care and support of disabled people, associations of and for disabled people, training bodies, researchers and professionals all working in initial and continuing training; ARFIE is a member of the European Disability Forum and has been organizing training modules for professionals working with people with disabilities. It has also held conferences and issued reports on various important issues in the disability sector. The role of ARFIE will mostly focus on dissemination of the project outcomes through its European network (EDF and Inclusion Europe). ARFIE could also promote regional surveys and targeted studies through members not directly involved. ARFIE will play an active role during the project Final Conference through direct dissemination among its members.

[www.arfie.info](http://www.arfie.info)



**CADIAI** (Cooperativa Assistenza Domiciliare Infermi Anziani Infanzia) is a social cooperative and has been operating in the services to disabled people as a managing agency of services. It has also assisted many persons in the difficult transition to aging. CADIAI has created a work group called "Disabled become Old" composed of an expert in training process, a pedagogue and two researchers of the University of the Studies of Bologna. CADIAI operates since its foundation (1974) in the area of the services to the elderly, in domiciliary, semi residential and residential services.

[www.cadai.it](http://www.cadai.it)



**Association "Les Genêts d'Or"** was created to promote the establishment of structures to meet the needs of rural families in the department of Finistère (France). Its statutes define its purpose by the recognition, hospitality, support and integration of persons with disabilities and dependent people. It currently manages 24 properties, hosting over 1500 people and conducts studies on the ageing of the population. It also provides individual responses and / or group best suited to peculiar situations.

[www.lesgenetsdor.org](http://www.lesgenetsdor.org)



**ZONNELIED vzw** is a national NGO working in Belgium for the support of people with an intellectual disability, multiple disabilities and dual diagnosis. The principal aim of the association is to improve the quality of life of their client groups. They have numerous services in various areas, such as residences, day care center, supported employment. ZONNELIED vzw has been working for 30 years as a service provider (home, work, leisure, education, health, support ...) and has been faced with the growing challenge of aging of people with disabilities.

[www.zonneliedvzw.be](http://www.zonneliedvzw.be)



**De Montfort University** is based in Leicester, in the heart of England and consists of four Faculties - Health and Life Sciences, Business and Law, Technology and Art, Design and Humanities. The four faculties offer 400 diverse undergraduate and postgraduate subjects, with full-time, part-time and distance learning options offering much flexibility. The university's pioneering research is driven by over 1,000 research students and supported by 500 staff.

[www.dmu.ac.uk](http://www.dmu.ac.uk)



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GmbH



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[www.fgoe.org](http://www.fgoe.org)