

TEMPLATE N°1: IDENTIFICATION OF GOOD PRACTICES BY HOST ORGANISATION

NAME OF HOST ORGANISATION/INSTITUTION

IVAS INSTITUTO VALENCIANO DE ACCIÓN SOCIAL

TITLE OF THE GOOD PRACTICE

“LOOK INSIDE TO CHANGE” Learning what I don’t know and relearning what I know.

GENERAL OBJECTIVE OF THE GOOD PRACTICE

Let the participants to lead a formative experience based on resolving the needs that as therapists day after day detect when caring people with intellectual disability.

MOTIVATION FOR CHOOSING THIS GOOD PRACTICE

To share an innovative methodology in a training action which is focused on the student and includes an accompaniment in a real change process.

SHORT DESCRIPTION OF THE GOOD PRACTICE (+/- 500 WORDS)

During 3 years a training action with a group of professionals caring people with intellectual disability has been carried out. Every year, the contents of this training action, has been set taking into account the needs expressed by IVAS and the participants themselves. The used methodology proposes a student’s companion (the professional) where, starting by theoretical concepts is coming into real situations, being the daily experiences the group learning drive.

The students themselves are who develop among the classmates this model for change, establishing a space where to share, not only difficulties and worries, but also achievements and projects.

To think about the people we work with, to come up with proposals to support their development, reflect on other point of views, to learn other ways to do things, To question what we did for a long time and has already become stagnated are key factors in this methodology attempting to mobilize the bases of the work that therapists do within the intellectual disability field.

A pedagogy which respects the student’s knowledge, empowers him/her, its value as professionals is recognized, but at the same time it motivates them to improve, to be analysed and to question what, for a long time, held his/her energy and professional effort.

3 training years
3 25-hour courses each

A balanced combination of theory, as a way to learn new ideas; and practice where learned things are implemented and we share the work done.

A process that starts on the classrooms but ends in the working space of every student. A fourth final phase in which every student, already in his/her working surrounding and immersed in all the circumstances that limit him or her, evaluate himself/herself again and observe which change spaces is able to mobilize.

And from the training, the support for the change.

DESCRIPTION OF TARGET

GROUP	25 therapists from centers attending people with intellectual disability (residences, occupational centers, sheltered homes)
MEANS/MEHODES OR TOOLS USED	<ul style="list-style-type: none"> • Theoretical-practical sessions. • Dynamics of reflection and building shared knowledge. • Presentation of cases and results from the intervention carried out during the course. • Presentation of good practices that every student develops in his/her center. • Individual training sessions in all working centers.
SKILLS INVOLVED FOR THE CAREGIVERS	<p>To ensure that students acquire competences to design and implement training plans of practical skills in people with intellectual disability.</p> <p>Let students acquire knowledge and skills which facilitate the problem solving to train the practical skills which students will cope with in their daily working practice.</p> <p>To ensure that students acquire the competences to analysis the therapeutic potential of the activity.</p> <p>Let students acquire strategies to select what activities are meaningful to the people with intellectual disability who students are working with and establish the right channels to improve their participation.</p> <p>To ensure students acquire skills to evaluate the efficacy of intervention programmes based on the activity.</p> <p>Let the students acquire competences to carry out those modifications needed to improve the intervention programmes through the activity which is currently already developed.</p> <p>To ensure students share the good practices developed in their centers for the programmes in which they are responsible along other students, adding in them the good practices developed and shared by others.</p>
ATTITUDES INVOLVED FOR THE CAREGIVERS	<p>Active participation</p> <p>Empowerment</p> <p>Reflection</p> <p>Self-criticism</p> <p>Empathy</p> <p>Receptiveness</p>
RESOURCES NEEDED	<p>Training spaces</p> <p>Mobile tables and chairs</p> <p>Paper and stationery consumable items</p> <p>Laptop and projector</p> <p>PowerPoint slides with contents and sessions development.</p>
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