



ELPIDA Newsletter

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COMING SOON - ELPIDA Online Course E-learning for parents of children with intellectual disabilities

Based on a needs analysis report – literature review followed by directly surveying parents - this e-platform is designed to contain 6 interactive educational modules aiming at providing training, awareness raising and/or attitude change in the following areas:

- human rights,
- improving communication,
- stress management,
- transition to adulthood,
- sexual health and
- ageing.

The importance of parents' participation in the upbringing, training and in the overall support of people with intellectual disability has been repeatedly reported.

Despite the value and importance of parents' participation, their education and support, as well as their overall training is insufficient in relation to the significance of their role but also in terms of the better functioning of the family and the support of people with disability.

The ELPIDA project aims to meet the training and support needs of parents of people with intellectual disability (PWID) by creating an educational e-learning platform offering training and information material in the above areas. The training modules can be used individually for self-development, but most of them are designed to be suitable for small groups of interested parents. Peer support is an important element throughout the course, and it is also reflected in its methodology.

The e-learning platform will not only provide support and empower parents of PWID by developing their skills and knowledge, but it will also have a positive knock-on effect on the quality of life of PWID. Moreover, parents across Europe will have free access to the training material, which will be available in six languages (English, German, Greek, Danish, Swedish and Portuguese) and will offer the flexibility of distance learning.

The course is planned to be available before the end of November.

About ELPIDA

ELPIDA is a two-year project aiming to improve the quality of life of persons with intellectual disability (PWID) by empowering family members and especially parents of PWID and providing them with the necessary knowledge and skills on how better to support the needs of children and young adults with intellectual disability.

Six organizations from five European countries have come together in this project that started at the end of 2017 to produce an e-learning platform for parents with children with intellectual disability.

The consortium works for a fuller implementation of rights of people with disabilities by supporting the people primarily responsible for protecting these rights, the parents and guardians by providing them with the necessary skills and knowledge in order for them to be competent and confident to provide the right support and empowerment to their children. This will have a direct positive impact on people with intellectual disability and will lead to better transition to adulthood, social inclusion, and better quality of life in general.

ELPIDA Learning Objectives

- **Human Rights**

Human rights are basic rights and freedoms that all people are entitled to regardless of nationality, sex, national or ethnic origin, race, religion, language or other status. It is important to know your rights in order to be able to exercise them. In this module, participants will learn about their human rights as well as the human rights of people with disabilities. They will reflect on possible barriers on exercising these rights and be introduced to ways of overcoming them. They will also learn about the importance of employment as a human right and the types of employment currently available to people with intellectual disabilities.

- **Improving Communication**

When you have a deeper look into issues people are having, very often you will realise that the base of the problem is rooted in bad communication. In this module we will look into communication styles, channels and methods, with special focus on what is important for parents. The activities are aiming at helping parents to be engaged in their child's life in a more conscious way and to be able to live and work together with others. Parental involvement will be tackled as a form of active citizenship, and for that you will have the opportunity to understand the legal and institutional contexts better. In the final part of the module you will find some activities to improve communication with your own child.

- **Stress Management**

Stress is present in our daily-life and in one sense stress helps us to handle complicated and challenging situations. Short-term stress makes it possible for us to react and act well in those situations. Long-term stress represents on the other hand a threat to health, which among other things can resolve in depression, anxiety and chronic deceases. It is our experience that families with a child with intellectual and developmental disabilities, often have a higher long-term stress level. It is also well documentet that stress is contagious and that we get affected with each other's stress. This means that it is important for us to work with the stress level of the entire family. This is the aim of this module.

- **Transition to Adulthood**

The transition to adulthood is one of the hardest. Young people with an intellectual disability (PWID) face additional challenges and barriers. For this transition to succeed, this learning module contains suggestions and knowledge on how to make this transition successful and what contribution the social support system can make. The learning module is focused on the topics understanding my child, supporting my child, letting my child go and find external supporters, which helps my child to live its own, independent life.

- **Sexual Health**

The purpose of the module is to strengthen the competence of parents and others in speaking about sexual health with persons with intellectual disabilities. Based on common rights, the course deals with different possibilities for dialogue, guidance and training. It emphasizes good interaction between parents and persons with intellectual disabilities and their social network. The aim is to provide autonomy and self-knowledge to increase the respect for others and personal limits. It gives examples showing how parents and others can provide for a safe sexual development, through easy and precise knowledge about themes like sexual identity, hygiene, friendship and intimate relationship. As a result PWIDs will be able to play an active part in the development of their life.

- **Ageing**

More and more people with intellectual disabilities achieves the same life expectancy as the general population. This is good news. In order to promote well-being and quality of life in elderly people with intellectual disabilities, information about aging, as well as practical support in health, psychological and social issues are needed. This sub-module contains some of the topics you may need when you are talking with the ageing person about their daily situation and future plans. You will learn about ageing as an individual process and early signs on ageing that may be challenging for the person. Social network and good, daily support is emphasized, as well as empowerment and the importance of listen to expressed/assessed needs and life wishes the person has. The main topics in this module are the ageing process, friendship and socialisation, health and end of life.



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ELPIDA: "E-learning platform for intellectual disability awareness"
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