I decide, I choose

SELF-IN

Self-management Learning Programs (SLP) are spaces where People with Intellectual Disabilities (PwID) gather, discuss and learn how to participate in our society, improving their self-determination and independence.

SELF-IN Project combines SLP and metacognition methodologies as an innovative approach to improve the Quality of Life of PWID.

Erasmus+
Adult Education

Project objectives

01
To improve the key competences of PwID needed to take part in SLP in order to achieve greater of independence and social inclusion.

02
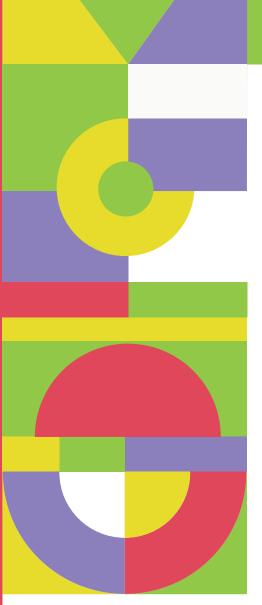To integrate metacognition and motivational orientation approaches in SLP.

03
To increase the competences of disability educators to design, lead and evaluate SLP from a metacognitive approach.

04
To build capacity of disability organizations to deploy SLP.

05
To achieve Erasmus+ horizontal aspects.

Production of innovate educational resources

PR1
Workbook for disability educators on SLP, quality of life, metacognitive processes and motivational orientation for PwID.

PR2
25-Hour accessible course. SELF-IN course for PwID to improve the competences needed to take part in self-management programs.

PR3
Guide to implement and evaluate SLP in disability organizations: case study approach.

PR4
SELF-IN MOOC course developed by the University of Padua.

Academic article
Developed by the University of Padua including conclusions and recommendations.

Project activities

A 15-hour learning course for disability educators put into practice at the University of Padua to learn how to implement self-management programs from a metacognitive approach.

A 25-hour training course for PWID to improve their competences needed to take part in SLP (implemented in Valencia and Kortrijk).

Development of self-management programs during a year.

Multiplier events to disseminate the project results.

Website and social media dissemination.

www.ivass.gva.es/es/Erasmus_SELF-IN.html

www.facebook.com/profile.php?id=100087973188741

Partners

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**Co-funded by
the European Union**