



TRIADE 2.0



NEWSLETTER 3

TRAINING FOR INCLUSION OF AGEING  
PEOPLE WITH DISABILITIES THROUGH  
EXCHANGE 2.0



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# 1. INTRODUCTION - TRIADE 2.0 PROJECT

by María Sorzano Castellón,, TRIADE 2.0 Project Coordinator IVASS – Valencian Institute of Social and Health Care (Spain),

***The project TRIADE 2.0 is reaching its final steps, what goals and transferable results have been achieved?***



The **TRIADE 2.0** – *Training for Inclusion of Ageing People with Disabilities Through Exchange* project is funded by the Erasmus+ Program. It is coordinated by IVASS along with other social entities and Universities from different countries of the European Union. The aim of the project is to study new formulas for care and support to ensure the quality of life of ageing people with intellectual disabilities. The project has been developed since 2018 and will end this summer (August 2021), with a budget of around 250,000 euros. This gives continuity to the first **TRIADE** project developed in 2017–2018.

Through **TRIADE 2.0**, different guidelines have been developed between the European partners and the specialized staff of IVASS for the collection and analysis of different approaches to vocational methodologies and the development of training tools. The objective is to help the care services and staff of ageing people with intellectual disabilities and their users with the acquisition of skills adapted to the new needs to implement the best possible support.

This work has led to the development of a '**Training workbook**' for professionals addressing ageing and intellectual disabilities, and it led to the creation of an Interactive Digital Training Platform named **TRIADE 2.0\_MNAM Platform** for both professionals (educators), and elderly people with intellectual disabilities.

Specifically, the platform includes the contents and exercises developed by the workbook and consists of 14 didactic units, 64 theoretical-practical exercises and numerous specific complementary training guidelines for educators related to ageing linked to welfare, social participation and autonomy.

Moreover, **TRIADE 2.0** has carried out training activities such as the course '**Ageing and Intellectual Disability: Guide to inclusive practices to improve the quality of life**', in order to improve the skills of professionals who support ageing people with intellectual disabilities.

A **training toolkit** on ageing and intellectual disability has also been developed for these professionals to enable them to get more familiar with the use of the interactive training platform and to learn about its pedagogical potential. The toolkit is focused on improving the quality of life and well-being of ageing people with intellectual disabilities.

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## 2. EDITORIAL: ENHANCING THE COMPETENCES OF EDUCATORS: THE MY NEW AGEING ME PLATFORM - MNAM

by Antonio Martinez, Universidad Politécnica de Valencia

The digitization of our society has experienced an unprecedented acceleration due to restrictions caused by the pandemic. The technology was already available, and it only needed a change in people's culture to adopt new ways of carrying out routine tasks electronically. Experts from around the world were betting on a progressive change, which would increase when the digital native generations were gaining years. However, the pandemic has made this process abrupt and forced, including all aspects of our daily lives, from relationships with our family members to shopping at the grocery shop.

A sector that has had to adapt to this sudden change was education, especially informal education. It is true that after a year, we are starting to feel a certain fatigue on the use of electronic means to hold meetings, implement courses or conduct evaluations, and many of us are looking forward to getting back to face-to-face meetings and leaving our home to work. However, there will be certain changes that last over time, such as the advantage of online training to train professionals and provide tools to improve our jobs.

This is the cornerstone that drove, more than three years ago, the design of the "My New Ageing Me" Platform (MNAM) as a point of reference for the informal training of professionals and educators who work with people with intellectual disabilities. The increase in the quality of life and access to social health services for people with intellectual disabilities has made it possible to verify a significant increase in their life expectancy, creating a new group of people with special needs, known as Ageing Adults with Intellectual Disabilities (AAWID).

Therefore, it is necessary that professionals who work in this sector are aware of the existence of this new group of people, and more importantly, know what their needs are and how they can support them with high quality standards. As a result of two years' work, the consortium of entities related to the care of intellectual disabilities that are part of the **TRIADE 2.0** project, have developed a complete educational kit for these professionals, proposing specific activities that will undoubtedly improve their skills and allow AAWIDs to develop dimensions of their daily life related to well-being, social inclusion and independent living.



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In this way, the MNAM platform brings together all the fruits of this intense work of design, elaboration and validation, grouping in a structured and intuitive way all the information that professionals need to update their capacities and launch activities aimed at AAWIDs. The materials are available in four languages and are accessible through any browser, including multimedia materials (educational videos) and downloadable digital materials.

We hope and expect that the pandemic becomes a memory in the coming months, however, the MNAM platform will endure as a source of knowledge available to all professionals who wish to update their skills and improve the quality of life of those with intellectual disabilities.



Antonio Martinez-Millana, Senior researcher in ITACA-SABIEN, Universitat Politècnica de València

Antonio Martinez-Millana (Valencia, 1985) is PhD on Technologies for Health and Wellbeing by the Polytechnic University of Valencia. Antonio is a researcher in the use of technology to support the management of chronic conditions and the implementation of assistive technologies for the inclusion of people with disabilities.



UNIVERSITAT  
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DE VALÈNCIA



# 3. IMPLEMENTATION OF THE MNAM PLATFORM EXERCISES

## Experiences from Slovenia and Bulgaria

- **RIC – Razvojno Izobraževalni Center Novo mesto**

*Development and Education Centre– Interview with Agnieszka Natalia Mravinec.*

### a. Implementation of the MNAM Platform: exercises in Slovenia.

#### ***How was the testing of the platform implemented? Who took part?***

One of the key steps in the **TRIADE 2.0** project was to verify whether the created results meet all expectations of our target groups.

In June 2021 Ageing Adults With Intellectual Disabilities (AAWID) had an opportunity to take part in pilot testing of **My New Ageing Me Platform**, especially exercises improving 3 life dimensions: wellbeing, social participation, and independence.

Training sessions were implemented by 12 mentors educated in the first phase of the pilot testing. They took part in the training introducing the **TRIADE 2.0** approaches to to improve quality of life and career development of ageing adults with intellectual disabilities.

Fifteen participants were chosen based on their age, disability, and need for improvement in their everyday life. The oldest person who took part in the training was 76 and the youngest 35, all of them have mental disabilities on different levels, some of them have also physical disabilities. Exercises had to be adjusted depending on their ability to understand, interpret and communicate using written materials.



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Pilot tests were implemented in different locations, individually, in pairs or small groups. Some of the participants are attendants of a sheltered and occupational centre, which is a public social institution (Varstveno Delovni Center) fostering socialization and integration of adults with disabilities.

Another organization that was involved in the pilot testing was Želva company which is dedicated to training and employment of the disabled, founded by Sožitje - the Association of Associations for Assistance to Persons with Mental Disabilities of Slovenia.

Mentors were instructed to adjust and do different exercises with the use of **TRIADE 2.0** methodology that they have been acquainted with during their training.

### ***What where the results of the testing?***

The aim of the pilot was to test exercises, their content, impact, structure, and usefulness of the outcomes. Responses received from participants are very promising for project exploitation, the vast majority of feedbacks indicated the high quality of the material. Exercises were perceived as informative, visually appealing to respondents, and knowledge that can be directly used in real life was gained. The exercises were evaluated based on individual interviews, where the participants stated that the presented content is useful, and they had a good time cooperating with mentors.

The **TRIADE 2.0** project developed 64 exercises, touching different areas of life. Topics, which proved to be the most useful and interesting for participants in Slovenia, are budget management, keeping in touch with family and friends, optimizing health and awareness of the changes related to ageing. Exercises have been enriched with presentations and many of the concepts are explained with the use of authentic peoples' stories, which added value to the lectures.

To measure the impact, each mentor filled a set of questionnaires including basic information on the participants and specific skills before and after the pilot test implementation.





- **NAHRU - National Association of Professionals working with People with Disabilities - Interview with Petya Grudeva.**

## b. Implementation of the MNAM Platform: exercises in Bulgaria.

### ***Who were the participants?***

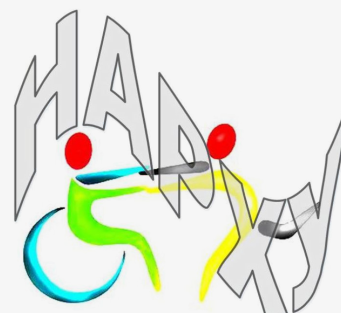
In Bulgaria, 21 ageing adults with intellectual disabilities have been involved in the testing of the **TRIADE 2.0** exercises of the 14 units. Around 60% of them are living in sheltered houses for adults with intellectual disabilities, while the other 40% are living independently in community settings and visit adults day care centres.

### ***How were the exercises implemented? Where did they take place?***

NARHU's model of implementation of the exercises mainly include individual work, and rarely work in small groups with those adults who live together in the sheltered house. The educators working with them are the same professionals from NARHU and other membership organizations, who already participated in the **TRIADE 2.0** educators course. Observations report that the exercises are useful, as they cover a wide range of topics in key life domains.

Another strength is that the content of the exercises can be easily adapted and personalized by the professionals in order to respond to the current living framework and background of the person.

The testing is taking place in the territory of two big cities in Bulgaria – Plovdiv and Ruse.





## 4. IMPLEMENTATION OF PILOT NATIONAL TRAININGS

The Pilot training courses for educators and ageing adults with intellectual disabilities were developed by the project partners from Spain, Bulgaria, Belgium and Slovenia.

### Experience from Slovenia: *RIC – Razvojno Izobraževalni Center Novo mesto*

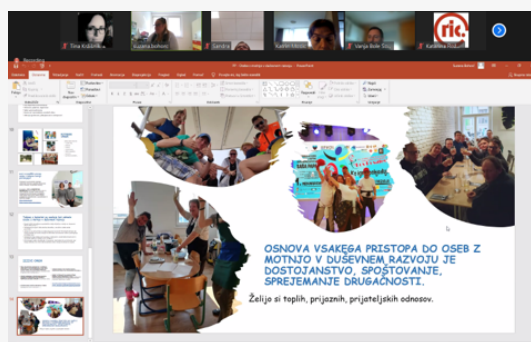
The course named “*Improving the quality of life of people with intellectual disabilities*” was held at RIC Novo mesto. The main goal of this program was to empower participants to transfer the acquired knowledge to the target groups they work with, which will help further quality performance of their work. The course was implemented from February until March 2021 and its total duration was 23 hours. It consisted of on-line lectures and workshops, individual work and work in pairs. There were a total of 14 participants from different parts of Slovenia (managers, professionals, and organizations dealing with AAWID – ageing adults with intellectual disability, personal assistants, and caregivers).

The first day was dedicated to the introduction of the course and meeting the participants through the workshop. On the next day, we talked about the concept of quality of life and methodology of working in the field of quality with elderly people with intellectual disabilities. Also, the instructions for so-called homework have been provided.

The homework consisted of a quality-of-life questionnaire and preparation on developing an individual plan for AAWID. We reflected on independent work and exchanged experiences during the third day of the course, when also the **TRIADE 2.0** project and its tools were presented. At the end of the day, participants got instructions for further independent work, which was the creation of an individual plan for AAWID based on a questionnaire of quality of life.

On the last day we reflected on independent work and later talked about the career orientation of people with special needs.

With this pilot training we concluded that the tools, for both professionals and people with special needs, developed during its implementation were very useful. The results also raise the awareness of the importance of quality of life that the **TRIADE 2.0** project offers.



## 5. THE TRIADE 2.0 MULTIPLIER EVENTS: JOURNEY IN SPAIN, BULGARIA, SLOVENIA, AND BELGIUM

In the project programme the partners agreed to the organization of four multiplier events, held in Spain, Belgium, Bulgaria and Slovenia, in order to disseminate the tools and the outcomes created during the project and to improve the knowledge of participants on the main topic of the project: **“ageing and intellectual disability”**.

Furthermore, these events aimed at raising awareness about the phenomena of ageing and intellectual disability among the stakeholders and decision-takers, identifying new *Ageing Adults With Intellectual Disabilities (AAWID)* and educators’ needs.

The project’s goals have been reached through the Intellectual output 1 and 2:

Intellectual output 1:

- **Training Toolkit for educators: “My New Inclusive Job”** which includes a handbook and a part dedicated to the training of pedagogical resources;
- **Massive Open Online Course (MOOC)**.

Intellectual output 2:

- **MNAM – My New Ageing Me – Training Platform, for AAWID.**

**ОБУЧЕНИЕ ЗА ОСИГУРЯВАНЕ НА КАЧЕСТВО НА ЖИВОТ И ПРИОБЩАВАНЕ НА СТАРЕЕЩИ ХОРА С ИНТЕЛЕКТУАЛНИ УВРЕЖДАНЯ**

**Triade 2.0**

Съфинансиран от програмата „Еразъм+“ на Европейския съюз

Проект №2018-1-ES01-KA204-050348  
Начало: 01/10/2018 Край: 31/09/2021  
[www.ivass.gva.es/Triade2](http://www.ivass.gva.es/Triade2)  
[www.facebook.com/triade2.0](http://www.facebook.com/triade2.0)

**Концепция на проекта TRIADE2.0**  
Основната идея на тази европейска инициатива е да предостави материали за надграждащо обучение в областта на осигуряване на по-добро качество на живот и подкрепа на хората с интелектуални увреждания. Те са разработени в партньорство между университети, доставчици на социални услуги, неправителствени нестопански организации от България, Белгия, Испания и Словения и са предназначени за специалисти от социалната сфера. Проектът се фокусира още върху подпомагане на активното и здравословно стареене на хората с интелектуални увреждания.

**ИНТЕЛЕКТУАЛНИ РЕЗУЛТАТИ**

**ИР1: “Моята нова приобщаваща работа”:**  
Обучителен инструментариум за специалисти от социалната сфера.  
Той се състои от:  
◆ Помогало за обучители Част I.  
Съдържа следните раздели:  
1. Процесът на стареене на човек с интелектуално увреждане;  
2. Въздействието на старенето върху качеството на живот;

3. Методология за работа със стари хора с интелектуални увреждания;  
◆ Помогало за обучители Част II „Педагогическа рамка на обучението“;  
◆ PowerPoint презентации за директно използване в учебната зала;  
◆ MOOC обширен свободно достъпен онлайн курс.

**ИР2: “Моята ново стареещо Аз”:**  
интерактивна обучителна платформа  
◆ Съдържа над 60 полезни упражнения, разпределени в 14 раздела съответстващи на Модела за качество на живот от Шалок и Вертуго, в областите „Благополучие“, „Социално участие“ и „Независимост“.  
◆ Упражненията са предназначени за директна работа с хората с интелектуални увреждания и могат да бъдат прилагани индивидуално или в малка група.  
◆ Линк към платформата [www.triade.webs.upv.es/t20/](http://www.triade.webs.upv.es/t20/)

**ИР3: Пилотни учебни курсове**  
◆ за специалисти  
◆ за стареещи хора с интелектуални увреждания  
Включват теоретична информация, упражнения, работни листове, въпросници, обучителни видеа, презентации и други интерактивни материали.

За контакти:  
**НАЦИОНАЛНА АСОЦИАЦИЯ НА РАБОТЕЩИТЕ С ХОРА С УВРЕЖДАНЯ**  
гр. Пловдив, ул. „Капитан Раичко“ 73а  
e-mail: [info@nahu.org](mailto:info@nahu.org)  
[www.nahu.org](http://www.nahu.org)

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**A. Experience from IVASS – Valencian Institute of Social and Health Care** (Spain)  
by *María Sorzano Castellón*

**On June 22nd, 2021 – IVASS, organized the multiplier event of the European project TRIADE 2.0.**

The conference was officially opened by the *General Director* of IVASS, **Noelia Martí**, and the *Vice-Rector for Social Dialogue, Prevention, Conciliation, and Sports* of the *Universidad Politècnica de Valencia*, **Santiago Guillem**. **Seventy-eight professionals** from the social and health care field linked to the care of people with intellectual disabilities attended the Conference. The *Valencian Institute of Social and Health Care (IVASS)*, together with the Valencian Vice-Presidency and the Valencian Regional Ministry of Equality and Inclusive Policies, have organized the online conference in order to disseminate the actions developed and the improvements made in the care of ageing people with intellectual disabilities.

Noelia Martí congratulated all the parties involved in this project for the work done “which will undoubtedly have an impact on the welfare of the ageing adults with intellectual disabilities”, and stressed that “this type of initiative contributes to the implementation, by IVASS, of a new model of care for persons with intellectual disabilities that meets the real needs of users by offering them the support they need according to their profile”.

In this sense, she stressed that “IVASS, the Vice-Presidency and the Regional Ministry of Equality and Inclusive Policies have opted for a new care model to be developed and implemented. It is a person centered approach that involves the users and professionals, since both of them are the ones who are best aware of the life and needs of the person with disability.

In this online meeting, carried out through the e-training platform of IVASS, all the actions developed within the framework of the European project **TRIADE 2.0** focused on the analysis of the ageing of people with intellectual and functional disabilities and the need to respond to this double problem through specific actions aimed at the community and support staff.



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## **B. Experiences from NAHRU - *National Association of Professionals working with People with Disabilities* (Bulgaria)**

*by Petya Grudeva*

The Bulgarian Multiplier event within the **TRIADE 2.0** project was held on the 31st of May 2021. It was named *“Upskilling training for professionals of the social service sector in the field of ensuring a better quality of life and support for people with intellectual disabilities”*.

The event was opened by the Deputy mayor of the city responsible for social affairs, followed by a 10-minutes musical greeting from young people with intellectual disabilities who made symbolic bridges between the generations. After this moving beginning, the programme was fully dedicated to the **TRIADE 2.0** intellectual outputs. The team of NARHU presented the training materials and exercises developed within the project, highlighting the benefits of working in a multidisciplinary international team. The attendees were: social workers, psychologists, caregivers, trainers, and adult educators supporting people with ID, occupational therapists, managers of social services for AAWID, policymakers and others – around 80 people in total.

The feedback was very positive, and the participants shared that both the Workbook and the exercises reflect the contemporary trends in support of AAWID. At the end of the event, there was a special session on exploitation of **TRIADE 2.0** results. One of the outcomes was that the **TRIADE 2.0** training course will be used by the professionals working with AAWID in the newly opened daily centre launched within a Bulgarian project funded by the European social fund. The staff involves 8 professionals who provide services to 30 AAWID.

The information about the event alongside the interview with Bulgarian piloter and representative of NARHU were broadcasted in the regional TVN television.



Bulgarian Multiplier  
Event 31st May 2021



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### **C. Experience from RIC - Razvojno Izobraževalni Center Novo mesto (Slovenia)**

Contribution by Tina Kržišnik



RIC Novo mesto organized two multiplier events of the **TRIAD 2.0** project, which were held on June 3rd 2021 at the RIC Novo mesto entitled: **“Future of children with special needs - searching for positive sources of power”** and June 19th at Rogla entitled: **“Transforming parents' attitudes towards people with intellectual disabilities”**.

During both multiplier events we presented the possibility of using the developed methodology and tools to raise the quality of life of elderly people with special needs, focusing on the main two results of the project (a handbook *“My New Inclusive Job”* for trainers and educators, and an interactive platform *“My New Ageing Me”* ) which were created for two different target groups that work with each other: on the one hand adults involved in working with people with special needs: adult educators, personal assistants, social workers, psychologists, caregivers and undoubtedly parents, and, on the other hand, ageing adults with intellectual disabilities.

In accordance with COVID situation both multiplier events were implemented in smaller face to face groups to ensure safety of participants.

The first multiplier event took place at RIC NM and at 3 other locations in Slovenia (Kočevje, Velenje, Maribor). At RIC NM we had two groups, with a total of 26 participants (face to face) and 6 on-line. Taking into account participants from other location mentioned above, the event was attended by more than 60 participants (face to face). During the plenary part, there were several contribution from experts from the field of primary school to adult education, to comprehensively address issues related to the quality of life of people with special needs. In the second part of the event participants were sharing ideas and experience in the process of individual planning, based on previously assessment of quality of life. At the end of the event recommendations were made in order to take into account the quality of life in the personal planning of the people with intellectual disabilities.

The second multiplier event was similar to the first one with 61 participants. During the second part of the event, the participants had the opportunity to test some project results during 4 different workshops held in small groups. The participants showed great interest in the materials and resources for educators, that the TRIADE 2.0 platform offered in the field of quality of life, such as well-being, social inclusion, and independence.

Both multiplier events were attended by more than 90 professionals and other staff working with people with disabilities (including personal assistants and representatives of persons with disabilities) from 40 external organizations working in different fields.

Based on the outcomes of the multiplier events, we found that the developed materials are widely used, both for professionals and for people with special needs. At the same time, the results raise awareness of the importance of quality of life for people with special needs. It is also important to pay attention on the quality of life from early childhood to ensure a positive future to people with special needs.



Slovenian Multiplier  
Event 3rd June 2021



Slovenian Multiplier  
Event 19th June 2021



RAZVOJNO  
IZOBRAŽEVALNI  
CENTER NOVO MESTO

## D. The Flemish partners: Family Aid, Groep Ubuntu, HOGENT and Sint Vincentius Kortrijk (Belgium)

The multiplier event will take place online on the **3<sup>rd</sup> of August** in the afternoon. All the intellectual outputs will be presented and enhanced. All Flemish partners: Family Aid, Groep Ubuntu, HOGENT and Sint Vincentius Kortrijk, will contribute to the organization of the event.

There will be a wide audience of around 70/80 people, involving persons with disabilities, elderly and families as the target group.

### The Agenda will include:

1. a focus on the Quality of Life (QOL) of ageing persons with intellectual disabilities (EQUALITY - HOGENT);
2. the presentation of the **Massive Open Online Course**, training platform for professionals and of the new **My New Ageing Me Online** exercise platform for ageing persons with intellectual disabilities.



**UITNODIGING  
GRATIS WEBINAR  
ACTIEF OUDER WORDEN**

Het Erasmus+ Project TRIADE 2.0 ontwikkelde tools voor professionals en ouder wordende personen met een verstandelijke beperking om de kwaliteit van leven te verbeteren. De Vlaamse partners Familiehulp, Groep Ubuntu, HOGENT en Sint Vincentius Kortrijk, willen jullie via de Webinar laten kennismaken met deze inspirerende tools.

**PROGRAMMA**

1. Verwelkoming & inleiding
2. Kwaliteit van Leven en ouder wordende personen met een verstandelijke beperking (EQUALITY - HOGENT)
3. Massive Open Online Course  
Online trainingsplatform voor professionals
4. My New Ageing Me  
Online oefenplatform voor ouder wordende personen met een verstandelijke beperking

Na inschrijving [hier](#) ontvangt u de link tot de webinar.



**Wanneer**  
Dinsdag  
31 Augustus 2021  
14u-16u

**Inschrijven**  
Inschrijven vóór  
22 augustus 2021

**EUROPESE SAMENWERKING**

**TUSSEN**

2014-10-01-2020-01-01  
Erasmus+ Project TRIADE 2.0 ontwikkelde tools voor professionals en ouder wordende personen met een verstandelijke beperking om de kwaliteit van leven te verbeteren. De Vlaamse partners Familiehulp, Groep Ubuntu, HOGENT en Sint Vincentius Kortrijk, willen jullie via de Webinar laten kennismaken met deze inspirerende tools.

**Met steun van**



Funded by the  
Erasmus+ Programme  
of the European Union

Funded by the  
Erasmus+ Programme  
Partnership Agreement n° 2018-1-ES01-KA204-050348 TRIADE II

# HOGENT



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## 6. IVASS TESTIMONIES - EXERCISES AND VALIDATION METHODOLOGY OF THE TRIADE 2.0 - MNAM PLATFORM

Coordination by **José Manuel Gil**, IVASS Project Technician



Here are a few testimonies, practical cases, from IVASS about the exercises carried out by the professionals with the adults with intellectual disabilities.

These cases were reported during the Multiplier Event organized by IVASS which took place online the 22<sup>nd</sup> of June 2021.

### Experience from professionals:

- The first testimony comes from the *Director of the Occupational center Altabix (IVASS)*, **Paqui Abasolo** - she referred to social well being, in particular to exercises related to health improvement: **Exercises for Healthy Lifestyle**.

She shared the experience of an adult with intellectual disability who had comprehension and behavioural problems and needed constant help and support from his brother.

She explained that the exercises have been useful when they were immediately adaptable to the daily life of the person. For instance, regarding food, if the user was interested in choosing what he wanted to eat the exercises worked well.

The problems were related to the vocabulary used in the platform that needed adaptation to be understood and to the level of comprehension of the users.

When the items were too abstract the user lost interest. **Generally, the user enjoyed the exercises.**



- 
- The second testimony comes from an educator of the Occupational Center Carrùs (IVASS), **Candida Julià**.

She shared the experience of a 51 years old man with moderate cognitive impairment who is not independent and who did not have friends outside of the center. She explained that the exercises helped him to improve social inclusion and thus his quality of life. The exercises were successful when related to emotions that matched his life objectives. Also in this case, adaptations in the terminology were needed. Nevertheless the drawings and pictures were very much appreciated and the users enjoyed the exercises.

### **Experience from users who participated in the project:**

- Mauricio (Occupational Center Carrùs);
- Carlos José (Occupational Center La Tramoia).

They participated in the active ageing exercises and they really liked them, especially when related to food and physical activities.

Nevertheless, when activities were too difficult, like withdrawing money from the bank, they felt ashamed because they needed help.

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## 7. SYNERGIES WITH OTHER PROJECTS



### A) The Wellbeing of people with intellectual disabilities

*Contribution by Johan Warnez – Groep Ubuntu*

**TRIADE 2.0** is an ambitious project aiming to contribute to the wellbeing of people with an intellectual disability, who – due to ageing and just as all ageing people – have to deal with “new” needs, “new” challenges, “new” roles, “new” choices to make.

**TRIADE 2.0** developed a coherent set of tools to help them gain insight into what is changing in their life, how it has an impact on their **Quality of Life**, and how they can acquire competences to deal with the aforementioned changes successfully.

During the last decades, the supporting network – in particular the professional involved – has developed a belief system that is promoting active, successful, agile ageing in a community based support system. It is accepted that the ageing person can and has to contribute him/herself to this active, agile, successful (new) life.

**TRIADE 2.0** provides a set of inviting activities to realize this. This has an impact on the professional involved: they have to acquire new skills, referring to how they can “talk” with the ageing person on new content, how they can “teach” skills that are not only practical in nature, but also transversal and referring to complex cognitive skills like problem-solving, making choices, taking initiative, etcetera.

The acquisition of these skills is not straightforward, but not impossible either for people with an intellectual disability. Specific methodologies are required.

**Cognition & Inclusion**, the Erasmus+ project that was finalized in 2020, shared several successful methodologies to realize this objective.

**TRIADE 2.0** made clear that this is an important step, but also revealed a new challenge. The acquisition of practical and transversal skills – learned during a formal or non-formal training is the starting point: the real performance of the learned skills in real life at the time the skills have a practical relevance, is another challenge. In this we refer to transfer, the ultimate goal of all learning and teaching efforts. And again, spontaneous transfer in people with an intellectual disability is often not presumed.

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**TRIAD 2.0.** deals with this challenge and provides suggestions and techniques to foster transfer, but only an invitation to look closer to this challenge (as autonomy, independence, self-determination, etcetera...) will not be realized when the person is not able to make personal choices or solve problems independently. A new Erasmus+ project, aiming to contribute to the competences of professionals and the informal network to support this transfer process, has been submitted recently.

**TETRA-S** (*Training of Educators to TRAIIn for TRAnSfer to support real Social inclusion*), coordinated by vzw Ubuntu Achtkanter Belgium) hopes to find an approval after summer holidays. It is a positive development that also other project applications include cognitive methodologies to promote autonomy in people with an intellectual disability.

**SELF-IN** (A Self-management learning model to foster the independence of people with intellectual disabilities) (IVASS, Spain) includes these methodologies to promote self-management; **Safety4All** (Spain) implements these approaches to teach people with intellectual disabilities to deal with safety and unsafe situations in the context of employment. Let's cross fingers for approval of all these projects.

## **B) Recognizing abuse of elderly and providing adequate support: the AbuTraining project**

*Contribution by Petya Grudeva - NAHRU - National Association of Professionals working with People with Disabilities*

**ABUTRAINING** project – *Training for social and health practitioners on recognizing abuse of elderly and providing adequate support* – 2019-1-BG01-KA202-062280 is an EU-funded initiative under the Erasmus+ Programme, which will be finalized on 31/10/2021. The main objective of the project is to support the process of renovating the social support services, by creating a training programme for social workers and carers that addresses the problem of elderly people abuse and maltreatment. The primary goal of the project is to put efforts in combating this negative phenomenon by preparing social workers, family members and carers on how to recognize elderly people maltreatment and abuse and what are the appropriate actions to be taken to tackle the problem safely and on time.

Within the Intellectual Output 1 the international partners developed a training course “Recognising elder abuse”. It offers 5 training modules:

- **Module 1:** *Nature of violence and abuse towards elderly;*
- **Module 2:** *Challenge of aging. Quality of life;*
- **Module 3:** *Process of recognizing elder abuse;*
- **Module 4:** *Legal definitions & reporting procedures towards elder abuse;*
- **Module 5:** *Methods for increasing the efficiency of social workers in providing support to old people and approaches to prevent “professional burnout”.*

*As part of Module 3 the users will find several annexes for capturing on:*

1. ***Form for gathering personal data and information about the objective status of the elderly;***
2. ***form for tracking the existence of indicators for identifying elderly possible or actual elderly abuse.***

*The training materials can be accessed through the [e-learning platform](#).*

*The application for Android and IOs devices can be downloaded from [Google Play](#) and [Apple Store](#).*



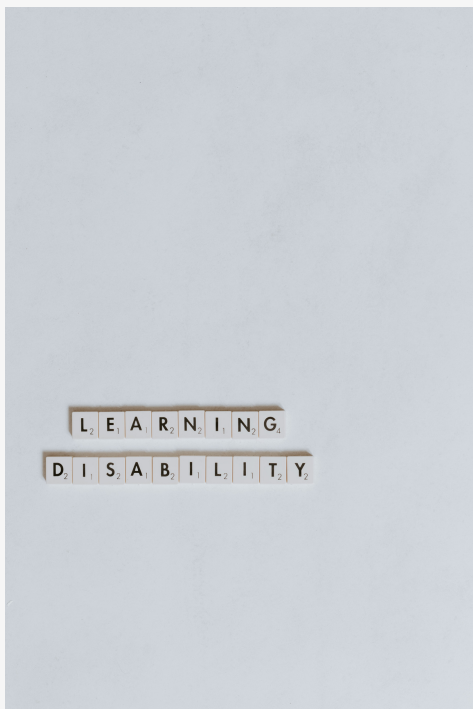
Co-funded by the  
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## 8. FLASH ON EU NEWS



The European Commission presented in March the **strategy for the rights of persons with disabilities 2021-2030** to ensure their full participation in society. The new strategy builds on its predecessor, the European Disability Strategy 2010-2020, and contributes to the implementation of the European Pillar of Social Rights.

The evaluation of the European Disability Strategy 2010-2020 shows that it contributed to improving the situation in a number of areas, in particular accessibility for persons with disabilities and promoting their rights by putting disability high on the EU agenda.

The new Strategy aims to improve the lives of persons with disabilities in the coming decade, in the EU and beyond. The objectives of this Strategy can only be reached through coordinated action at both the national and EU level, with a strong commitment from the Member States and regional and local authorities to deliver on the actions proposed by the Commission.

[https://ec.europa.eu/commission/presscorner/detail/en/ip\\_21\\_810](https://ec.europa.eu/commission/presscorner/detail/en/ip_21_810)



### European Disability Expertise

The aim of European Disability Expertise (EDE) is to collect, analyse and provide independent scientific data and information relating to national policies and legislations, their link with EU level as well as information **about the situation of persons with disabilities**. This project will build upon the expertise of existing disability research centres, supported by national experts, thematic rapporteurs, and links to relevant networks in the disability policy field.

<https://ec.europa.eu/social/main.jsp?catId=1532&langId=en>



**Porto Social Summit:** all partners commit to 2030 social targets

Partners have signed up to the three 2030 headline targets set in the Commission's European Pillar of Social Rights Action Plan in a joint Porto Social Commitment.

This commitment was taken at the first day of the Social Summit in Porto by the President of the European Commission, the President of the European Parliament, the Portuguese Prime Minister currently holding the Presidency of the Council of the EU, the European social partners and civil society organisations.

They have further pledged to do their utmost to build a more inclusive, more social Europe. They welcomed the European Pillar of Social Rights Action Plan and strengthened the commitment to transform its principles into action to set in motion a strong, fair and job-rich recovery.

<https://ec.europa.eu/social/main.jsp?langId=en&catId=89&newsId=10004&furtherNews=yes>



The past 6 months, Portugal presided the Council of the EU and took the **lead on many important policy issues that concern persons with disabilities**. The Council Conclusions on the protection of vulnerable adults were adopted and include an obligation to comply with the CRPD (Convention on the Rights of Persons with Disabilities). Council Conclusions on the Smart and Sustainable Mobility Strategy also included a reference to transport accessibility and inclusion for persons with disabilities.

<https://www.edf-feph.org/portuguese-council-presidency-the-results-from-a-disability-perspective/>



The annual **European Development Days** (EDD) organised by the European Commission in Brussels took place on the 18th and 19th of June. The aim of the conference is to bring the development community together to share ideas and experiences in ways that inspire new partnerships and innovative solutions to the world's most pressing challenges. It is one of Europe's biggest development conferences and it includes a participatory programme with 745 exhibitions, 860 sessions and around 66 500 participants. The overarching title for this year was "**Addressing inequalities: building a world which leaves no one behind**". For the second consecutive year, EDF and the International Disability and Development Consortium (IDDC) have provided their feedback to the European Commission and the EDD team on how to improve the accessibility and involvement of persons with disabilities.

<https://www.edf-feph.org/newsroom-news-we-want-accessible-and-inclusive-european-development-days/>

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# GREETINGS FROM THE TRIADE 2.0 PARTNERSHIP!

In spite of a very difficult pandemic situation, the TRIADE Partnership developed most useful tools to improve the quality of life of adults with intellectual disabilities. A great thank you to IVASS for this excellent coordination. We look forward to go on sharing the toolkits for educators and professionals.

Our joint commitment is to work for the **building of a Social Europe that is fit for everyone** on line with European Commission President, Ursula von der Leyen, conclusion from the Porto Social Summit

**Join us on the TRIADE 2.0 website:** <https://www.ivass.gva.es/Triade2.html>

**Add the TRIADE 2.0-MNAM PLATFORM link:** <https://triade.webs.upv.es/t20/>



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