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DS LEISURE

**TRAINING PROGRAM FOR
IMPROVING QUALITY OF LIFE
OF PERSONS WITH DOWN
SYNDROME THROUGH
INCLUSIVE LEISURE**



Sharing knowledge in enjoying DS leisure.

www.dsleisure.eu



Training

What and for whom

Thanks to this training, people with Down Syndrome or intellectual disabilities can plan their personal leisure time and can participate in various leisure activities.

This training is intended for people with Down Syndrome who can do leisure activities with or without help from the network.

This training is provided by trainers or supervisors.

This training consists of five lessons.

Two to ten people can participate in a training group. There is one supervisor per group of three participants.

Content of the training

- What is free time.
- What possibilities are there.
- What appeals to me.
- Create personal leisure time plan and action plan.
- Presenting personal leisure time plan and action plan.
- Practical lessons.
- Role play.
- Carry out the choice made.

Content of the lessons

The lessons always have a recognizable structure:

- Looking back on previous lessons.
- Spelling out what the participant will be doing.
- Carrying out activities and exercises.
- Evaluating and repeating what the participants have learned.
- Looking forward to the next lessons.

Important elements in the lessons are:

- Simple language;
- Repetition;
- Practical skills;
- Involving the participants who already know or can do some activities and exercises;
- Knowledge and experience sharing among the group;
- Peer support.



Background and vision

The self-determination theory and Person Centered Planning form the basis from which this training is designed.

The focus is on inclusive activities: leisure activities as everyone else does.

This training is written for:

- People with Down syndrome and other intellectual disabilities;
- Trainers;
- People who have to deal with individuals with intellectual disabilities.

Self-management is very important for the quality of life, opportunities to develop yourself on a professional and personal level also have to be offered for people with an intellectual disability.

These themes are related to the central themes of the United Nations Convention on the Rights of Persons with Disabilities:

- Autonomy;
- Full participation.

Autonomy

It has long been thought that people who cannot think well themselves cannot make decisions for themselves, but now we know that when someone has no influence on their own life he / she cannot grow.

For growth and self-confidence, you should be able to discover what you can do and what you want, but in a safe way.

People with Down Syndrome or intellectual disabilities have the capacity to develop and must be challenged to develop. Training and coaching are needed to make these steps. In DS LEISURE it is important that people develop, day activities, work and creative activities are the initiatives that are offered. This is to promote independence, autonomy and self-awareness.

Vision on approach to people with Down syndrome and other intellectual disabilities

DS Leisure sees, in addition to the focus on more activities and inclusion, the importance of:

- **Question sent;** what are the wishes and requirements of someone with a disability.
- **Customization;** everyone is different, the strength is to find a creative solution for the individual.
- **Own direction;** the experience for growth, self-direction and making contacts are the basis for self-development.
- **The network;** a good network of family, neighbours, friends around someone creates more inclusion and possibilities.
- **Dialogue;** this way of working increases self-awareness and ensures that people learn from each other.



People with Down syndrome and other intellectual disabilities can develop personally

Increase self-awareness

For example: Who am I? Which activities suit me? What do I like? Which people do I like around me? What do not I want? I watch television because I really like it or because I have nothing better to do. What are alternatives?

Increase independence

For example: taking initiative, developing creative and resolving skills.

Developing social skills

For example: presenting, asking for help, taking initiative in social contacts, communicating with people with and without disabilities

People's own choices are the starting point of their guidance

People with Down syndrome and other intellectual disability can make their own choices. Autonomy is important for the well-being of every person. Even if you have an intellectual disability, you can make choices. By making own choices, intrinsic motivation is created. Intrinsic motivation leads to better learning outcomes.

The care world often thinks in systems.

For example: The supervisor is there on Thursday and so we are all crafting together. Is Thursday a nice day for everyone? Do anyone like crafts at all?

For example: Your housemates in your living form are also your friends. Is that really true? What kind of people would someone create around him if he had the opportunity?

It is important to make the transition from a system-based approach to a person-oriented approach. That requires a different approach to those involved. Customization often requires more creativity.

Personal connection and being of value are important for every person

In the training, therefore, much attention is paid to personal exchange, participants are encouraged to find like-minded people and participants who bring in experience or expertise have a role in the training. Feeling that you do not just receive care and guidance, but can also give it to others, a person grows.

For example: is there someone who can operate the computer? Is there someone who can draw or present well? Is there someone who has experience with the gym? Make use of his / her contribution.



Training goals

This training is written for promoting and strengthening self-management when performing leisure activities for people with intellectual disabilities.

In this training the following competences are trained:

- Self-awareness;
- Social skills;
- Assertiveness;
- Creativity and resolving power;
- Presentation skills;
- Request help and use the network;
- Ability to make choices;
- Communication;
- Orientation.

The training uses different learning tools and various communication skills.



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**DS LEISURE
promotes
inclusive
leisure
for persons
with Down
Syndrome.**

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