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[www.sindrom-down.ro](http://www.sindrom-down.ro)

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[www.downkidsinternational.com](http://www.downkidsinternational.com)

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[www.ucv.ro](http://www.ucv.ro)



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**DOWN SENDROMU DERNEGI – TURKEY**  
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**DS LEISURE  
promotes inclusive  
leisure for persons with  
Down Syndrome.**

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

[www.dsleisure.eu](http://www.dsleisure.eu)

DS LEISURE is launched with the main objective of increasing the competences (attitudes, skills, knowledge) of persons with Down syndrome, their families, professionals working in leisure sector, formal, non-formal caregivers and volunteers, about how to improve the Quality of Life of people with Down syndrome through Inclusive Leisure applying an innovative training program.



## PROJECT INNOVATION

No project has been launched, at European level, in directly training persons with Down syndrome, families, caregivers and professionals of Leisure Sector as a powerful tool for increasing the Quality of Life of these persons.



DS LEISURE is a unique and INNOVATIVE TRAINING based on the next differentiated premises:

- Direct involvement and training of Adult Persons with Down Syndrome.
- Based on experiential activities, “learning by doing”.
- Promotion of the inclusion of PDS through the participation of professionals in the Leisure Sector.
- Involving families and professionals as “supports”, not only as caregivers.
- Involving professionals of Leisure Sector as “supports”, not only as deliver of services.
- Training PDS in the exploitation of ICT Assistive Technologies.

## USERS

- ❑ Persons with Down Syndrome (PDS)
- ❑ Families, caregivers
- ❑ Professionals working in the Leisure Sector



## OBJECTIVES

- ❖ To raise awareness and motivate the full collective about the importance of Inclusive Leisure for Quality of Life.
- ❖ To increase the autonomy of PDS for taking decisions about their leisure time with a global Wellbeing and Quality of Life approach.
- ❖ To transfer knowledge and guidelines about how to implement Inclusive Leisure among PDS.
- ❖ To transfer knowledge and guidelines about to exploit ICT Tools (Apps and/ATs) for supporting inclusive leisure for PDS.



## RESULTS

- ❑ Methodological Guide developed with the direct participation of PDS and professionals of the Leisure Sector.
- ❑ Training Materials for creating and improving the critical competences of PDS and professionals of the Leisure Sector.
- ❑ Experiential Training Activities for enhancing the practical training within real environments.
- ❑ Development of an e-Training Platform, including solutions for supporting the implementation of Training Materials and Experiential Training Activities.
- ❑ Creation of 4 DS LEISURE UNITS.
- ❑ Development of Dissemination Actions addressed to the European collective related to PDS.

