

5TH MEETING “SOCIAL INCLUSION AND AUTONOMY”

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LECTURE 2:

Community Awareness & Acceptance





FOR FAMILIES:

. ACCEPTANCE

**. HOW TO PROMOTE SOCIAL INCLUSION,
REHABILITATION AND RAISE AWARENESS INSIDE
YOUR COMMUNITY**

. AUTONOMY

. Q&A

Outline

EXPECTED LEARNING OUTCOMES

- **Family use of coping strategies designed to address new personal and child needs**
- **Promote inclusion**
- **Learning procedures to teach complex skills and increase autonomy**



1. FAMILY ACCEPTANCE AND AWARENESS

FAMILY ACCEPTANCE

The birth of a child with a disability connotes itself as highly stressful (Harris et al. 1987).

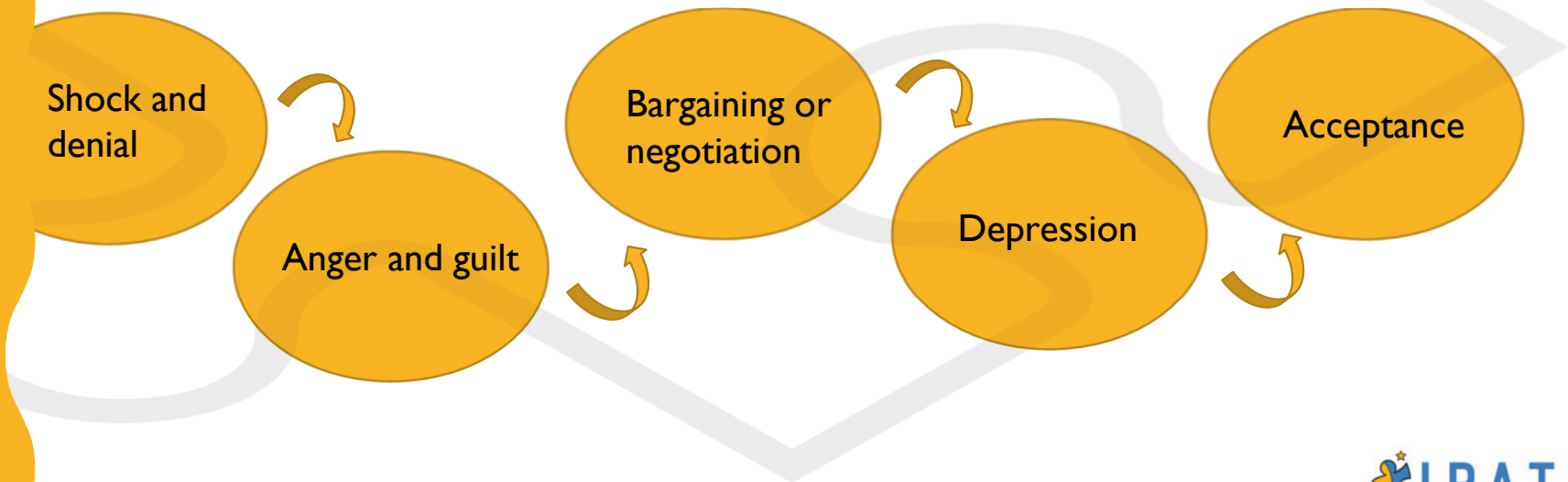
This event involves first of all a situation of loss, and a consequent mourning to be elaborated by the family. (Dell'Aglio, 1994)



1. FAMILY ACCEPTANCE AND AWARENESS

FAMILY ACCEPTANCE

Bicknell (1983) outlined the stages through which one arrives at the processing of such grief:



RESILIENCE

It is the ability to transform a negative experience into learning, the traumatic event into an engine of possible change.

Ability to cope, resist, build, integrate, be able to recover energy necessary to reorganize their lives after suffering a trauma or difficult situations.



PROTECTIVE FACTORS

What are the factors that allow us to regain psychophysical balance and face the crisis situation in the best way?

TAKE CARE OF ONESELF

As well as children: if you don't listen to your own needs, you will hardly have the physical and psychological energy needed to support others

REST, RELAX AND RECOVER ENERGY

Allowing yourself time is useful for planning your activities more calmly, whether they are responsibilities or leisure activities.



PROTECTIVE FACTORS

OVERCOMING FEARS AND GUILT

Thinking about one's own well-being is not an act of selfishness, but a necessary step in caring for one's child.

CULTIVATE A SENSE OF HUMOR

A great strategy to reduce stress and promote wellness!

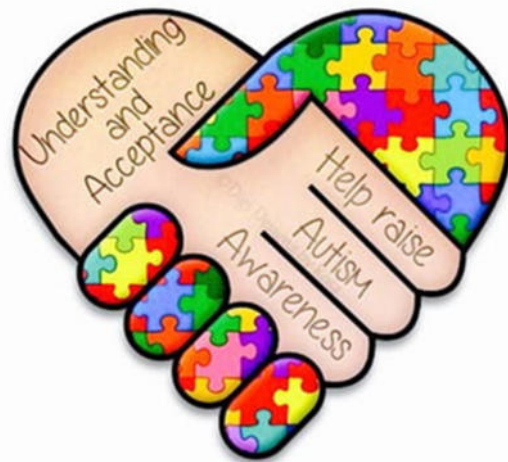
PROPERLY INVOLVE OTHER CHILDREN IN THE FAMILY

Protecting them by "keeping them out of the problem" is a futile effort for both you and them. They are part of the family and have a right to know if a member needs help. They can be given age-appropriate responsibilities, but NEVER burden them with more responsibilities than they ought.



1. COMMUNITY ACCEPTANCE AND AWARENESS

- ***Within the community, the biggest challenge is to break down the stereotypes, attitudes and perceptions that revolve around the world of disability, promoting awareness and knowledge activities.***

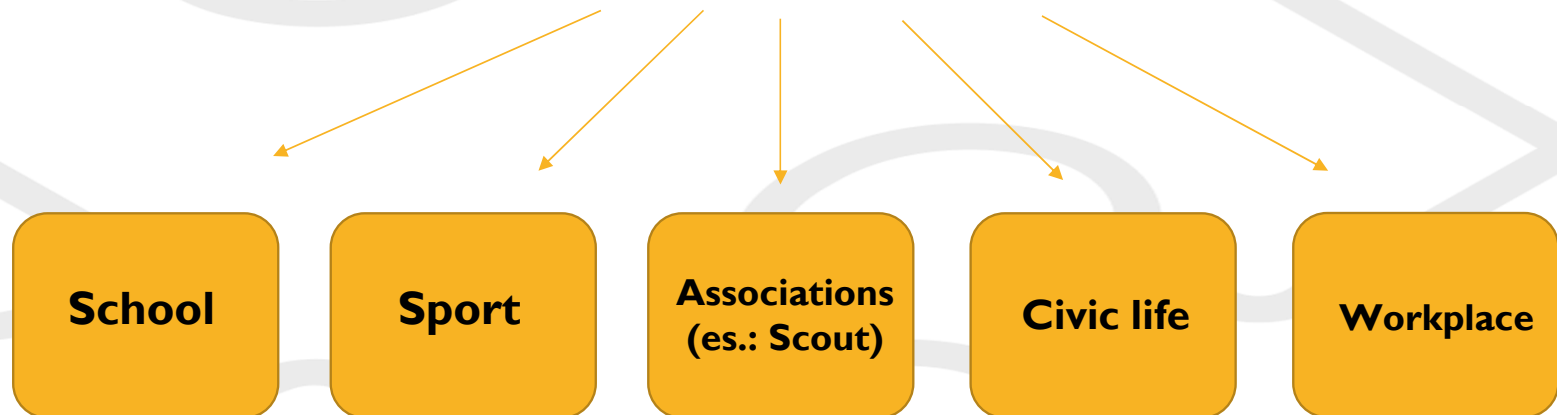


«You are afraid of what you don't



2. HOW TO PROMOTE SOCIAL INCLUSION

Providing appropriate tools that can support participation in a variety of contexts :



3.AUTONOMY

- **Personal autonomy is a fundamental prerequisite for social inclusion and for a possible future employment.**

Through the CHAINING procedure it is possible to teach:

- **Personal autonomy:** e.g. washing hands, dressing, showering etc.
- **Domestic autonomy:** e.g. cooking, preparing snacks, making the bed...
- **Consumption autonomy:** e.g. using money, shopping...
- **Play and leisure skills:** e.g. playing cards, riding a bike, watering...



THERE ARE THREE PROCEDURES FOR TEACHING A CHAIN OF BEHAVIORS

Forward chaining

Backward Chaining

Total task chaining





Questions

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THANK YOU!

