

## Italy Disabled Center Quests Project Information

### Project #1: A.N.Fa.Mi.V

#### LOCATION

City: Udine

Region: Friuli Venezia Giulia

#### PROJECT DESCRIPTION

**A.N.Fa.Mi.V** has been founded in 1984 as the Association of the Families of Minors with visual problems. Since 2008 it has become the National Association of Visual Impaired.

The Association was created with the aim to support families who have children with visual problems, in order to help them in their education and self development. Nowadays the Association supports not only the families but also young and adult blind people.

A.N.Fa.Mi.V is settled in Udine, in the region of Friuli – Venezia Giulia, in North-East of Italy. The city has got 100.000 inhabitants and it is surrounded by hills and mountains, 120 metres above sea level. The beaches of the Adriatic Sea are just 40 km far.

Udine has some coffee shops, bars, shops. A bit outside, there are some clubs. During the summer, some festivals are organized in the villages around Udine.

Italy's northeastern corner is barely mentioned in most guidebooks and rarely visited even by Italians, however *Friuli-Venezia Giulia* is one of Italy's most versatile regions. You can find snow-capped mountains, warm sandy beaches, lagoons teeming with water birds, remote alpine hamlets, Roman ruins, palatial country villas, rocky coastal cliffs.

In A.N.Fa.Mi.V the volunteers will be involved in different kind of services offered by the organization:

- **Support for the families** of visually disabled people, also people with multi-disabilities (which can include mental ones), under and over 18 years of age;
- **"Centro Didattico Pre-Professionale"** for youth and/or adults with multi-disabilities (that could be mental too). It is a laboratory where the users can practice their skills, learn new ones, and feel a part of the working society;
- **"Centro di Sostegno Parascolastico"** where students are helped with their homework, plus any rehabilitation support is offered in order to let the young move towards an higher grade of independence;
- **Educazione della manualità'**: domestic economy; manual work;
- **"Tempo Libero" (Free Time)**: sport activities with no competitiveness, as swimming, bicycle, ski touring, guided tours, music;
- **Training Activities for teachers, social workers and families**: courses on special topics concerning blindness and disabilities, especially the Braille (in writing and in reading), Orienteering,
- **Mobility and Practical Life**:
- Different activities on Sundays, visits to certain cities, manual works. Each one of the hosts has a specific program for him/herself to his particular needs.

A.N.Fa.MI.V usually asks the volunteer to co-operate in the “Centro Didattico” and in the “Laboratorio Protetto” in order to support, together with the professional staff, the disabled people. During the time when the school holidays are, the trainee is asked to help out in the residential and supporting activities, mainly as a helper either in the community or rehabilitation activities.

Activities, either at the “**Centro Didattico PreProfessionale**” and at the “**Laboratorio protetto**”, start at 9.00h am with the pickup of the disabled from their homes, or from the bus or rail station, and finish at about 5.00h pm. when the disabled are taken back home. Lunch and recreation time is included. The volunteer helps the guests, according to their own needs. Support is alternatively offered to all the guests, in order to not create a dependence between the volunteer and one particular host, which could make the departure of the volunteer more painful for both of them. The “**Centro di Sostegno Parascolastico**” works mainly in the afternoon, often the volunteer helps the disabled as a support for their homework.

## PRACTICAL ARRANGEMENTS

Volunteers will be hosted in a family, in a single or double room; as for the residential and the summer activities for short period of time, the accommodation will depend on the structure where those activities will be held. The accommodation in this case will be the same as the social workers and other volunteers.

## Project #2: ASSOCIAZIONE INSIEME SI PUÓ – ONLUS

LOCATION
<p>City: Reana del Rojale (Udine)            Region: Friuli Venezia Giulia</p>
PROJECT DESCRIPTION
<p><b>The Association “Insieme si puň ONLUS</b> runs a hosting house community for disabled (18 persons with psyco disease) with social-rieducational-rehabilitating purposes and a group in an apartament 4 people living togheter to experience the daily life and gain indipendence. Professional social workers and national volunteers work in the community in order to help the guests in the rehabilitation and in social interaction. The aim is to make the guests achieve independence in daily life and to support the guests’ families. Actually the age of the hosts is between 26-59 and some of them have more then one handicap, with physical and psychical disabilities.</p> <p>The daily centre is open from Monday to Friday, from 9.00 AM to 4.30 PM, while the residential centre gives a service 24 hours all year. In the daily centre the hosts can do different activities which offer them the possibility to improve their capacity, through the maintenance and consolidation of the autonomy and personal care, and through the attention for social relations. In the residential centre, beyond the activities and therapies run in the daily centre, the Association manages all the aspects connected with the hosts, hospitality, included the recreational activities during the weekend.</p> <p>The structure is settled in a quite village, Reana del Rojale, 12 KM from Udine (100.000 inhabitants), on the moraniche hills. Reana del Rojale is in the middle of different naturalistic places (Alpi Giulie, Prealpi Friulane, Adriatic see and beach places, city like Venice, country like Austria and Slovenia).</p> <p>Its history is rooted in pre-historical times and in fact archaeological findings dating back to 9000 years before christ have been unearthed here, this past was then cancelled by the Roman presence.</p> <p>In the area there is good public transport which guarantes good mobility.</p> <p>The volunteers, as supporters of the staff, will be involved in different activities promoted in the centre addressed to the hosts. For some activities the presence and the support of the volunteer is more needed and important, especially for the following ones: swimming pool, hippo therapy, soft gym, psycomotor activities.</p> <p>Every day the volunteer will be also involved (from Monday to Friday) in the organiazation of the bus transfers of the hosts: along with the driver, he\she has to take them home (evening) and to the centre (morning).</p>

**The volunteer will be mainly involved in these activities:**

- Activities connected with the development of the individual autonomy: the aim of all the centre activities is to improve and develop the autonomy of the hosts with regards to their autonomy in transport in the domestic activities, in the use of money in the interpersonal relations, in the determination of own choices and in the auto-determination in general;
- Activities connected with the personal care of the hosts (teeth brushing after the meal, having a shower after the sporta activies etc.);
- Activities connected with the personal care of the hosts (teeth brushing after the meal, having a shower after the sporta activies etc.);
- Activities connected to stimulate the physical capacities (hippo therapy, swimming, psychomotor activities, manual laborations: orthographic laboratory to development the linguistics skills and laboratory of foreigner languages to improve the knowleadge and the intergration with other cultures);
- Activities connected with the eye-watching during breaks;
- Activities connected with the house setting and with the planning of the daily timetable (volunteers will be involved in the staff meetings for the planning of the week activities and in the organiazation of the common space to be used with hosts);
- Activities connected with the social activities run inside the centre and outside the centre (participate in the public meetings during exhibitions, participate in stage\theatre shows and in going out for movies or music concerts, trips to touristic places etc...);
- Activities connected with the theatre and cultural laboratories (after being an educative path, in the occasion of specific holidays the association organizes theatre and music shows in which it is welcome the active participation of the volunteers).

At the beginning the volunteer works with the supervision of the social workers, but volunteer will be also welcome to organize autonomously new activities, which can be proposed by the staff or by the volunteer itself. Moreover, the Association is open to the promotion of new activities and new projects connected to the volunteers personal experience.

## **PRACTICAL ARRANGEMENTS**

### Accommodation

The association provides the volunteers a room with bathroom, that will be shared with other volunteers in a separate apartment but located in the same structure. The room is at the school floor of the daily centre and next to the Gruppo Appartamento, the kitchen is in a common space and for common use with the hosts of the Gruppo Appartamento so it is fundamental to respect the timetable when to use it and keep it tidy. In this way, It is possible to create a good and responsible cohabitation.

### Food

The volunteers can cook their own food.



#### Language Training

An Italiano Language course is foreseen in a professional school of Udine, with the possibility to choose the course according on the communication level.

#### Training and Support

The volunteers will have the chance to take part in some trainings and:

- Learn different working methods used by the social workers during the re-educational activities;
- Take part in the meeting organized for the social workers, the external professionals and the families;
- Have access to the technical documentation;
- Get information about all the different pathologies of the hosts and about the different re-educational methods used in the centre.

The volunteer will also have the chance to take part to the training course for social workers and the updating training addressed to the whole staff. The association cooperates with other similar institutions in the area. These collaboration offers possibilities to join extra training for volunteers and social workers at the University of Udine.

## Project #3: GSH - GRUPPO SENSIBILIZZAZIONE HANDICAP

### LOCATION

City: Cles (Trento)

Region: Trentino Alto Adige

### PROJECT DESCRIPTION

At the origin of GSH foundation (in the '80s) there was a simple group of volunteers who decided to spend their time offering friendship and solidarity to people affected by disabilities. Nowadays GSH is a well structured organization which aims at improving the quality of life of disabled people and of their families, offering them different social services. Moreover GSH develops an important activity of networking among entities working in social sector in order to make local community and institutions more conscious about handicap issues and contributing to the improvement of social public policies.

The structure is settled in the village of Cles (Trento), in the northern Region of Trentino Alto Adige.

GSH is composed by a staff of 58 people, 15 of them are volunteers. It offers a big amount of different social and educational services in its structures and in the local community, such as:

- Residential centre,
- support for disabled students,
- individual professional trainings,
- educational individual trainings,
- working daily center,
- socio-educational center,
- library, psychological support.

Volunteers will be in particular involved in the activities developed in the socio educational centers, in the residential community, in some activities implemented in the community and during summer and winter holidays.

The Residential center is a residential service for disabled people, characterized by a familiar atmosphere. This service is opened to disabled people who have not the possibility to live in their own home, or who would like to acquire more independence in living in a community.

The Socio-educational centers (Il Quadrifoglio, Il Melograno and La Casa Rosa) are daily services which aim to develop the abilities of each disabled adult respecting his own capacities and his social integration.

After a first approach, necessary to know the structure of GSH and on the basis of their individual profile, aims, interests and skills, the volunteers will be gradually involved in the different activities developed into the socio-educational and residential centers: cognitive therapy, handcraft and creative workshops (supporting the guests in the creation of little objects, decorations, bonbonničre, special packaging), music workshops, activities fostering disabled people personal and domestic autonomy, pre-defined activities for single persons according to their individual educational project.

**Outdoor activities:** Volunteers will be involved in supporting disabled people during outdoor activities like swimming and horsemanship, selling handicrafts made in the social educational centers during local markets and gardening in the biological garden. Moreover they will support the organization and management of entertainment activities: parties and events in the community where disabled people participate as a mean to foster their exchange and new kinds of learning opportunities; activities with other community groups like school groups, scout, summer youth camps.

**Residential holidays:** Volunteers would be involved in supporting disabled people during summer or winter residential holidays, experimenting community life and helping them in recreational activities.

Finally, volunteers will be encouraged to give their contribution and suggestions for the organization of activities of promotion and consciousness of local community about issues linked to disability (local campaigns, special events..). Moreover, according to their skills, they will be invited to cooperate in the elaboration of different GSH editorial initiatives: Annual GSH Service Charter, The "Clessidra Project" and the scientific magazine "Spazi e modelli".

## PRACTICAL ARRANGEMENTS

Herein we describe principal practical aspects:

**Pick up only available from TRENTO's train station** (NOT from Verona's Airport).

**Working hours and days off:** Volunteers will work for 32-33 hours weekly and not more than 35 hours. They will have 2 days off: 1, for all volunteers, will be Sunday, the other free day (1) will be chosen from Monday to Friday, according to volunteer needs and interests.

On Saturdays, volunteers will be usually involved in supporting disabled people at the residential center or during entertainment activities (cultural ones like cinema, theatre, exhibition..), sport activities (swimming pool, horsemanship...) little trips and other outdoor group activities.

**Accommodation:** At GSH volunteers will be hosted in an independent wing of the Residential center, in comfortable single or double rooms. The kitchen will be in common with residential center's guests. We think that the Kitchen will be mostly used only for little snacks, because principal meals will be provided every day by the hosting organization.



**Language training:** Volunteers will be provided of an Italian language course in a local language center or through a private teacher.

**Food:** GSH will provide three main meals (breakfast, lunch and dinner) which will be served directly in the Residential Center. During the weekly activities volunteers working at the daily center will share lunch time with guests and eventually support them during meals. Special attention will be paid to the information concerning "alimentary special needs" included in volunteers application forms. All efforts will be done to take this information into serious account in preparing meals.

**Local transports:** Cles is easily connected by bus and trains to the neighborhood. Volunteers could easily use local buses and trains to travel from the little village of Cles to other villages and little towns of the Valley (Val di Non) and to the principal city of Trento, which is far about 45 Km. In welcoming training, GSH will give to volunteers all useful and practical information to let them get local transports autonomously.

## Project #4: AZIENDA PUBBLICA SANTA MARIA

### LOCATION

City: Cles (Trento)

Region: Trentino Alto Adige

### PROJECT DESCRIPTION

The 'Santa Maria' public service corporation is a non-profit body offering welfare services, whose Mission is to provide both residential (Nursing Home, Care Home) and semi – residential services (Elderly Day Care Centre, podiatrist, counselling service) to elderly people. These are especially intended for elderly or disabled people, for internal as well as external users.

At the moment, the facility hosts 143 users.

The guest must be at the centre of our philosophy, therefore we do our best to:

1. Provide outstanding person-centered care through a high quality tailored service in a neat and tidy environment.
2. Create an organizational climate, promote the team's well-being, ensure continuing professional and organizational development aimed at achieving innovation;
3. Be an organization that learns and encourages the lifelong learning of its members;
4. Be open and receptive to the territory's needs.

#### Role and Tasks of the volunteers

In the HO the volunteers have their own 'tutor' - a person who helps him/her with the integration process in the working place (task support). The tutor is one of the animators at the Hosting. Standard activities (coordinated by the staff) are:

- Collaborating in preparing meals and, in the case of non-self-sufficient residents, helping to administer/distribute drinks and food;
- Participating in existing entertainment and/or workshops (song, manual activities, photographs, painting, reading, gardening, etc.) oriented towards the structure's residents;
- Collaborating in the rehabilitative and therapeutic program (soft gym, gymnastics for the elderly, physiotherapy);
- Accompanying residents to external centers, and/or dispatching commissions (shopping);
- Accompanying residents on holidays, local trips, and residential holidays by the sea or in the mountains (also extended);
- Participating in team meetings;
- Participating in formative and monitoring/supervisory meetings, geared either towards volunteers or staff.

## PRACTICAL ARRANGEMENTS

### **Board and Lodging**

Meals are generally taken at the canteen of the structure, together with the staff.

### **Accommodation**

The volunteer at Azienda Publica will live in a ensile room with a private bathroom on the 4<sup>th</sup> floor of the building.

### **Language Opportunity (Language Course)**

According to our experience, we suggest the volunteers to start a short course of Italian before leaving, only if possible. This could be useful for the first period in Italy.