

„Leaving the nest” programme to support the more independent life of youth living with rare disease.

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Purpose

- Develop the **independency and social activity** of young adult (16-40 years) people with Williams Syndrome creating optimal conditions for their needs in work
- Establish an **Event Organizer Team** for own organization's event
- Develop a **Complex Program** of 16 months training for increasing autonomy and independency of people with intellectual disabilities through work and learning practical tasks of event organising
- Preparing **Handbook** of this special training for other organizations
- Establish a **facebook page**, for integration the training to private life
- Review the possibilities to turn into a for-profit enterprise on the long run
- Support the young people with different disability to **living in a community**

Long Term Goals

- Assure **supportive environment** for disabled young people for **responsible activity in meaningful** and useful work
- Develop people with intellectual disabilities for **working abilities**
- **Increase the social knowledge** about people with intellectual disabilities and building **co-operation** with for-profit organizations
- **Create jobs** for people with intellectual disabilities

Target Group

- **Young people** living with Williams Syndrome and other similar disabilities
Characteristic: Moderate intellectual disability with communicative and social behaviour
- **Family of the trained person**
Characteristic: medium or older age, mainly females
- **People who are connected** with the organized programs for acceptance of disabilities
Characteristic: – non-disabled population

Program Elements 1

Independent Lifestyle Training

The purpose of this section: teaching the target group for theoretical and practical knowledge of event organization.

Practice in public transport, in shopping, making plan for a work, preparing simple food, service food

Events: New Year's Eve, integrated children's Day, integration festival in the Independent Life Camp, Closing Event

Leaving Nest Facebook Page

During the Lifestyle training, the participants homework is made online.

Actions of the program are also published on the web site for all participants and other interested persons.

Autonomic Life Camp

The Camp organized for young disabled participants w/o family, where the autonomous life gives tasks, like cleaning, work around the house, personal hygiene, eating and washing dishes, etc.

The local school arranges a sensitizing event for introduce and accept the people with disabilities.

Program Elements 2

Parents training – Let them Go

The training is held by a psychologist and a trainer for the young people with intellectual disabilities' parents. The purpose of the training is to learn the supportive – but not strong controlled - thinking and behaviour in autonomy of their child. Intensive therapy.

Workshop

Three days program for parents of disabled people. The purpose is the best practice sharing in leaving a nest. Introduction of the facilities and operation in the open and supported work market for people with intellectual disabilities.

Project Closing Conference

Arranged for parents, other civil organizations and professional workers about the results of the project. Sharing information and best practices of international organizations in theme of „Leaving the Nest”.

Publication

Program handbook including summary of experiences in printed and electronic form.

