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# TRAINING PROGRAM ON INDEPENDENT LIVING

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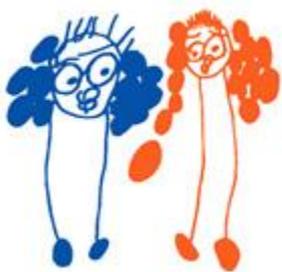
# IDP LIVING PROJECT



- Held with the support of Erasmus Program



- The partnership has NGO's from Portugal, Spain, France and Croatia.



DETA 1\_It's My Life!  
Opening\_IDP Training Program Presentation



# IDP LIVING PROJECT



- Pretends to promote the quality of life of people with intellectual and developmental difficulties (DID).
- It seeks to improve skills of: Daily Life Activities, Accommodation, Supported Housing and Independent Living.
- It aims to provide more experiences in the community and gain greater autonomy.

# IDP LIVING PROJECT



- Ask people with ID, families, and professionals to co-produce an Independent Living training program.
- The Independent Living training program will have workshops to experience and learn by doing.
- This program will be on a online training platform with technological solutions for persons with ID.





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# IT'S MY LIFE!

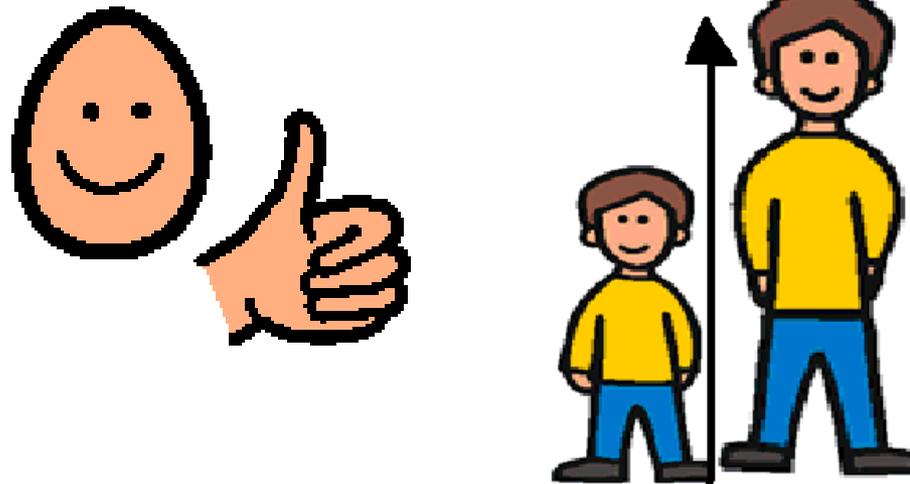


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# IT'S MY LIFE!



- What's Quality of Life?



# IT'S MY LIFE!



The goal is to understand:

- What is Quality of life?
- What do I need to have Quality of life?

# IT'S MY LIFE!



The goal is to understand:

- What can I do to have a more independent living?
- What prevents me from having a more independent life?

# IT'S MY LIFE!



The goal is to understand:

- ❑ Share independent living experiences