



**Day Centers Without Walls**  
No. 2019-1-EL01-KA204-062516

Good practice No1

<b>Title</b>	Project "My Disability"
<b>Implementation date</b>	Since 01-09-2019
<b>Institution</b>	Jaunuoliu dienos centras(JDC)
<b>Target audience</b>	Students of basic (lower secondary) education; upper secondary education; university students
<b>Objective</b>	To inform about disability and what strengths do disabled people have
<b>Location /geographical coverages</b>	Panevezys, Lithuania
<b>Context</b>	
A group of young disabled people giving lectures to the secondary and high schools students about their disabilities. They talk about Down syndrome, Autism spectrum, Spina Bifida, Cerebral Paralysis and so on. Young people talk openly about their disabilities and strength and boldly ask students what they know about disabilities. Students can also ask about the thing they are curious about.	
<b>Stakeholders and Partners</b>	JDC, schools, universities, colleges
<b>Methodological Approach</b>	<p>In order to share information about certain types of disability, lectures were conducted, using PowerPoint presentations.</p> <p>Progress of the process:</p> <ul style="list-style-type: none"> <li>• Disabled young people, with the help of a staff member, collected information on Autism Spectrum disorder, Down syndrome, Spina bifida, and cerebral paralysis.</li> <li>• The collected information was evaluated and informative, clearly understood facts were selected.</li> <li>• In order to get the attention of listeners, interesting details and examples were found.</li> <li>• Selected information was made into PowerPoint presentations.</li> <li>• The presenter (a young person with a disability that matches the type of disability being introduced) firstly tested his/her abilities to present by practicing in the immediate environment – with family, friends, visitors to the institution he/she attends.</li> <li>• A staff member contacted various institutions for the opportunity to collaborate and the opportunity to conduct lectures.</li> </ul>

	<ul style="list-style-type: none"> <li>• Speakers went to the receiving school/university for the presentation.</li> <li>• In order to increase the inclusion of people with disabilities, to show their abilities, to change the stigmatization towards disability, we used relaxation tools popular in society today, in our case a special T-shirt with notes on disability (eg: .....).</li> <li>• The speaker read a clear, pre-written message introducing himself and his disability</li> <li>• The speaker responded to questions from the audience</li> <li>• Readers left the audience after completing the presentation and talking to the listeners.</li> </ul> <p>From a gender perspective, 2 girls and 2 boys participated in the presentations.</p> <p>Clearly showed interest of the audience, acceptance of new knowledge, ongoing questions, responsiveness to the content of the presentations and disabled people themselves is an indicator of our success.</p>
<b>Impact</b>	
<p>The impact of this good practice is clearly positive.</p> <p>Positive for young people with disabilities in terms of improving their knowledge and awareness of their disability and building their confidence, self-expression, overcoming fears and new ways of inclusion. This process also incorporated joy, the experience of satisfaction with the achieved results, the discovery of the right conditions for improvement, and included the process of human learning.</p> <p>Positive for the community too, i.e. for different audiences - changing attitudes towards disability, supplementing specific knowledge, granting access to not only theoretical knowledge but also real contact with a person with a specific disability.</p> <p>Presenters that gained positive experience will have an even greater motivation to disseminate information in the future, will improve their communication skills, make new connections, and will have more competences to represent themselves.</p>	
<p>Replication Factors and Replicability</p>	<p>It is planned to expand this good practice by giving presentations in different institutions and other regions.</p> <p>Increase the dissemination of this opportunity through a variety of dissemination tools.</p> <p>Include more types of disability in presentations.</p> <p>Make handouts for each disability.</p> <p>Develop good practice descriptions with a link to the video presentation.</p> <p>The prerequisite for the expansion of good practice is a cooperation between different institutions for innovation and sharing of good practices. Also important is, the encouragement of others, motivation for interest, acquaintance with our innovative method of presentation.</p>

Lessons learned	<p>Young people with disabilities have broadened their horizons by collecting information on their disability.</p> <p>Young people with disabilities have the ability to read lectures on Down syndrome, autism spectrum disorders, Spina Bifida, cerebral palsy.</p> <p>During the whole process, the emphasis is not on your disability but on your strengths and abilities.</p> <p>As their self-esteem rises, the fear of audiences is overcome.</p> <p>Collaborative relationships have been established with other institutions.</p>
Summary	<p>People with intellectual disabilities make up a significant part of our society. They are often accompanied by complex disorders. The environment is often unaware of the specifics of a particular disability, has a stigmatized attitude, prejudices, fears.</p> <p>Institutions, that train professionals to work with such people provide only theoretical knowledge in their training programs. Therefore, our innovative approach to present good practice in lectures led by people with disabilities is a great way to increase the inclusion of people with disabilities and break the established stigma.</p> <p>By observing the positive impact of this method on both disabled presenters and the audience, we have drawn the conclusions about the development of this innovative method and the importance of strengthening the inter-institutional collaboration to raise awareness of different types of disability in an innovative way.</p>
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Related resources that have been developed	
Keywords	<p>Intellectual disability          Empowering          New attitude</p>