



# Action Plan

# New Residential Alternative: Independent Living for PWD

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# Background

1

- **Laws**

Law 7600 "Equal opportunities for persons with disabilities"

The Law 7092 "On the tax of the rent and the incentive in favor of the employers that contract persons with disabilities"

- **Institution**

National Council of Rehabilitation and Special Education (CNREE)

Promote and demanded the human rights of the persons with disabilities through counseling and offering models of attention to get accessible services with equality of opportunities, universality and transversely.

# Background

2

- My program institution training
  1. PWD's abandoned
  2. Staff who give support for PWD's (assistant)
- My responsibility
  1. Training about different topics like: diversity, special educational needs, how to work with this people, independent living, how to improve skills (PWD's and assistant)

# Background

3

## **Financial assistance for persons with Disabilities**

- Costa Rican Social Security Fund (CCSS).
- National Council of Rehabilitation and Special Education (CNREE).
- Mixed Institute of Social Aid (IMAS).
- Our users receive government subsidies monthly and some of the them have pension. (\$220)

# Background

4

- **Staff**

National support

- 6 persons (main office)

Regional support

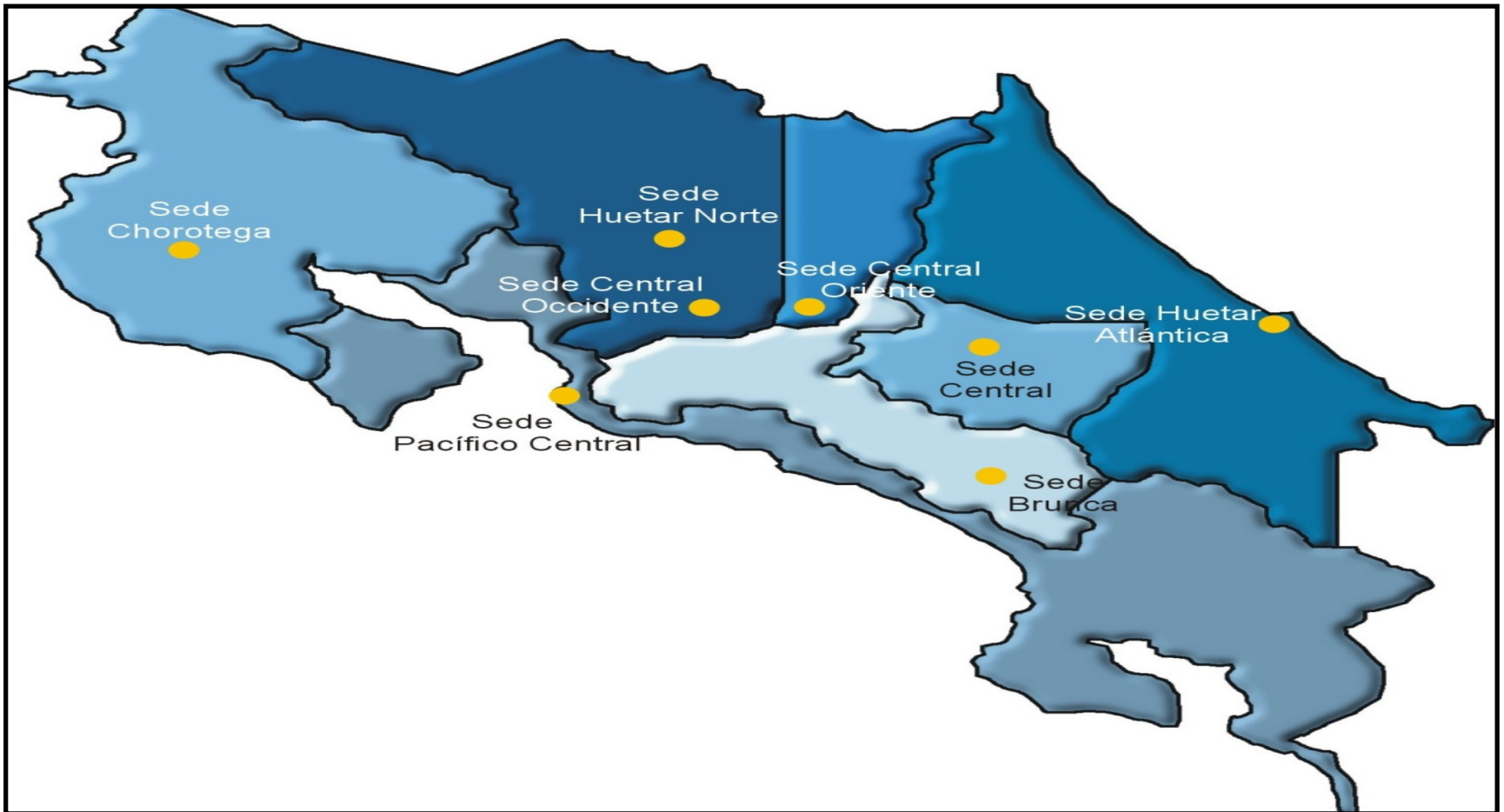
- 14 persons (allocated in 8 areas)

## **Functions**

- Supervising and coordinating the support that requires PWD's in our program.

# Area

1. We work in 8 different areas, look for the best alternative to start.



# Present Situation

1

- Program (PSCF)- Residential alternatives
  - Group Home (8 people in each home)
    1. Rent a house
    2. Live in a house owned by NGO's
- Users
  - Total 837
- Population of PDW:

| Intellectual disability | Psychiatric illness | Physical disability | Deaf | Blind | Others |
|-------------------------|---------------------|---------------------|------|-------|--------|
| 308                     | 155                 | 146                 | 28   | 16    | 184    |

# Present Situation

2

| Problem   | Needs   |
|---|---|
| Segregation   | Develop integral attention for people with disabilities                               |
| PWD's aren't accepted by the society .                                    | The society change their conscious, be flexible<br>Promote social activities          |
| Over protection, service provide by assistant (food, house, cloth, money) | The PWD's don't do anything, they need opportunities to develop their skills daily    |
| Unemployment  | Open employment, sheltered setting<br>Income generation<br>Few companies employ PWD's |



# Opportunities

- Institution support CNREE (financial - subsidies)
- Staff (professionals)
- Resource available
- Target population

# Weakness

- Not all PWD's in abandon are supported by CNREE.

# Long term

- General objective
  1. Integration of people with disability into the community .

# Short Term

- Specific objective
  1. Improve personal autonomy and development abilities of 5 PWD's.
  2. Develop their abilities in communing living.
  3. Facilitate the employment process of 5 people with disability.

# Target population / Area

## Target Population

1. People with disability (intellectual, physical, psychiatric illness)
2. Older than 18 years old
3. Abandoned

\*PWD's: Accept to training and then live in this residential alternative

- **Area**

At first we have to choose one region, we decide it in group with the staff to identify the needs and treats.

# Strategy

- **New residential alternative (Training)**

Through this new alternative the 5 PWD's cant implement daily their abilities.

Living in at home with support modeling the activities (laundry, cooking, cleaning, etc)

- **Period**

- From September 2008 to November 2009.

1. Choose the population, first group (5 users, Physical, PWID's, Mental Disability)
2. Training course (Residential Alternative, 6 months to 1 year depend of the personal abilities)
3. Independent Living supervising
4. Evaluation

# Duration

1

| Activity                                  | Schedule       | Responsible                            | Resource                 | Threat | Over come |
|---|----------------|--|--------------------------|--------|-----------|
| Review the action plan/ meeting with team | September 2008 | Staff CNREE                            | Action Plan              |        |           |
| Choose the population (5 people)          | October 2008   | National and Regional support of CNREE | Institutional instrument |        |           |
| Look for place and staff (trainer)        | October 2008   | Regional support                       | Monthly subsidy (\$ 205) |        |           |
| Interview PWD's (pre-test)                | October 2008   | National support                       | Social Worker (staff)    |        |           |

# Duration

2

| Activity   | Schedule                      | Responsible   | Resource   | Threat                         | Over come                         |
|--|-------------------------------|---|--|--------------------------------|-----------------------------------|
| Meeting with board of representing institutions (employer) | November 2008 / December 2008 | Staff CNREE   | - Labor Ministry<br>- National Institute of learning |                                |                                   |
| Meeting with companies (employer PWD's)                    | November 2008 / December 2008 | - Labor Ministry<br>-National Institute of learning<br>-Staff CNREE |  | Few participati on of employer | Employ promotion through training |

# Duration

3

| Activity  | Schedule                       | Responsible                                      | Resource                                     | Threat | Over come |
|---|--------------------------------|--|--|--------|-----------|
| Training<br>-Modeling<br>-Workshops<br>-Give them opportunities and strategies to implement the knowledge | November 2008 to November 2009 | - Assistant<br>- Staff<br>CNREE<br>(supervising) | Living cost<br>monthly<br>subsidy<br>(\$220) |        |           |
| -Independent Living<br>supervising  | November 2008 to November 2009 | - Staff<br>CNREE<br>(supervising)                | Staff<br>PWD's                               |        |           |



# Evaluation

- Users (PWD's): suggestions about needs that they find in the training process.
- Feed back of users (make a instrument: interview or questionnaire) about expectations and quality of services.
- Evaluation of skills after their finish the training
- Compare theirs skills of each adult:
  - Before implementing the action plan (pre-test)
  - During the training (six months later)

# Independent Living is a human right

