

The use of a forum of discussion like average for the participation of the families of people with discapacity in the elaboration of a common ideario

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The experience that appears next centers in an activity of formation and attention to the parents of children and children with discapacity. With this object, the Welfare Clinical Unit of Upheavals of Autist Phantom and Generals of Development (UCATEA) in collaboration with AGADI (Galician Association de Atención to the Diversity and Integration) organize a seminary under the title "Constructing lives of quality in the discapacity through the self-determination". The primary target of this event is the one of the obtaining of a plan director of performances in the field of the social insertion of people with intellectual discapacity that serves as first passage for the creation of an initiative of future for the quality life of the people with discapacity. It is considered that to carry out this proposal the first step is to gather the basic ideas that there are to govern as a ideario the performances within this organism. With this purpose, a discussion forum is originated where to develop to the participation and joint reflection.

Keywords society of the information; application of the resources to the life of quality of the people with discapacity; self-determination; independent life

Lengua Española.

La experiencia que se presenta a continuación se centra en una actividad de formación y atención a los padres de niños y niñas con discapacidad. Con este objeto, la Unidad Clínico- Asistencial de Trastornos de Espectro Autista y Generales del Desarrollo (UCATEA) en colaboración con AGADI (Asociación Gallega de Atención a la Diversidad y a la Integración) organiza un seminario bajo el título "Construyendo vidas de calidad en la discapacidad a través de la autodeterminación". El objetivo principal de este evento es el de la obtención de un plan director de actuaciones en el campo de la inserción social de personas con discapacidad intelectual que sirva de primer paso para la creación de una iniciativa de futuro para la vida de calidad de las personas con discapacidad. Se considera que para llevar a cabo esta propuesta el primer paso es recoger las ideas básicas que han de regir a modo de ideario las actuaciones dentro de este organismo. Con esta finalidad, se origina un foro de discusión donde desarrollar la participación y reflexión conjunta.

Keywords sociedad de la información; aplicación de los recursos a la vida de calidad de las personas con discapacidad; autodeterminación; vida independiente.

1. Introduction

The Welfare Clinical Unit of Upheavals of Autistic Phantom and Generals of Development (UCATEA) works in collaboration with different associations from the next context with the purpose of creating a group that is guided by a same working objective that favours the autogestión and an improvement in the

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quality of life of the people with intellectual disability like of its families. Among other many activities made under this aim throughout the 2006 a seminary was carried out whose main addressees were families of people with intellectual disability and its families. From the UCATEA we think that the families need to meet to become aware from group and to ask for the rights that the people with disability have but that they are to them denied in the present society. Being conscious of the difficulties that have the members of the families with people with disability to be able to enjoy a free time to accede to different activities like the presented/displayed one by our part, we have counted with the elaboration of a forum of discussion in which to follow the subjects treated throughout the meetings and to contribute the own opinions there. The advantage of the resources that offers the society to us of the information to reach the formation of the parents/mothers and other family of the people with intellectual disability as of the own people with disability it has been the idea that took to us to use the forum of discussion like means that could turn out useful to support the actual sessions.

2. Methodology

As first step we must indicate the structure created for the seminary. Our point has to begin with not consisted of creating a solely remote course, the idea turned around a combination between this new possibility and the personal attendance to certain to char them, therefore, we can say that the seminary was semiactual. It consists of several phases: a welfare one and other at a distance, via Internet. The actual sessions distributed throughout the calendar complementing itself with the work of reflection and discussion in the forum created for this activity. We must indicate that the use of the new technologies, in particular the discussion forum, does not constitute one of the objectives of the seminary; we considered that he is an average one to our reach to more obtain the objectives of self-determination and quality of life by which we fought from this organism. The objectives that we persecuted with this activity are:

§ Elaboration of a plan director of performances in the field of the social insertion of the people with intellectual disability, which would be the first step to obtain the creation of a foundation.

§ In this stage, we tried to create a project of life shared by all the families who come together in the manifest interest of the seminary.

§ Inclusion of the theoretical expositions actually daily of the families and professionals who coexist with people with intellectual disability starting off of their reflection.

§ Description of existing experiences at the present time in the Spanish context with the purpose of obtaining the social insertion of the people with intellectual disability.

§ Generar, through this formative action and of prepared reflection, people to work with the objective of the profit of a greater quality of life of the people affected and its families, greater coordination and management of resources, more and better personal relations, etc.

§ Conseguir to strengthen the first steps so that the daily life is directed to obtain the social insertion of the people with functional diversity in the present reality. For the accomplishment of the seminary we left from an open methodology based on the dynamics of groups with the purpose of involving all the users of the activity to participate.

This participation could be enjoyed form direct and oral in the actual meetings later or written in the discussion forum. On the other hand; a panel methodology was used, that is to say, expert served as guide and dinamizador so that the thoughts and reflections arose nowadays dividing from the reality and the own feelings of the participants interlacing these with the theoretical contributions more substitutes in this field. The revision of the reality and the existing options in the next context served as incentive so that the social inclusion of the people with intellectual incapacity is possible in our surroundings. Each one of the actual sessions counted on three blocks: exhibition, work in small group starting of practical cases or another type of reflection material and putting in common in great group.

The program used as guide in this activity was:

“The opportunity of the self-determination through labour measures and use in intellectual incapacity”
Manoel Baña Castro. Director of the UCATEA. Doctor in psychology and professor of the University of A Coruña.

“The process of transit to the adult life of the people with functional diversity. Quality of life, independence and self-management: present experiences and practices” Rosana Fresco Gómez, psicopedagoga.

“The importance of the paper of the family in the process of social insertion of the people with functional diversity: autonomy and skills in the home”. Soledad Agra Tuñas, psychologist of the service of the woman of the City council of Muxia (A Coruña) and advisory technique of AGADI.

“The capacity to direct the own life” Fernanda De Uña Piñeiro, specialist in Hearing and language of the Xunta of Galicia and Déborah Vales Vázquez, psicopedagoga and member of the service of AGADI attention.

“The stage of transit to the adult life from the first ages: the development of abilities of the personal life”
Mary Luz Fernández Álvarez, psicopedagoga and member of the service of Attention of DISMACOR.

“Creating a future of ethical quality and self-management” Manoel Baña Castro. Director of the Unit Clíni-Co-Welfare de TEAs/TGDs. Doctor in psychology and professor of the University of A Coruña.

“Self-management and quality of adult life in the functional diversity” Rosana Fresco Gómez, psicopedagoga.

The Forum of discussion was created following already preexisting a model common, in our case supplied by the Center of Super-computing of Galicia (CESGA) with the characteristic added of being private, so that only the people registered in the seminary had access to he himself. Although at first we were to complicate the use of the himself and to restrict were it reasons to think that this one was a good decision. The main reason of this election was the group privacy, we wanted that the participants felt comfortable expressing their ideas and they did not undergo initial critics of people other people's to the group that discouraged to them to continue. We must consider that the participation in this type of activities requires a concerted effort of coordination of the families to organize its world and the supports. A voracious critic can serve to justify a premature abandonment. The used forum served us to be introducing texts that we considered important or useful to obtain the reflection in certain aspects of the social inclusion in different scopes of the independent life in society. Some of them were worked in the actual sessions whereas others only belonged to virtual means. A coordinator of the forum existed to be answering the presented/displayed doubts or as guide so that the arisen reflections were maturing and becoming rich.

3. Results and discussion

3.1 Usuary:

The profile of the users of the activity was centered in relatives, people with intellectual discapacity and professionals of the field of psychology, psicopedagogía, the education and of the social attendance interested and/or related to the scope of the social inclusion of people with intellectual discapacity. Although the profile was very ample we considered of special importance the participation of the families reason why we gave priority to this group. The registration number also was defined of before-I flow, we thought that a number of thirty participants had of being the top so that the participation was real. Finally, we counted whereupon it fitted filled with the presence of fifteen families. In some cases both members of the pair went and in other this presence it was impossible when lacking supports that became position of the person with discapacity. The presence to the meetings stayed constant and the participation was in increase. It is not possible to be said the same of the use of the Knowledge of the new technologies on the part of the discussion forum.

3.2 The families and use of the same ones.

In almost all the houses a computer existed although the parents are not the main users of such. The knowledge of the use of Internet and the use of the computer in general are restricted. From the organization of the UCATEA was to facilitate its use to the maximum to them making beforehand the registry in this forum of each one of the assistants and explaining at great length the entrance way to them in he himself. The use of the new technologies was not to them motivante but that required a effort to them to greater than in many cases they were not arranged to make. It is not our intention to blame to them by this fact, but that it serves us to autoevaluar to us and to have presents/displays it for future actions following this format. We considered that if we want a greater participation in the forum we must make previous activities of formation so that this activity turns out to them simple and comfortable to express itself. Also we are conscious of our error when considering at first that the use of the new technologies was a useful method for the families. It has not been the case, they lack time to locate itself the computer in front of although very they are interested in expressing its ideas and supporting the self-determination of his hijos/as. Therefore, the formation in the use of the new technologies and the organization of supports that release of their frequent tasks leaving time to them to participate them more actively would have to be two previous actions to any activity of this style if it is wanted that the results are better.

3.3 Utility of the forum.

The discussion forum turned out to be incredibly useful means to inform or to hang texts that were to us important. In this point they covered two objectives to us. First of them it made reference to texts that after being worked in the actual sessions we considered that they would have more meticulously to be read and to think on them. In the second case, we are speaking of stories that by lack of time did not remove to light in the actual sessions but that, due to its simplicity, they could easily be read in the forum and to argue on the ideas in reflected them. Also we must say that, in certain way, the forum short we had left. When we were before the necessity to include presentations created by the own external organization of the seminary or to the same one, we saw ourselves before the impossibility make this idea without counting on new tools on which we did not count at first.

4. Conclusions

The seminary fulfilled great number of the proposed objectives. At the moment we were compiling the conclusions obtained after the exhibitions and joint reflections of all the families. The period of participation of the users of the activity not yet has finished, we try to offer a copy to them of the obtained ideario so that the reflection and the life of the created group follow ahead. Organization organizing has in mind to continue with this activity giving new passages in years successive with purpose, already indicated previously, that this group of families it is constituted like a foundation that fights by the ideals that consider opportune so that the transition to the adult life of the relatives with intellectual discapacity obtains the self-determination and the social inclusion, that is to say, that enjoys the best quality of possible life in the present society.