



Factors

UNIT 4: “MY NEW AGEING ME” INTERACTIVE TRAINING PLATFORM
MODULE 4.2



Disclaimer

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein



The MNAM Platform



<https://triade.webs.upv.es/t20/>



Factors



Factors

This section provides visual examples for each of the three factors:

- Wellbeing:** A silhouette of a person in a wheelchair being supported by another person on a beach at sunset. Domains: Emotional well-being, Physical well-being and Material well-being.
- Social participation:** A group of people gathered around a table with informational materials. Domains: Interpersonal relations, Social Inclusion and Rights.
- Independence:** A person in a red dress riding a bicycle on a path overlooking a lake. Domains: Personal development and Self-determination.

Factor: Wellbeing

Complex concept

Involves personal experiences and subjective feelings

Difficult to measure:

- Relevance of the dimensions of wellbeing
- Personal resources
- Different levels of subjective wellbeing

Emotional

Physical

Material

Unit 1

Getting ready to adapt/change your home. Moving to another place

Unit 2

Adapting equipment and assistive technology

Unit 3

Budget management: Less income, new priorities

Unit 4

Optimizing health: exercises, healthy lifestyle

Unit 5

Being aware of the changes related to the ageing

Unit 6

Safety: prevention of abuse

Factor: Social Participation

Not a unique definition

Specific, collective, conscious and voluntary actions that lead to the achievement of goals

Provide interactions with other persons

Interpersonal relationships

Social inclusion

Rights

Unit 7
Keeping in touch with family and friends

Unit 8
Active ageing: Postretirement working or leisure activities in the community

Unit 9
Social media

Unit 10
Leisure time integrated in the community: personal development, self-determination

Unit 11
Engaging in new roles

Factor: Independence


Independence is a very important life goal for people with IDs

Linked to the individual's functionality to develop in daily life

Independent living and self-management


Personal
development

Self
determination

 **Unit 12**
Learning about your rights

 **Unit 13**
Who are the persons
important to me

 **Unit 14**
Choosing appropriate life goals
and choosing activities
important to me

 **Unit 15**
Choosing end life care and
paliative



Factors

UNIT 4: “MY NEW AGEING ME” INTERACTIVE TRAINING PLATFORM
MODULE 4.2

