



# INDEPENDENCE

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MODULE 2 IMPACT OF AGEING ON QOL OF AAWID

SEQUENCE 2: QOL AND AAWID

LESSON 2



Funded by the  
Erasmus+ Programme  
of the European Union

Partnership Agreement n° 2018-1-ES01-KA204-050348 TRIADE II.



# Disclaimer

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# Personal development

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## *Active ageing*

- *Not being hindered by ageing*
- *Active participation in society*
- *Making own flexible choices*
- *Remaining an added value*

# Personal development

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*“In the specialized care facility, there is continuously movement. And although residents are sometimes arguing and hitting each other... it is still better than when he would go into a home where everything is always calm. Always calm and always the same. I think Jos still wants something that stands out. But I know him, in time he will just submit to the situation, he will settle because he doesn't know any better. (...) But please, give him something to do! Let him maybe work with plants. Please, let him do something so that he realizes that he is still alive!”*

# Personal development

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*“What is my perspective on ageing adults with ID? Do I think that when they become of age, they should be able to enjoy their free time? Or do I support them in finding new things to do?”*

*“Do I give AAWID the same opportunity - as all older individuals - to choose focus of their late life experiences, being it work, leisure time or a combination of both? “*

*“Am I aware of the clients knowledge about the concept of retirement? Do I spend time talking about their retirement plans?”*

*“Do I still focus on enhancing or maintaining a clients feeling of competence?”*

*“How can I support my clients in determining their plans for the future?”*

# Self-determination

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*Self-control*

*Appreciative perspective*

*Autonomy*

*Decision making*

*Choices*

*Desires*



**TAKE CARE OF  
YOURSELF**

# Self-determination

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“In our retirement home, people can choose themselves what they want to do during the day. They can map out their own trajectory. But then you get someone like Rudy. We had real problems, because we, I think, we treated Rudy the way we did everyone else. He could decide how he would spend the day but then we realized that his decisions were not good for him, and not possible within our organization.” (Occupational therapist)



# Self-determination

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Autonomy of AAWID is inextricably linked to the amount of support that is given.

Autonomy for AAWID has a relational dimension.

Autonomy for AAWID = defining together with 'others' (care takers, friends, family) those choices that best fit their own life stories and desires.



# Self-determination

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Do I make every effort to support my clients to make decisions about things that affect them? For example, living arrangements, retirement plans, end of life decisions?

Do I consider the factors which might affect a client's decision-making ability before making further assumptions about their capacity?

Do I help my clients to try out and explore different things, supporting them in perhaps taking some risks?

Do I give them the opportunity to change their minds?

Can my clients make decisions where I (or others) do not agree with?