

INTELLECTUAL OUTPUT CHARACTERIZATION FORM

- Personal and Social Development (VII)

I. TARGET-GROUP

Adult people with Neurodevelopmental Disorders with difficulties related to cognitive functions.

II. GENERAL OBJECTIVES

1. Support adults with autism spectrum disorder and/or other Neurodevelopmental Disorders, in the acquisition and development of essential skills, for participation in society, promotion of well-being and quality of life;
2. Cover an educational intervention (cognitive, emotional and relational);
3. Supporting significant others, family members, educators and technicians, expanding skills and intervention capacity.

III. SPECIFIC OBJECTIVES

- Improve the Learners' self-concept and self-esteem;
- Enhance the ability to understand and express feelings;
- Promote an improvement in verbal and non-verbal communication;
- Stimulate empathy and assertiveness;
- Promote the capacity for cooperation and teamwork;
- Increase problem solving capacity;
- Promote an improvement in the well-being and day-to-day experience of the Learners

IV. TECHNICIAN PROFILE

Technical Specialization

psychologist **x**

Psychomotor **x**

Social Educator

Sociocultural Animator

Occupational Therapist

Arts Monitor

	<i>InAutism – Fostering Adult Integration</i>	MOD: 016/00
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Social Worker

Assistant Technician

V. PROCESS

Framing Intellectual Product VII, Personal and Social Development, within the scope of the InAutism: Fostering Adult Integration project, it belongs to axis 1, corresponding to an educational approach/strategy. Personal and Social Development relates to a set of essential skills related to well-being and interpersonal relationships, with the satisfaction of biological, psychological, emotional and social needs.

In this Intellectual Product, due to the characteristics and specificities of the two groups of Learners, Portuguese and Spanish, it was necessary to adapt the intervention and the products developed, as explained below.

Portuguese Version:

In the Portuguese version, the practical application of this Intellectual Product is related to the implementation of an intervention program specifically developed for this population, through which important skills are developed for greater self-knowledge and self-esteem, as well as a more effective relationship and interaction in social contexts in which learners are inserted. This program comprises a total of seven intervention areas, namely: Self-Concept and Self-Concept and Self-Esteem, Understanding and Expressing Feelings, Communication, Empathy, Assertiveness, Cooperation and Teamwork, Problem Solving. These areas are worked on over 14 sessions, 2 for each of the areas, with four specific activities being carried out in each of them.

After the completion of all practical sessions, an Impact Assessment Form for participation in the sessions is applied. In this Form, completed individually by each of the Learners, questions are initially presented regarding the interest of the activities carried out, as well as which were the most and least appreciated. Next, a set of questions related to the learning perceived by the Learner is presented, with the answer “Yes”, “No” or “So so”.

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