



Development of a VET curricula for Personal Assistant professional profile
based on the European Framework of Qualifications

EU-Assistant: Development of a VET curricula for Personal Assistant professional profile based on the European Framework of Qualifications

MODULE 5 – AUTONOMY PROMOTION



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1. MODULE DESCRIPTION

MODULE TITLE	AUTONOMY PROMOTION
KEYWORDS	autonomy, dependent, functional diversity, daily activities, basic activities, personal assistance
TARGET GROUP	This module will be aimed at those who want to know how to promote the personal autonomy of users.
LEVEL	medium
CAREER OPPORTUNITIES	People who want to become Personal Assistant for people with functional diversity.
AIMS OF MODULE	This module provides participants with practical knowledge, understanding, resources and opportunities to learn how to be autonomy promoters in their job. The student will know what the autonomy promotion is, its origin and importance, how to achieve it and the reasons why are so important in this service.
OUTCOMES	Upon completion of this module, the participant will have learned how to promote user capabilities and to support them in

LEARNING	independent living.
PREREQUISITE (S) SKILLS:	Basic use of ICT.
PREREQUISITE (S) COURSE:	none
GUIDED LEARNING HOURS:	5
COMPENTENCY	The student understands his role in the autonomy promotion of the users
ASSESMENT	The evaluation will consist of a multiple choice type test and develop response exercise, which will test the knowledge and understanding of students through learning outcomes test.
CATEGORY	cost (cost optimization) time (efficient time management) s-quality (service quality) m-quality (management quality)
SUPLEMANTARY MATERIAL (S)	none

2. INTRODUCTION

Dear participant,

Welcome to this module! This module is created within the framework of training for people who are interested in becoming personal assistants for people with disabilities. In this module you will learn about one of the most important competences when it comes to being a personal assistant, and it is how to promote the autonomy of users. In order to work in accordance with the independent living philosophy, it is necessary to know the importance of promoting their capacities and not focusing on functional diversity.

Module 5 includes contents on concepts related to autonomy promotion, where it comes from and its importance, ways to achieve this autonomy promotion in the users and some practical advices in the development of the personal assistance service.

Warm regards,

EU-

Assistant

Project

Team

3. DEFINITION

Autonomy is the ability to control, evaluate and make personal decisions about how to live according to one's own rules and preferences, as well as to develop the basic activities of daily life.

A person is autonomous when he performs activities according to his/her needs and abilities, when he/she regulates behavior style and adapts it to the situations in which he lives. When you can choose between different options and choose the one that best fits your needs and the demands of the situation, and when you persevere in the pursuit of a task without frustration or abandon. Autonomy is not limited by intellectual or physical capacity because, with the necessary human, physical and / or environmental supports, we can all decide for ourselves and control our own lives.

It is important to know that the concept of autonomy refers not only to performing basic activities of daily life such as feeding, hygiene or transportation, but to all those tasks that make a person develop effectively in the community and develop his life project (i.e. his Personal Plan of Independent Living).

Some other concepts relevant to this content are:

- **Basic activities of daily life:** the most basic tasks of the person that allow him to perform with a minimum of autonomy and independence, such as: personal care, basic domestic activities, essential mobility, recognition of people and objects, guidance or understanding and execution of orders and tasks.
- **Support needs for personal autonomy:** those that require people with disabilities to achieve a satisfactory degree of personal autonomy in the community.

4. ORIGIN AND IMPORTANCE

4.1. What is the origin?

The personal autonomy promotion derives from the United Nations Convention on the Rights of Persons with Disabilities, adopted on 13 December 2006, which highlights the importance of ensuring human rights and freedoms of these people. The charter adopted by the participating countries in the convention is a vital legal instrument. It affirms the rights of people with disabilities, highlighting their right to personal autonomy and independent living, abandoning the traditional system of care that had been applied up to that time. Specifically, Article 19 explicitly recognizes the obligation of Member States to respect and promote the right of persons with disabilities to live independently and to have the same options as others. States are required to take effective measures to facilitate the full enjoyment of this right and its full inclusion and participation in the community.



4.2. Why is autonomy promotion so important?

Promoting the autonomy and capacities of users with functional diversity is very important for the improvement of self-esteem and valuation that one has of itself. Autonomy is the way to independence, well-being and quality of life.

"If I can do things without help, if I can choose, I feel more valuable, more sure of myself and therefore more adapted, freer and happier."

It is not intended that the user has very high goals or achieves great achievements; simply that he/she can learn and grow in equal opportunities, being able to lead the life he wants within own capabilities.

Autonomy is important for the following reasons:

- **Facilitates learning.** Facing different situations, analyzing them, finding solutions and trying to solve them with the least possible help is an inexhaustible source of experimentation that allows learning and developing the person's abilities.

opportunity to feel useful and valuable for self and for the society as a whole.

5. HOW TO ACHIEVE THIS AUTONOMY?

The personal autonomy promotion of people with functional diversity is intended to be reached also through a personal assistant.

To this end, laws in some countries (such as Spain) established an economic allowance to pay personal assistance whose purpose is to promote the autonomy of persons with high dependence. The objective is to contribute to the recruitment of personal assistance for a number of hours sufficient to provide the beneficiary access to education and work, as well as a more autonomous life in basic activities of daily living.

One of the fundamental measures to promote the personal autonomy of people with disabilities (especially if they are dependent) is the possibility to provide them the help of a professional to provide personal assistance. It is a way to realize the right to live independently and to be included in the community, as reflected in Article 19 of the International Convention on the Rights of Persons with Disabilities, adopted by the General Assembly of the United Nations on 13 December 2006.

As expressly stated in article 19, the aim is to "promote the autonomy of persons in a situation of dependence", by contributing economically to access to a personal assistance service "to facilitate the beneficiary's access to education and work, as well as a more autonomous life in the exercise of the basic activities of daily life ", that is to say, to develop an independent life.

In this way, the areas in which the personal assistant can contribute to the personal autonomy promotion are distinguishing in: a) the Daily Life Basic Activities (DLBA); B), access to education and work, and c) other needs.

The **first** area (assistance in the DLBA) is the basic scenario from which one starts, and which defines one's own dependency situation. The assistant can make the life of the dependent person more autonomous if he/she provides his/her services in that area, performing support activities that would be impossible without.

The **second** sphere is that which marks the differential element with respect to other more traditional services (such as the Home Help Service), since it specifically refers to personal attention to develop two key areas of personality development, such as education and work life.



We must not forget the third sphere, and which is that support is necessary in dealing with another set of needs, in addition to the specific ones of daily life. We refer to educational, rehabilitation and leisure needs for which they also need the support of a third person:, so this service must be flexible enough to cover also their other specific needs of daily life.



6. PRACTICAL ADVICES TO AUTONOMY PROMOTION

To act according to Independent Living Philosophy, which supports the Personal Assistance service, it is necessary:

- Promote the personal abilities to lead an independent life, making their own decisions.
- Avoid focusing attention on functional diversity and avoid using the term "dependent person" because the meaning of the word "dependent" is very broad and covers many areas, so we all move in a dependency range according to a specific aspect. For example, a person with severe functional diversity may have a lot of physical dependence, but be very independent mentally, economically...
- Do not make decisions instead of the person about what refers to his/her daily life.
- Be patient regarding the time that the person needs to perform the tasks by him/herself, and not to overtake.
- Maintain a proactive attitude, but restrict support to those activities which the person needs.
- Facilitate and offer support to the person accessing the services offered by the community.
- Support the person with functional diversity in their social integration, staying in the background when the he/she does not need support, in order to facilitate his/her independent social development.



7. REFERENCES

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