

Introduction of Moving out-training

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The third step of the journey



What are the housing options at the moment for persons with an intellectual disability?

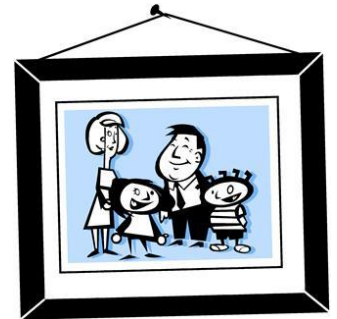
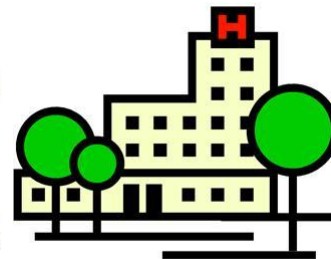
Childhood home
ca. 12 500
persons

Grouphomes
ca. 9000
persons

Supported living and
other independent
housing options
ca. 3000 -4000
persons

Institutional
housing
n. 2300
henkilöä

Long-term
family
placement
ca. 1150
persons



How many persons need new home?

- Persons moving from childhood home
200-300 persons / year
- Structural changes -> persons moving from the institutions
200-400 persons / year
- Need due to different age groups, for example need based on longer life expectancy
100-200 persons / year
- **Estimated need for new homes with services per year is 500-900**



Moving out -training



Kehitysvammaisten Palvelusäätiö - The Service Foundation for People with an Intellectual Disability has developed Moving out –training since 1991.

The purpose of the moving out-training is to offer support to the person with special needs who are planning to move, as well as to other family members and to any support staff involved.

Co-operation is important: persons who are moving and their family members, staff and other stakeholders.

Important to share knowledge and experiences.

The Finland's Slot Machine Association (RAY) is funding Moving out-training

Transition is a big thing!

- ▶ Person with ID and his/hers family have same wishes and fears as any family; they just might need more individualised support throughout the process
- ▶ The transition process needs to be carefully planned – it includes practical things as well as emotions
- ▶ Successful transition is based on co-operation with persons with ID and their family members



Perspectives - Persons with ID

Transitions changes

- ✗ Relationships
- ✗ Daily activities
- ✗ Environment

Life change

- ✗ Strange places
- ✗ Strange sounds and scents
- ✗ Daily activities done in different way
- ✗ Strange people
- ✗ Shared language and adapting



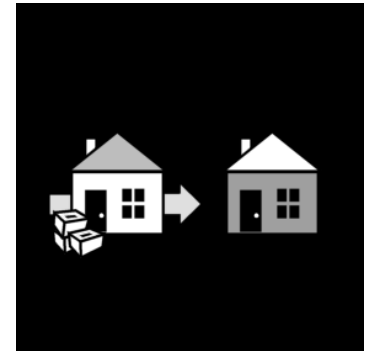
From the institution to the community

- Quality of life – important things :
relationships, interaction and safety

Things that matter the most in life can be smaller and more concrete with persons with high support needs – but at the same time those things are very important and meaningful.

We need to make sure that person feels that he is controlling his life and that he gets support to be part of the community.

(Source: Laitoksesta lähiyhteisöön, Toivanen& Syrjälä 1997)



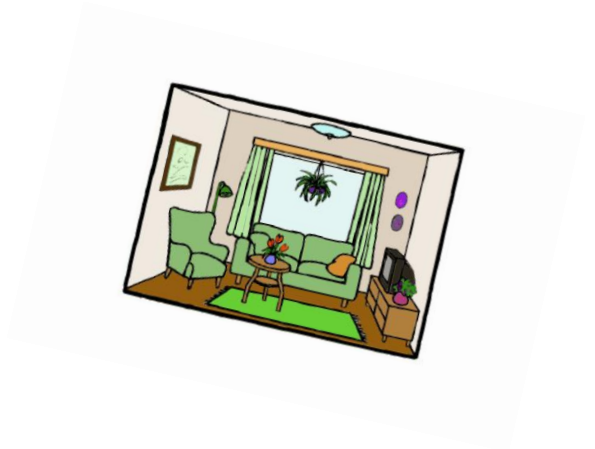
MY THOUGHTS



Where,
with who
and how I would like to live?
What is important to me!



UN convention (artile 19)



Lifestory



When I
was born

When I
started
school



When I
moved

When I got
apartment



When I
was a
child

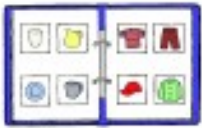
When I
changed
school

Adulthood

Present
time



Lifestyle, strenghts, support needs, planning the future



What is Moving out -training

Important things to me.

My strengths and resources.

My support needs.

This is how I communicate.

My wishes and dreams.

What kind of support I wish to have when I move
and when I am adapting to a new home.

People who are important to me?

What kind of support my family members need?

How people who are important to me can support
me during the change.



Perspectives

Family members and other important persons

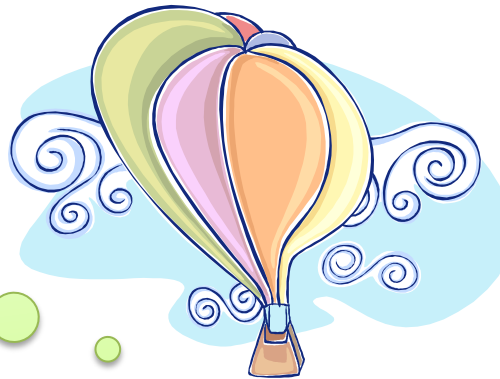
How is my child's going to handle transition?
Transition, again?
New people, new scents...

Does anybody understand my child? Is it safe in the new home?

Is the transition bigger to me/other family than to my child?

What is my role in the future? Who is going to take care of my child?

What kind of staff is there in the new home?



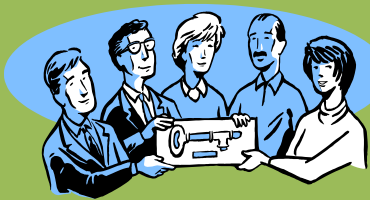
The decision
to move

Move

Lifestyle and
support
assessment



Moving out
training in
group



Personalised
moving out
training



Settle down



Family members and other people that are important to me

Respect, listening and time

Getting to know other persons who are moving and their family members

Thoughts and feelings

How can I as a family member support the person who is moving?

My ways of surviving in times of transition

Concrete things / information



Important things before the move

- ❖ Getting to know things and people
- ❖ Practical things
- ❖ Visits to new home and local community
- ❖ Conversations
- ❖ Life planning
- ❖ Controlling own life /Adulthood
- ❖ Transition support person
- ❖ Family members positive attitudes

