



COMUNITAT ELS AVETS

FADEAM - Fundació d'Atenció als Discapacitats Els Avets de Moià
Utilitat Pública - Núm. Reg. Fundacions 2796 - CIF G66088006

Call and Info Sheet for EVS in AVETS COMMUNITY Moià - Spain

FADEAM- Els Avets de Moià Foundation is a public, non-profit organization, for adults with intellectual disabilities, partially financed by the Generalitat de Catalunya. The attention is based on the relationship established with persons with disabilities to achieve a home-based and inclusive dimension. Our goal is to offer people with intellectual disabilities a place to live and where develop their abilities and help them in their integration into society. The organization is part of the International Federation of Arche Communities (www.larche.org) for people with intellectual disabilities, with 150 communities around the world. The aim is to establish mutual relationships, where inclusion, participation and responsibility are important for people with disabilities both in the organization and in society. Therefore, their inclusion in society is essential to be open to the world that surrounds them, becoming an important element of the life of our city

Places: 1
Period: 12 months
Starting: From May 2018 onwards
Deadline for application: September 17th, 2017

Community general aims

- Offer individual attention based on a family lifestyle. Living in small homes to promote personal relationships in a nearly and friendly environment.
- Promote and value the rights of people with disabilities: right to work, to a home, to education, to a life rich in relations within a family, community and society.
- Favour the development of personal skills and establish links with the local community.
- Ensure that persons with intellectual disabilities are recognised and accepted in their real, warm relations
- Promote equal opportunities relating work, inclusion and community and social participation.
- Promote reliable relations among the people attended, the educators and the volunteers, in the homes and the workshop.
- Promote volunteering, in order to promote solidarity and human relations.
- Promote training and professional retraining of all our staff in order to improve the quality of the service, keeping a warm relation with the core members.

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Regular services

Residential Homes

This is a residential service for adults with intellectual disabilities, in small homes in a familiar environment, giving importance to daily life, sharing house duties, feasts and celebrations. The homes are a place where to live, growing and sharing.

At present, we have two homes, Els Avets, with 9 users, and L'Olivera, with 8 users.

General aims:

- Create a positive environment for core members to feel at home and feel the community dimension together with their peers
- Organize housing according to a model of coexistence and participation taking into account the possibilities of each user and thus enhance their relationship skills: work as a team, learn to share, participate in different activities, ...
- To help users with their personal growth through dialogue, respect, tenderness and reflection.
- Promote the personal autonomy of the users according to their possibilities or needs, especially in matters of personal hygiene, care of their own things ... Another daily activity is the care of the home.
- Ensure the integration of users in their immediate environment, participate in the activities of the city, buy the necessary things for the home, create a network of friends in the territory.
- Maintain relationships with families to keep family ties; Look for a healthy and positive relationship for the individual.
- To offer the users the possibility of developing their spiritual life by participating in different celebrations and religious activities.

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Occupational Centre (Workshop)

It is a pre-working place. We develop also activities to offer a comprehensive service to the users and enable their integration in the pre-working, social and personal environments. Currently 23 persons with intellectual disabilities are attending the Centre; 17 live in our houses and 4 live in the town or region with their families.

General aims:

- Offer daily support to people with intellectual disabilities in order to achieve inclusion
- Maintain the relation with the working environment
- Maintain and establish personal autonomy skills
- Improve social autonomy habits
- Promote human relationships and communication skills of users
- Acquire and/or maintain pre-working habits
- Acquire, maintain and/or improve handcraft skills

For news about our Community visit
facebook: Comunitat Els Avets and our blog
<http://comunitatelsavets.blogspot.com.es/>

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Territory

Moianès County is located in central Catalonia, about 50 kms North of Barcelona city. It has a rich historic, natural and cultural heritage. Numerous archaeological rests which prove human activity for thousands of years, caves with Palaeolithic and Neolithic rests, dolmens, castles, Romanic chapels, pre-industrial architecture remains (water mills, ice wells, lime ovens,...) prove its solid past. The population of Moià: is around 6000 inhabitants. Main economic activities: commerce, tourism and industry. Part of the population bases its economy in agriculture and stock breeding. In Moianés there are around 150 associations, so the social participation is very active. We share services with different local organisations to aid volunteers during their stay. Moià is a dynamic town with old traditional dances, feast of "Sant Antoni", Carnival, winter and summer Feasts, "Gegants", "Bastoners", "Colla de Grallers".

Our homes and the workshop are in the centre of the village, what helps to the integration and independence of the handicapped persons.

There is public transport to Barcelona and other nearby cities by bus.





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VOLUNTEERS ACTIVITY

Introduction

Our Communities around the world are based on the voluntary work. People who have intellectual disabilities need support in their everyday lives. In L'Arche, people who choose to share their life 'assist' them in a wide variety of tasks: cooking, household maintenance, medical or personal care, gardening, ...

We have a large team of professionals to aid the persons with especial needs and the volunteers. Volunteering is a very important part of our project; people with disabilities do not feel recognised and valued. The daily life and the coexistence promote the growth of strong bonds which are an emotional support for the core members. The cultural exchange and travelling around the world is also a benefit offered by the volunteers; the effort of the people with disabilities to teach our culture to the volunteers (food, feasts, football teams, language, daily life,...) is also important. This exchange is always very rich in new, happy, fun and interesting experience.

Experience for the volunteer

The volunteer has the chance of having new experiences:

Cultural: new country with different landscape, climate, feast, traditions, food, daily life, language,... Catalonia offers a rich and interesting culture, where people wish to establish strong bonds with Europe.

Educational: the volunteer, as part of the educational team, receives the same training directly from the different services leaders and through the meetings with a psychologist. The volunteer has a unique chance of non-formal intercultural education which will boost social integration and active participation and will improve employment opportunities and vocations and give the chance of showing solidarity with other people.

Personal: the volunteer will discover the people with intellectual disabilities through living with them. These people have the great ability of making us discover who we are, let us know our limits,... being the co-existence a school of life.

Language learning

Spanish and Catalan (the language spoken in our area, together with Spanish). Frequency of classes will depend on level and needs of volunteer.

Training and support:

- The mentor will support the volunteer and follow up the progress of the volunteer in the organization. He/she will be listened to, supported, guided and helped with any matter needed. Meetings will be as often as needed, usually every 15 days. At the beginning, the monitoring is done daily and is focused in giving information for a good integration. The volunteers receive special help to integrate in the local community.



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- Regular meetings with other groups of volunteers in order to share co-existence experiences.
- Volunteers are part of the educational team. They receive continuous training. They participate in all team meetings.
- If needed, the volunteer may get the support of the psychologist of the centre, but also from the professional assistants.

Our organization, as part of the Volunteers Project, has a special training program for volunteers. This will be offered during the first 2 months of their stay:

- Hygiene and precautions for contagion
- Reducing overexertion, postural hygiene norms.
- First aid
- Containment-intervention in case of crisis
- Food preparation
- Balanced diets
- Food handling and hygiene
- Guidelines on care of handicapped persons: occupational therapy, in daily life activities.
- Etc.

Please see annex 1 for more detail.

Free days and vacations

Every week the volunteer will get two free days.

Besides these 2 weekly free days, every month the volunteer can take a plus of two free days more. The volunteer has also the possibility to compact the days all together for a longer vacation.

Lodging:

The volunteer will lodge in the same house with disabled people. This means that he/she will get a single bedroom (it may happen that we ask the volunteer to share the room for special times; but it doesn't happen often) and a key of the house so he/she can enter or leave the house at every moment. There is also the possibility to lodge in an apartment for volunteers, but this only has capacity for 3 volunteers and we have a team of 6 Long Term Volunteers.



GENERAL ROLE OF ANY PERSON ACCOMPANYING PEOPLE WITH DISABILITIES IN THE HOMES:

1. Attention to the persons (as support to educators and professionals):

- Support to professional staff in charge of accompanying users in their daily activities (personal hygiene, services, activities,...) and in special moments (happy moments, deceases, losses and mourning times, illnesses,...)
- Knowledge of the general project of the home and its application to daily life.
- Collaborate with the professional team with the pedagogical methods for each person (stated in the meeting with the psychologist)



2. Home dynamics (as support to educators and professionals):

- Help with the quality of the cohabitation and relations in the home: entertaining, stimulation of abilities, acceptance of differences, conflict solving, and dialogue.
- Participate actively in the weekly home meeting, sharing and enabling communication and participation
- Collaborate in planning activities in and outside the home
- Promote feast and celebration periods: birthdays, folk feasts,...
- Collaborate with the organisation of the home so that everybody feels good. For ex. promoting alternatives for elders who cannot follow general activities.

3. Team work (as support to educators and professionals):

- Participate with all the home team (assistants, responsible, educators)
- Participate actively in all meetings proposed (home, with psychologist)
- Provide ideas, accept limits, ask for help, give support, use complementary skills,...
- Collaborate in welcoming new team members and try to accept changes needed for it (tasks distribution,...)

4. Material aspects (as support to educators and professionals):

- Within the global educational project of the centre, collaborate on the care of the house, equipment, garden,...
- Collaborate with the economy of the house, helping buying the needed things according to the budget.
- Collaborate in cooking according to the security and hygiene rules and following individual diets when needed.
- Collaborate taking care of the vehicles with an adequate driving and helping with the periodic cleaning.

These activities are not just a routine, this is a comprehensive daily life project where all activities are related to a relational and vital living model.



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5. Community matters (as support to educator and professionals):

- Collaborate in maintaining an attitude of respect and openness to know the characteristics of the Arche communities
- Participate in community activities such as feasts, fairs, celebrations, community meetings,...

Any contribution of volunteers is welcomed and considered.

Timetable and activities schedules may be changed when needed by the centre, the volunteer or for a better adaptation to his/her profile.

Any change is subject of dialogue and assessment.

TARGET GROUP

Required characteristics of volunteers:

- Willing to know people with intellectual disabilities
- Willing to have a co-existence experience and community life
- Motivation to carry out a voluntary task, collaborating and giving as much as possible from themselves..
- Flexibility to adapt and work within a team.
- Open minded to be helpful when needed
- Positive and respectful attitude
- Willing to get involved in the organization and its project
- Responsible attitude
- Basic knowledge of Spanish language will be helpful (although the volunteer will get Spanish lessons regularly) and interest to learn Catalan (the language spoken in our area, together with Spanish). Knowing the basics of the language helps to communicate with people with disabilities and also aids the volunteer to integrate in the community.
- Preferable with driving license.



Basic schedule for VOLUNTEERS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7h30	Presence at home	Presence at home	Presence at home				
8h							
8h30							
9h							
9h30	Spanish learning	Community meeting		free day	free day	presence at home	presence at home
10h							
10h30							
10h45		Team meeting					
11h							
11h30							
11h45							
12h		Psico meeting					
12h30							
13h							
13h30	Meal (workshop)	Meal (workshop)	Meal (workshop)	volunteer can take the meal at the workshop	volunteer can take the meal at the workshop	Meal at home	Meal (workshop)
14h							
14h30							
15h							
15h30							
16h							
16h 30							
16h45							
17h	presence at home	presence at home	presence at home	free day	free day	presence at home	presence at home
17h30							
18h							
18h30							
19h							
19h30							
20h							
20h30							
21h	Meal at home	Meal at home	Meal at home	Volunteer can take the meal at home	Volunteer can take the meal at home	Meal at home	Meal at home
21h30							



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Annex I

TRAINING PLAN for LONG TERM VOLUNTEERS- COMUNITAT ELS AVETS

Subject	Contents and duration
<i>Prevention of risks arising from direct care</i>	<ul style="list-style-type: none"> Hygiene and contagious (1 h) Reduction of over-exertion (2h) First aid (1h)
<i>Containment, immobilizations</i>	<ul style="list-style-type: none"> Contention-intervention in case of crisis (1 h)
<i>Nutrition</i>	<ul style="list-style-type: none"> Food preparation and basic cooking. Balanced menu Food handling (hygiene) (1.5 h theory and 2 h practice)
<i>Home</i>	<ul style="list-style-type: none"> Cleaning and housekeeping Specificities of home care Guidelines for intellectually handicapped person's DLA support Shopping and others (2 h)
<i>Occupational Therapy Service</i>	<ul style="list-style-type: none"> Organization and objectives of the activities at the Workshop. Specificities of OTS towards the handicapped persons. Others (2 h)
<i>Model of care to persons with support need</i>	<ul style="list-style-type: none"> Intellectual disability, mental disorder. Behavioural disorders. Relationship of coexistence Individual Programs PCP (Person Centred Planning) Social integration and Participation Role valued socially (Continuous training, every two weeks)
<i>Role of Long Term Volunteers</i>	<ul style="list-style-type: none"> Living together in the Community Relation Frame Sharing experiences. Living with the differences. (continuous tutorial and monitoring)
<i>L'Arche Communities, Jean Vanier, Identity and Mission, where we are going to?</i>	<ul style="list-style-type: none"> History Model of care in L'Arche Communities and in the Community Els Avets. (1 h)
<i>Organizational frame and management of the entity</i>	(1 h)
<i>Personal and professional growth</i>	Continuous tutorial and monitoring during all volunteering term.
<i>Languages</i>	Spanish (1,5 h/week) Catalan (optional)

In addition, volunteers hold initial meetings with Management, Heads of Services and the Psychologist to obtain both global and specific information of each area.

The LTV will attend, along with the whole team of professionals of the different services, weekly meetings for coordination and following up.

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