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ADULT EDUCATION
(KA 204)

Q5. NEED ANALYSIS AND CONSULTATION REPORT
(General Report)

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DETAIL of THE OUTPUT-Q5

Output id.	Output Title	Output/Activity description	Output leader	Media (s)	Language	Start-End date
Q5	Need analysis and consultation report	<p>Each partner will have sent results of rehabilitation model in their country to activity leader.</p> <p>Activity leader will prepare a questionnaire and send all the project partners.</p> <p>Each partners will have prepared their countries' national reports and send them to activity leader.</p> <p>Leader will make statistical analysis on data then write general need analysis and consultation report in English.</p>	DEMA, ES	REPORT- Text file	EN, TR,PL,ES, RO,IT,PT	30.01.2016 31.03.2016
Q5A1	Preparation of questionnaire	Feedback of rehabilitation model	DEMA, ES	Questionnaire		30.01.2016 29.02.2016
Q5A2	Writing need analysis and consultation report	<p>Each partner will have done their need analysis report in English.</p> <p>Leader will make statistical analysis on data then write general need analysis and consultation report in English.</p>	DEMA, ES	REPORT		01.03.2016 31.03.2016

REPORT OF NEED ANALYSIS AND CONSULTATION REPORT

(General)



Q5/A1: Compilation of responses to Questionnaire "Needs analysis and consultation"

Compilation of responses to Questionnaire for Q5 /A1: "Needs analysis and consultation"

We must thank the participation of all the partners to the answers of the questionnaire. We are confident that all this will help to a better understanding of the work of the project, especially in its dissemination and in exploring the possibilities of adaptation to other social and cultural realities.

Introduction to questionnaire:

In recent months we have been covering the steps of the project.

Now corresponds start a ordered one compilation of experiences and conclusions that have accumulated in that time by each partner.

We have worked to spread the project and the methodology involves the Love Power of Nature rehabilitation model LPN.

At this stage we need to assess the possibilities of extending the methodology of the project in each social and cultural realities of the environment of each partner.

This consultation therefore has this goal and is designed to be worked and filled in the context of debates between all stakeholders of the project within each partner.

Introducing why open questionnaire that seeks to gather your thoughts:

QUESTIONNAIRE:

1. Would you make some comments about the methodology of the Love Power of Nature project?

Generally, the answer to this question expresses a positive assessment of the methodology of the project. Also from Italy it is written as follows:

IT: The application of the LPN educational principles highlights significant results rehabilitation of people with mental retardation, behavioral disorders and Down syndrome present in our reality.

The partner of Romania explains his vision of the methodology LPN, considering the conditions of their country. So, he writes that:

RO: *Studies nowadays show that the incidence of aggression, agitation, social withdrawal, depression, and psychotic disorders is growing in children with cerebral palsy and physical and mental disabilities. These disorders are observed by staff and family members all over the day. Furthermore, environmental factors in rehabilitation centres, special schools and other health care units have become barriers for therapy. Under these conditions, the project's methodology becomes helpful in coping with these difficulties by presenting a different method and a more humanistic therapy environment.*

Love Power of Nature project's methodology encourages disabled children, their families and therapists to develop and implement rehabilitation activities in natural environments with natural stimuli (different kind of animals, sounds of nature, forests, trees etc.) It becomes important to assist children with disabilities to gain or regain their independence through engagement in meaningful activities (feeding animals, participate to meal preparation, agricultural tasks) and, in this way, we support better reintegration into society.

Since Poland it is also a positive assessment:

PL: *The methodology of the project LPN is correct and sufficiently fulfil the current and future needs of the gap which is present in the existing materials available on the market. It correctly assumes activities and gives positiveness regarding the quality of the final product.*

The Partners of Turkey, who are the creators of the methodology "LPN", they write the following contributions who somehow summarize the basic criteria of the project:

TR: *We took the road with a rehabilitation model which emphasized the concepts of "meeting with nature", "natural environments" and "sharing" together with working model of the project. One of the most significant indicators in the project is not only happiness of our children in nature but also participation of voluntary practice which our educators embraced the model. By providing children with getting in touch with habitat for different species of plants and animals and making nature partner in their daily lives, we enabled children to spend a happy day, benefiting from drama techniques in nature and natural environment. Thanks to affectionate communication created by our innovative model, we gained success at the highest level, so we were so glad of this success.*

From Portugal, the ratings are positive, though feeling the impossibilities of a direct application in the conditions of the country:

PT: *We consider it an amazing methodology, unique. It is incredible the hard work and goals achieved by Yasad Association so far. However, in Portugal this methodology it's not very viable. Partially because of the legislation concerning the breeding of endangered species.*

Apart from this, in Portugal we have already several social institutions that use Mother Nature as a tool in the rehabilitation process and support to people with learning disabilities and/or mental.

Finally from Catalonia, the virtues of the project methodology are appreciated:

CAT: The rehabilitation methodology developed by YASAD appears as a very interesting contribution to the young people with mental disorders, they gain autonomy and self-esteem. In this regard, it will be the usage of the resources offered by the contact with nature and breeding and the contact with animals in a creative way. This gets quite appreciable results.

2. Do you think it can be applied to your environment as it is made?

In this issue, we are invited to reflect on the real possibilities of application of the methodology to the characteristics of each country.

Thus the Italian partner, while noticing the difficulties, we are open to study the adaptation, while feeling the differences of the legislation:

IT: yes, but with some shiftings, cause different legislation in breeding animals in our country. But the value of the relationship with the nature in a close approaching, has been demonstrated by the proposed experiences's appreciation and the stakeholders enthusiasm.

Since Romania, it is mentioned on thinking about adaptation to different levels of disabilities of potential users:

RO: Of course, it can be applied also in our country, but taking into account the particularities of the child's disability (severe / medium / light disability) and law regulations regarding rehabilitation with animals. We totally agree on the curative effect of this model: psychological, emotional, physical stimulation.

The Polish partner refers to the possibilities of application of the methodology. Used in depth the potential of the environment:

PL: This idea is very valuable from professional's point of view. It can be exploited in the environment (according to the law) and moreover it should be applied in the environment as it was made. Otherwise it is pointless to learn someone the methodology without practical approach.

Turkish partners indicate how feasible is to adapt the methodology to the environment, to the contact with animals as agriculture and to promote the

rehabilitation of the mentally ill, though respecting the different legislations in this matter

TR: *Together with the project carried out within the scope of "rehabilitation in nature" model, it is aimed of that people with disabilities can gain self-confidence and independent living skills through feeding animals in natural environment, loving them, agricultural activities and daily activities. Due to that diversity of animals is high, people with disabilities can be directly in affectionate communication with nature and animals in natural environment of our project field and in the facility for chucker partridge consisting of partridges, trapogan, goose, duck, dog, horse and sheep, behavioural and attitude changes of people with disabilities is observed not only in a short time but also beyond the expected. During the implementation of model, regulations and legislation of the states in which welfare of animals is high was taken care of. One of the most important features of our project model is being worked with both high numbers of animal species and expert veterinarian, zoo technician and personnel working on social services.*

From Portugal, they mark some legal difficulties to the application of the methodology on their environment:

PT: *Has it is now, no.*

The main difference between Portugal and Turkey, in this matter, it's the legislation concerning the breeding of wild/ endangered animals/species. A very strict one.

In Portugal, there's a basic separation between what you call an educational farm form a biological park or even a zoo in a way that they all three have very different missions and goals.

The main goal of an educational farm in our country is to promote direct contact between Humans, Nature and Animals. To achieve this, usually they offer a huge variety of activities so people (general public) can experience outdoor life.

A biological park is a protected yet visitable area. They give protection to wild life (rescue and breed endangered species) but they also promote an educational service by creating activities and guided tours to increase people's awareness about the need of protecting Mother Nature and wild life.

In Catalonia, it is pointed out that the adaptation of the model is not easy when you have to develop it in an essentially urban environment.

CAT: *Not easy adaptation of the rehabilitation program in a fully urban surrounding.*

In addition to the legislative difficulties, in regard to animal husbandry, we have doubts about the sustainability of the rehabilitation program in this environment, especially ahead of the full range of children with mental disabilities.

3. Do you think we should make some changes for rea-adapted to your reality?

4. Which ones?

These two issues have earned a positive response of all partners. In different ways, with different approaches, each partner is studying ways to adapt the methodology of the project to its environment and its own characteristics as well as its possibilities.

Italy has made this consideration:

IT: Yes, considering also different approaching to animals, and activities.

We, as all the project's partners, could define a list of possible activities with the nature, and some good examples. Italy is preparing for the project Lovepower of nature programming week, with different experiences and programmed activities with the nature, integrated into daily activities with adult disabled stakeholders

Since Romania, they make special mention of the virtues of animal-assisted therapy:

RO: We consider it would be useful to customise animal assisted therapy to certain disabilities (for example, dog therapy is more suitable for autistic disorder spectrum children and ADHD; agricultural activities may be more useful for behavioural disorder students)

Poland has already advanced in some tests, adapting the methodology to the characteristics:

PL: Here, in PL we are going to adapt the program to our environment. We will test it at 16.05.2016 in the educational animal farm near Kraków and after that date we will prepare the final, PL version of program. The part of it is already done because we tested it in February organising lesson for disabled children with presentation of the birds.

The changes/adaptations will be done to adjust local possibilities and climate to program. So there will be added some other animals which will be used to work with those children and other day plan to program of LPN PL version.

Obviously, Turkish partners have developed more and more specifically the possibilities of the project methodology LPN, from who they are authors. So, they write:

TR: YES In the process of our project, we made observation on a new necessity. In two reasons, we noticed happiness of families who sent their children with disabilities to a safe environment and observed successful results of innovative rehabilitation model on their children. These reasons are;

- 1- "Rehabilitation model of the youth with mental disabilities" in nature provided the improvement of their independent actions, self-confidence and psycho-social developments to the youth with disabilities.
- 2- Families became happy for positive developments in their children who spent 24 hours along 10 days and lived separated from their families. Another

happiness and tranquillity we noticed was that for the first time families could spend their time, by not feeling responsibility on their children and by taking a rest along 10 days. We observed that our programme acquired very positive results for especially mothers who lived dependent on their children with disabilities in each day of the year.

As a result of this requirement, **"Ecotourism for Happiness of the Youths with Disabilities and Their families" Project was applied** in request for proposal of 2016, by designing a new project.

In Portugal, Geoclube work to integrate key aspects of the methodology LPN to their own regular activities as well as the environmentalist organization.

PT: Geoclube is an environmental association and our main goal is to connect people to Nature. In order to do this we promote and organize several activities such as summer campings, hikings, mineral and fossils fairs, European week of waste reduction, visits to national biological ...etc.

Locally, our mission is to create awareness among youngsters about Nature and the importance of preserving it for future generations.

Our daily reality is similar to the objectives of the LPN project since that the main instrument of both is Mother Nature. Our youngsters as well as local stakeholders that deal with disable people were very enthusiast about the methodology and achievements of this project. However, as it was said before, our countries have different legislation concerning the breeding of animals. There so, the approach of each country to animals and project activities tends to be different.

To overcome these difference we could all came to agreement and create a list of possible and future activities to be held in each country, so that we could frame the main, project goals into each countries own reality. In addition, to standardize the process of implementation.

The same activities but in different locations, all over Europe. A week dedicated to the LPN project.

From Catalonia, we try to work in the sense of integrating elements of the methodology LPN, such as occupational therapy activities:

CAT: YES. Based on the direct contact with nature, it should be added some mechanisms and some methodologies concerning to the same social reality in which the children have to develop their life. In this sense, it could be possible to incorporate some forms of occupational therapy into contact with nature.

5. What are these changes can provide?

In this section, the project partners bring ideas to the effect that the proposed modifications or adjustments to the methodology LPN can pose as an added value to this project. The general sense is to incorporate this methodology to their own

social and cultural characteristics.

From Italy, PoloEuropa writes:

IT: They can provide a better integration in cultural differences and adaptation to different legislations existing in European countries.

And similarly, it is written from Romania:

RO: - an increased scientific approach on behalf of the therapeutic team
- guideline for families in order to help them involve in the therapeutic process (e.g. buy a pet for the disabled child;)

And also, from Poland:

PL: We will prepare adopted plan which will contain the methodology of work, environment of work, division of hours which will be devoted for specific activities, results which we will achieve.

Or, from Turkey:

TR: A process in which families of people with disabilities are involved will be experienced. In this way, structures in which togetherness of families of people with disabilities will be formed in Europe, in addition to a platform for trainers of rehabilitation model in nature.

In Portugal, they reflect the meaning of the proposed adjustments and they emphasize the importance of maintaining communication between partners, beyond the completion of the project, as noticed from Turkey:

PT: These changes can be very important step for the process of adapting different countries legislation to the LPN project as well as a better understanding about each other cultural differences.

They can also contribute to the process of implementation of the LPN's methodology and they could perhaps improve our communication as project partners.

From Catalonia, it is reflected the sustainability of the project and the necessary adaptations:

CAT: It should be borne in mind in terms of local legislation regarding the environment and animal care, as well as the educational needs. In this sense, we try to work on ways of the combination of direct contact with nature during certain periods of time, care for pets or farm and occupational activities. Altogether, it should horizon sustainability der process substantially improve the autonomy and self-esteem of people with mental disabilities.

6. Do you have plans to continue exploit and disseminate the LPN methodology in your environment?

7. Which?

In these questions, you want to make clear the explicit will of the members to continue working on the dissemination and adaptation of the methodology LPN in their present and future activity.

Italy explained his job:

IT: Yes, we have already integrated the LPN project ideas and engine into our planning of year and weekly activities We also will organize a workshop in Verona to involve other structures to exploit the project result

We have created on LPN outputs the following activities:

Project Special fit: foreseeing a adequate training on movements modalities suitable for the target group, linked with the walking on the mountain's nature

some short trips on mountains, see, lakes and rivers in contact with the nature

Project educational farm: visit and activities in contact with animals in educational farms.

Onotherapy, hippotherapy cinotherapy.

In Romania, they show some explicit activities and projects:

RO: YES: - organise meetings with families having a disabled children. Here, we will focus on offering group psychological support for them (explain their personal experiences, the impact of a disabled child on the family dynamic, social barriers, needs, feelings); identifying the local resources to access (schools, free therapies, local natural environments); found raising to support financially rehabilitation in nature.

- organise (depending on financial resources) short trips into natural environments like forests, hills, valleys, lakes and get in touch with nature (scents, sounds, landscapes, physical contact with natural products – grass, wood, fresh water, leaves, branches).

- invite representatives of the local administration (city hall, schools, NGO's) to meetings in order to raise awareness on the importance and benefits of the methodology of the Love Power of Nature project

From Poland, they indicate work of diffusion in the environment:

PL. YES We will spread this program/methodology among schools and institutions which work with disabled children.

Also from Turkey, they explain the work carried out by different entities and public authorities, in order to explain the objectives of the project:

TR. YES Since the beginning of our project, we work for not only developing innovative projects above mentioned but also enabling local administrations and non-governmental organisation to embrace our model. By this way, we attempt to raise

awareness in different cities under the leadership of local administrations. In terms of that the model is used as an entrepreneurship model by primarily non-governmental organisations and private firms, planning is done.

In Portugal, they are very exhaustive on the explanation of how to integrate values and methodology of the project in its program of activities;

PT: Yes. We have disseminated the LPN methodology in local schools and social associations (training courses, workshops, conferences, traditional festivals and fairs, meetings...) the acceptance of it has been good.

Our youngsters show real enthusiasm towards the ideas of this project and we feel they relate to it.

Because we are a limited association in terms of target groups we are already working with two local associations that support people with learning disabilities and/or mental, so that we can easily implement the project ideas.

We have created on LPN outputs the following activities of our annual plan:

1. Project "symbiosis": feel and understand the world through music, nature and animal's sounds (March, April and May).
2. Visits to educational farms and biological parks (direct contact with animals and endangered species) (June).
3. Summer camping (July).
4. Hiking: the annual hiking in the village of Penhas Douradas in the mountain of Serra da Estrela and to national parks as Peneda-Gerês – a walk to historic villages in direct contact in Nature, Heritage and Culture (February).
5. Animal Therapy: hippotherapy (August/September). The lessons will be offered to disabled users by equestrian clubs (Gondomar e Porto clubs).
6. The leafless, traditional festival – a desfolhada: harvesting corn in a rural vacation retreat. Playing traditional games. Organized with teachers, social workers, coordinators.
7. Saint Martin's Festival – Magusto: very popular festival during saint martin's summer, with families and friends around a bonfire eating roasted chestnuts and other traditional ingredients (November). Organized in an in a rural vacation retreat with teachers, social workers, coordinators.
8. Mineral and fossil fair (February).
9. Celebration of the European week of waste reduction: environmental activities such as recycling (January/February).

In Catalonia, they explain how they try to lay the foundations of a networking project for dissemination:

CAT: By accompanying the work of spreading the methodology LPN in our territory and the translation of materials in both official languages (Catalan and Spanish), we open channels of communication and exchange of experiences and knowledges among different actors involved in the process therapy and rehabilitation of people with mental disorders

8. Do you know similar programs and / or complementary in your country? You can summarize them briefly?

It seems useful to know similar experiences in different countries, when establishing an international trainers platform for rehabilitation models in nature, which it is one of the objectives of the project. This was the last goal of the questionnaire. The answers were varied. From Italy. they write:

IT: No. our has been the first approach to the content of the project, and we have appreciated the educational and rehabilitative values.

In Romania, they mention about occupational therapy:

RO: In Romania, an important role in the rehabilitation process is assigned to Occupational Therapy. These specialists work in rehabilitation hospitals and in a few special schools. But, the core principals of Occupational Therapy are very much related to the project's methodology: organise the therapeutic process in daily program of the disabled child and in natural environments; increase the participation in everyday life and into proper age activities and social roles (if you are a 6 years old child, your daily time is addresses to play, social relations, school)

Poland, they observe partner experiences working with birds:

PL: There is NGO which is organising lessons for children with utilisation wild birds (owls, hawks etc). They come for free to school and do the 45 minutes' lesson showing possibilities of those birds. After that they are taking a pictures of every child with owl on their shoulder.

Turkey has developed a methodology LPN in different areas:

TR: YAŞAD enhanced the idea of rehabilitation model with different species in nature and natural environments and with agricultural activities and later this model was implemented by YAŞAD. Together with our appreciated partners, the model was improved. With animals and species in nature, studies are carried out with only horse or dolphinfish (with only one species).

In our project model, YAŞAD enabled people with disabilities and their families to get in touch with nature with a holistic perspective.

In Portugal, they explain different experiences of therapy with animals:

PT: With this special methodology no.

We consider it an amazing methodology, unique. It is incredible the hard work and goals achieved by Yasad Association so far. However, in Portugal this methodology it's not very viable. Partially because of the legislation concerning the breeding of endangered species.

However, in our country we have several institutions and NGO's that implement similar programs and activities. They have created educational farms to help disable

people in their rehabilitation process having Nature and farm animals as their instruments.

For example:

1. APCE - Associação de paralisia cerebral de Évora: The Educational farm of Pomarinho in Évora city:

http://www.apce.org.pt/index.php?option=com_content&view=article&id=22&Itemid=6

2. APPC - Associação de paralisia cerebral de Coimbra: The educational farm of Caracol in Coimbra city:

http://www.apc-coimbra.org.pt/?page_id=254

3. Quinta do Passal, Gondomar: Farm of Passal in Gondomar town:

https://www.facebook.com/CEA-Quinta-do-Passal-1424692667757528/info/?tab=page_info

4. Clube Pony do Porto: Pony club in Porto city:

<http://www.ponyclubdoporto.org/home>

In Catalonia, we mention different experiences on methodologies that are used in direct contact with nature as their main support:

CAT: We know some programs who share with LPN program the rehabilitation activities in natural environments and who work on a farm production, such as the "La Fageda" (www.fageda.com), but in this case, working with more young-adults than with children. There are also some experiences working with various associations of animal-assisted therapy techniques with horses, dogs, etc., (ex.:

www.fundaciofinestrelles.com work in "IAA" Assistant Intervention with Animals).

In this regard, the entities developing activities of animal-assisted therapy indicate the following benefits:

- Improved motor skills.
- Improved balance and coordination.
- To decrease stress and heart rate.
- To increase self-esteem and confidence.
- To reduce anxiety.
- To reduce depression.
- To improve control of impulses and it reduces aggressive behavior.
- It stimulates memory and other cognitive skills.
- It promotes socialization.
- It acts as a positive reinforcement.
- Improving the quality of life.

Final considerations:

The whole project partner's responses to this questionnaire illustrate the work done, but also and especially the benefits by model of the rehabilitation methodology in nature developed by YASAD and that is the basis, on more solid foundations, of the LPN project.

Now we must continue thinking about the project and its potentialities in each of the different areas and fields of work of each partner. The job done, the reflections derived, and the set of issues that each member has learned from others will be allowed to continue collaborating, probably under the platform trainers that one of the practical results of the project.

March, 2016