

# "After Us" (Erasmus+ KA210)



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# Project Context

## EU Erasmus+ project

The road to autonomy and wider inclusion  
for people with intellectual disabilities

Learning to cope with the separation from  
the family: After Us

## Focus

Autonomy, inclusion, and dignity for adults  
with intellectual disabilities



# Partners



**Društvo Barka  
(Slovenia)**



**L'Arcobaleno  
(Bologna, Italy)**



**Il Chicco  
(Rome, Italy)**

**Coordinated by Društvo Barka (Slovenia) with  
partners l'Arcobaleno (Bologna, Italy) and  
Il Chicco (Rome, Italy)**

# Project Objectives

1

Support families and adults with intellectual disabilities in separation processes (from living home to living in L'Arche community)

2

Provide learning opportunities and psychoeducational materials for staff, volunteers, and families

3

Strengthen inclusion and community participation

4

Foster transnational cooperation and exchange of best practices between L'Arche communities



# Learning Material on separation

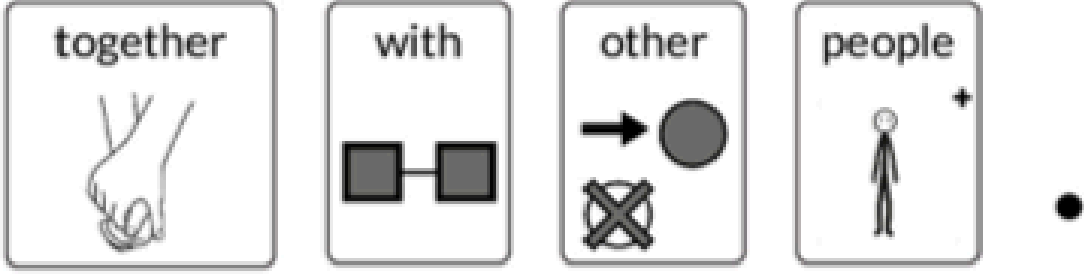
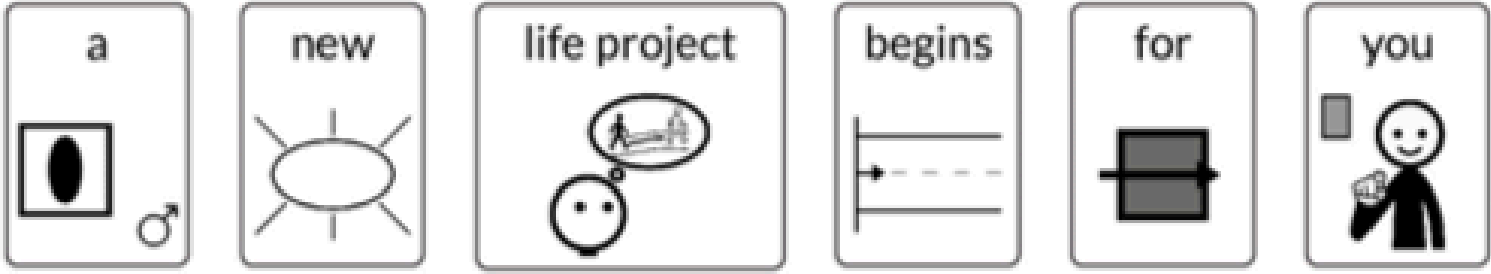
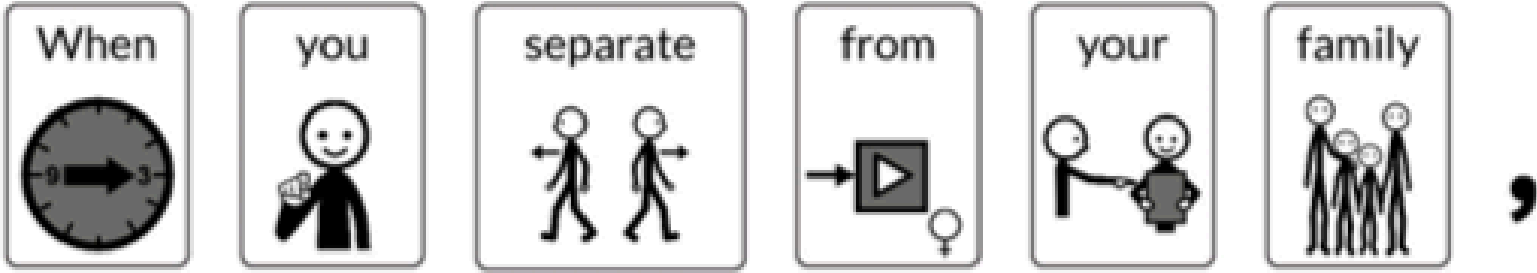
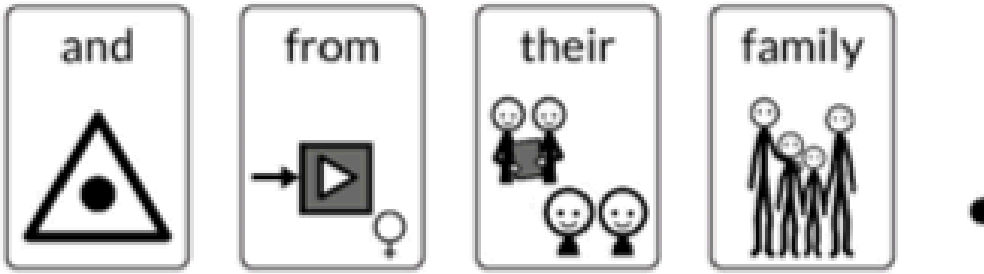
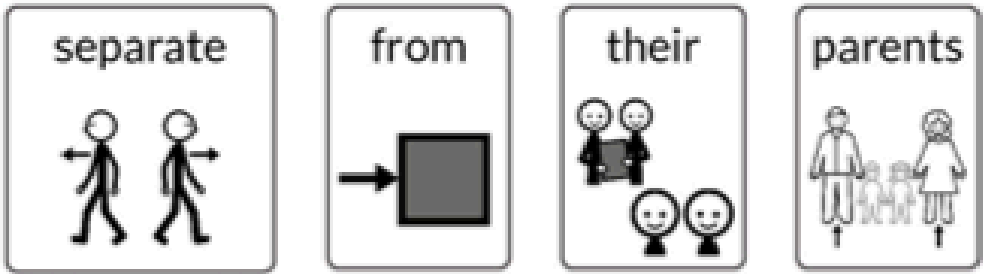
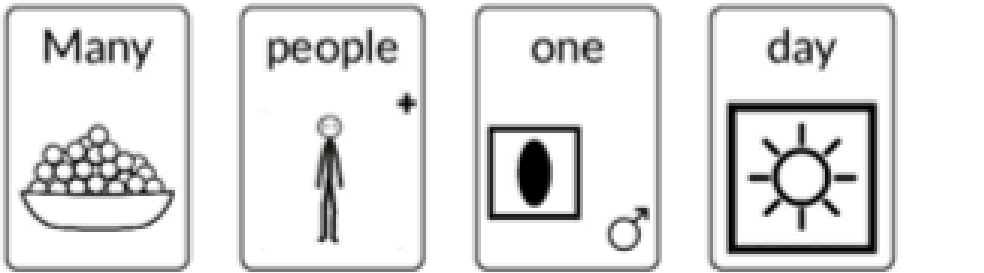
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- **Multilingual resource material** (English, Italian, Slovenian) developed by Il Chicco, with input from Društvo Barka and L'Arcobaleno
  - Contains open letters to core members, families, and assistants
  - Reflections on attachment theory and separation anxiety
- **Practical guidelines** for navigating transitions
  - Main point: There is no “one size fits all” solution
  - Companion tool, not a manual – designed for empathy and support



# Aumentative Alternative Communication (AAC)

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## Learning Material on separation (situations addressed)

- Transition from family home to residential living
  - Attending day programmes/ workshops outside family environment
  - Overnight stays for holidays, trips, or events (e.g., Special Olympics)
  - Loss and grief (death of a parent, assistant, or community member)
  - Moving between L'Arche homes/programmes due to changing needs
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# Training & Accompaniment



- 01** Training sessions for assistants, families, and volunteers in Bologna, Rome and Zbilje
- 02** Focus on emotional, psychological, and practical aspects of separation
- 03** Emphasis on building trust, communication, and resilience
- 04** Shared experiences across communities to strengthen collective learning



# Key Learnings

- Separation is both necessary and deeply emotional
- Families experience worry, guilt, and mistrust – need accompaniment
- Adults with intellectual disabilities face anxiety, loss of routines, and new challenges
- Assistants must balance professional care with empathy and personal history
- Inclusion begins with listening and understanding

# Why It Matters

- Deinstitutionalization is an EU priority, but requires human-centered support
- Adult education is not only about skills – it's about life transitions
- “After Us” offers adaptable resources for communities across Europe
- Sharing ensures broader impact and sustainability





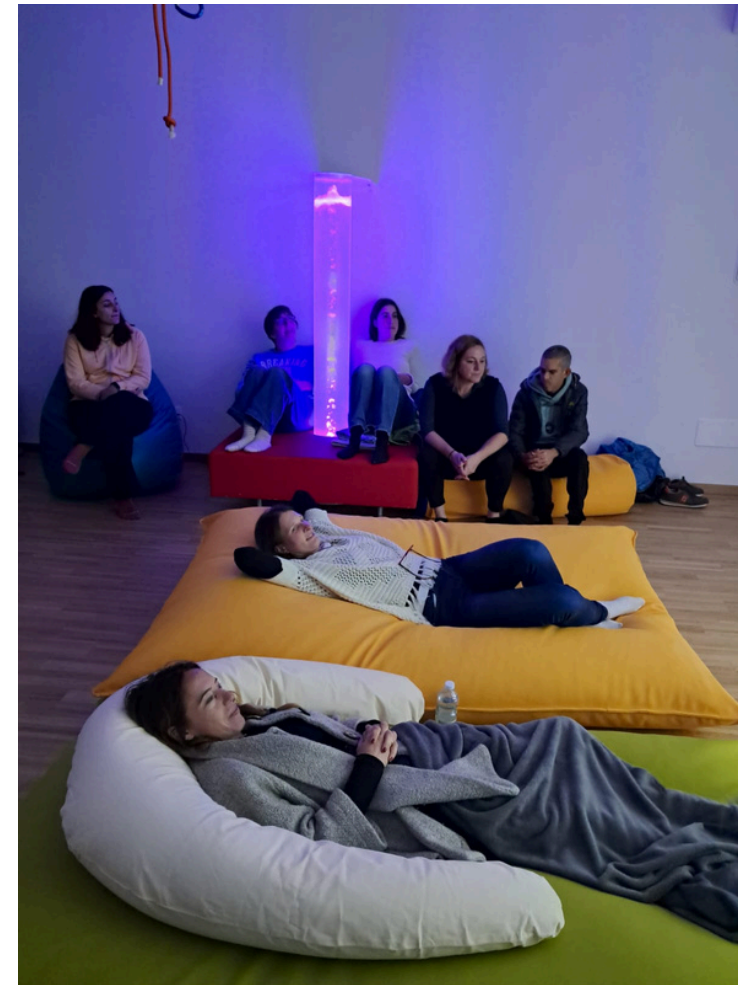




# Project activities

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- Kick-off meeting & visiting the community in Rome
- Training for assistants & visiting the community in Bologna
- Active holidays & visiting the community in Slovenia
- Theater workshop in Rome
- Pizza Lab in Bologna
- Active holidays in Bologna







# LEARNING MATERIAL

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**DOWNLOAD**



## Partners:

Društvo za pomoč osebam z motnjo v duševnem razvoju – Barka

<https://www.skupnostbarka.si/>

<https://www.facebook.com/larcheslovenia>

Zbilje, Slovenia

L'Associazione Arca Comunità “Il Chicco”

[www.larche-ilchicco.it](http://www.larche-ilchicco.it)

[www.facebook.com/larcheilchicco](http://www.facebook.com/larcheilchicco)

Ciampino, Italy

L'Arche - Comunità l'Arcobaleno

<https://www.larchebologna.it>

<https://www.facebook.com/comunita.larcobaleno>

Bologna, Italy



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