



# WP 14

# The Training Apartment

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# AKIM-JERUSALEM

- Established in 1951
- NGO providing services to people with intellectual challenges and other difficulties
- 160 residents, 3 hostels and 17 apartments
- Among our services:
  - Family support center
  - Beit Rachel Straus
  - The training apartment

# Training Apartment

- Started in 1995
- Candidates for community based living
- Over 200 participants
- Short and focused program, only 15 meetings

# Big Doubts

**Special needs**

- How to live?
- With whom?
- Where?

# Training apartment

Provides the opportunity to:

- Enjoy a sheltered community apartment without having to compromise
- Be more independent at home and in the community
- Develop social skills

# Groups of 6 participants



- Referent Agencies
- Group interaction

# Participants

Hello!!!!!!!!!!



- Ages
- Difficulties

# First 3 meetings

- Referent agency
- The apartment
- With the parents





# Schedule Day



- .Arrival to the apartment after a school day
- .Drink
- .Make the bed
- .Rest
- .Talk
- .Buy and prepare food
- .Dinner
- .Showers
- .Spend time with friends
- .Sleep
- .Learn how to wake up and be ready on time!

# 15 Meetings With Overnight



- 1-3-Get to know better and prepare an individual-group program
- 3-13-Receive more responsibility
- 14-15- Conclusions



# Problems that may surface during a day

- Someone forgot medicines
- Without a coat in a very rainy day
- Fighting about what to watch on TV
- What happens when you fill the boiler with too much water: it burns

# The group develops:

- Social orientation
- Self confidence
- Makes you happier



# Professional Staff



- 2 afternoon/evening escorts
- Night escort
- An apartment coordinator

# Family



.Changing ideas

.Stories

# FILM

<https://www.youtube.com/watch?v=RpxkW4GZvKs>