



Scenario of workshops for seniors on volunteering by helping people with disabilities

Topic: Senior volunteering supports people with disabilities.

Objectives:

- promoting the idea of volunteering among seniors for people with different types disability
- counteracting social exclusion and marginalization of people with disabilities
- getting acquainted with the forms of basic assistance in relation to the needs of people with disabilities

Teaching methods:

- ✓ providing: explanation
- ✓ problematic: guided conversation.
- ✓ practical: demonstration, method of practical operation
- ✓ activating: exercises such as participants sit in a wheelchair, learn to move and steer the wheelchair with their eyes covered, they can experience reality of blind person etc.

Training duration: min. 6 hours of training (1 hour = 45 minutes)

Forms of work: individual, group, collective.

Workshop program:

1. Volunteering as a way to pursue one's passions. Why is it worth staying a volunteer?
2. Basic issues arising from work/contact with a person with a disability.
3. Getting acquainted with the basic rehabilitation and auxiliary equipment a person with a disability.
4. Methods of assistance for a wheelchair user (min. overcoming architectural barriers).
5. Ways of helping a visually impaired person (blind and visually impaired).
6. Ways of helping a person with other impairments: hearing (deaf and hearing impaired), musculoskeletal system (e.g. with diseases, genetic defects, body deformities or shortened limbs), forms of assistance to a disabled person during recreational and sports activities, forms of assistance for a person disabled in activities of daily living.

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