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# **POLICY RECOMMENDATIONS ON THE IMPORTANCE OF PRACTICES RELATED TO QUALITY OF LIFE AND GOOD FOOD STANDARDS TO ENSURE THE WELL-BEING OF PERSONS WITH ACQUIRED DISABILITY: DRAFT DOCUMENT**

**Vilnius University Šiauliai Academy**

# EUROPEAN NETWORK IN NUTRITIONAL EDUCATION FOR ACQUIRED DISABILITIES ENNEADI

- The transnational project was co-financed and carried out according to EU Programme Erasmus + KA2 – Strategic Partnerships for Vocational Education and Training in the framework of the call EAC/A02/2019.
- Project No: 2020-1-IT01-KA202-008557
- Project website: <https://www.enneadi.eu/>

- **Lead Applicant**

- FUTURA SOC CONS RL (S. Giovanni in Persiceto - ITALY)

- **Partnership**

- University of Bologna – Department for studies on life quality (ITALY)
- Nueva Opción, Acquired Brain Injury Association of Valencia (SPAIN)
- Vilnius University Siauliai Academy (LITHUANIA)

- **Associated Partners**

- Public Health Agency of Emilia-Romagna - Rehabilitation Medicine and
- Neurorehabilitation Unit of the IRCCS - Institute of Neurological Sciences of Bologna (Italy)
- Association "Amici di Luca", Bologna (Italy)
- Region Örebro County (Sweden)
- Association "La RETE" (Italy)

- **Project duration**

- The project will last 24 months (3rd November 2020 – 2nd December, 2022)

- The ENNEADI project is mainly addressed to professionals who, with different roles, work and assist people with acquired disabilities, with particular reference to neurological disabilities resulting from a traumatic event (e.g. after a brain or spinal cord injury).
- The "sedentary" condition of these subjects requires special attention to healthy behaviors and good lifestyles related to nutrition, in order to prevent diseases such as overweight and obesity, diabetes, cardiovascular diseases.
- For this reason, it is important to raise awareness and make the above mentioned professionals more aware of the importance of their role towards the quality of life and good nutritional practices of these non-self-sufficient subjects in particular in chronic phase at home.

# THE GOALS OF THE PROJECT

- 1) To let involved professionals and stakeholders improve their knowledge on good practices (at European level), related to quality of life, wellbeing and nutritional practices in favor of people with acquired disability;
- 2) to start up a methodological review of new training paths aimed at teaching in innovative, flexible and open ways, the aforementioned subjects in favor of professionals with very different educational and professional background;
- 3) to raise awareness among partner's entities, local stakeholders, institutions and European networks on the importance of practices on quality of life and dietary good standards for assuring wellbeing of disadvantaged people such as persons with acquired disability.

# OUTCOMES OF THE PROJECT

- Guidelines on training and educational methodologies and practices in favor of professionals ordinarily working with people with acquired disability, taking stock of most recent scientific research in the field of life sciences, health, life quality, etc.
- An e-Learning course addressed to those professionals on preventive dietary habits and quality of life.
- Policy recommendations that contribute to the promotion of structured training modules on healthy and correct nutritional habits for people with acquired disabilities in the institutions and bodies that offer study courses and refresher courses for professionals.

# TARGET AUDIENCE

- Policy makers at Institutional, Municipal, Governmental and EU levels. Institutional referents, Local stakeholders;
- Professionals: Physiotherapists, Speech Therapists, Occupational therapists, Nurses, Dieticians, Nutritionists, Specialists in preventive and adapted physical activities, Psychologists, Social assistants, Social educators, Social workers.
- Family members, Caregivers, People with acquired disabilities improving life quality of people with acquired disability.

- It was analyzed the situation on the preparation of professionals in project partners countries.
- 779 universities were analyzed in Spain (399), Italy (317), and Lithuania (63).
- 42% of them offer subjects related to nutrition in their curricula, 31% include training on disabilities, and only 1% include training about nutrition in people with disabilities. Thus, this analysis evidences the lack of training about nutritional needs of people with disabilities in the official curricula of professionals working with this target group.



# TRAINING BENEFIT FOR PROFESSIONALS

- Through training practices we could improve:
  - Improve knowledge of professionals;
  - Improve professional's competences
  - Improve dialogue between professionals of different disciplines.

# TRAINING BENEFIT FOR PEOPLE WITH DISABILITY AND THEIR COMMUNITIES

- Improved quality of life of the patients;
- Improved families quality of life;
- Reduced risk factors for chronic diaseases;
- Reduce the risk for re-hospilatization;
- Reduce the costs for health care systems and social insurance;

# TRAINING BENEFIT FOR THE SOCIETY, PUBLIC AND PRIVATE ORGANIZATION

- Support social inclusion of people with disabilities;
- Reduce the costs for health care systems and social insurance;

# CONCRETELY...

We ask policy makers to:

- Become aware of the importance of improving multidisciplinary competences of professionals involved in managing disability;
- Set the ground for disseminating this training in different professionals educational contexts;
- Support concretely the created e-learning platform;

to reach the above mentioned benefits.