

***Kangasala model
MOVING OUT TRAINING
SUPPORTED BY
PEER MENTORING***



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Staff support persons
Jenni Marjakangas, self advocate
Olli-Pekka Grön, self advocate support person
Moving out –training, Helsinki 12.6.2012

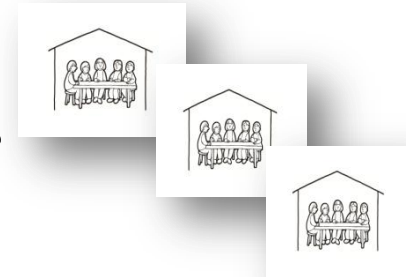
Kangasala co-area

- **The municipality of Kangasala organises services for persons with intellectual disability in co-area which has 4 municipalities (Kangasala, Orivesi, Juupajoki, Pälkäne)**
- **Population in co-area 48 800 (year 2011)
-> 250 persons with ID, 05 %**
- **Housing services based on different needs (supported living, 24 hours/day, long-term family placement)**
- **Daytime activities, supported work**



Service needs assessment years 2010-2020

- **New homes for 100 persons with ID**
- **Juhanankartano year 2013 - 5 + 5 + 5 persons**
- **Orivesi year 2014 - 15 persons (5+5+5)**
- **Kangasala 2015 -> homes for 45 persons**
- **+ daytime activities**



Kangasala model

MOVING OUT TRAINING

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- Stakeholders in co-operation
- Peer mentoring is a part of the moving out –training
 - From the beginning
 - Still continuing
 - Continues also after the move







MOVING OUT TRAINING SUPPORTED BY PEER MENTORING

- **Self-advocates and family members mentoring on a voluntary basis**
- **Staff mentoring is a part of work**
 - Existing staff to familiarize new staff
 - Goal is to share good practices and engage new staff





Moving out -training/Juhanankartano

Persons who are moving	Family members	Staff
<ul style="list-style-type: none"> • 29.11.2011 • 15.2.2012 / 6.3.2012 • 4.6.2012 • 10.10.2012 • Early 2013 • Spring 2013 • Before the move in summer 2013 • The move..... • Autumn 2013 • Spring 2014 	<ul style="list-style-type: none"> • Summer 2011 • Autumn 2011 x 2 • 29.11.2011 • 6.3.2012 • 20.3.2012 • 4.6.2012 • 10.10.2012 • Early2013 • Spring 2013 • Summer 2013 - The move..... - Autumn 2013 - Spring 2014 	<ul style="list-style-type: none"> - Manager starts spring 2013 - Rest of the staff starts at early summer 2013 - Moving out –training and induction - The move.... - Moving out –training autumn 2 x ½ days, spring 2014 1 day - Supervision from autumn 2013 - Mentoring continues until 2014

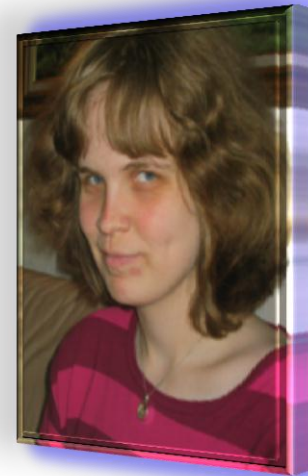
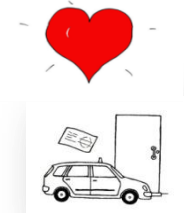




Jenni's housing things

Self-Advocate Jenni Marjakangas, Self-Advocate support person Olli-Pekka Grön and staff support person Marjatta Hieta

- 1. A man named Antti is allowed to visit**
- 2. A taxi to take back from work**
- 3. "Moomins" on TV during weekend**
- 4. TV-show "Salatut elämät" on TV on weekdays**
- 5. Antti can call me about work related things**
- 6. New TV and new painting on the wall**
- 7. A pillow, alarmclock and a blanket**
- 8. Nightgown and long sleeve t-shirt**
- 9. Clock on the wall. Sanitary pads and toilet paper in the toilet**
- 10. Toothbrush & toothpaste**





Jenni's housing things

Self-Advocate Jenni Marjakangas, Self-Advocate support person Olli-Pekka Grön and staff support person Marjatta Hieta

11. Shampoo and conditioner



12. Deodorant, CD-player, CD's



13. Cassettes, colouring books, storybooks

14. Medicine in the morning and evening

15. I need help with washing and brushing my hair

16. Conditioner to my hair in the morning

17. I need to have food without carrots

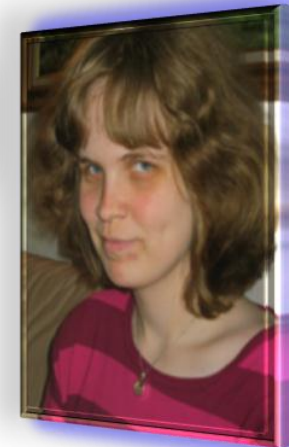
18. I need to wash my cloths with washing maschine

19. I need new clothes to work and some money to buy juice



20. I need to have food and and something to drink with food

21. My mother can call me about things





Family members Peer Mentoring as a part of Moving out –training in municipality Kangasala



**Johanna Niemelä, support person, staff support person
bachelor of social sciences**

- **Thesis about Moving out –training and peer mentoring model**
- **It is important to emphasize the importance of family members and their knowledge during transition and when developing services**
- **Family members psycho-social support through peer support**
- **Was carried out in group discussions**
 - **Family members peer mentoring other family members whose children are moving out from the childhood home and from the institutions**



Thesis on Moving out –training

Summary on family members conversations

Moving out –training

- Moving out –training is important and is it good that it has been started well in advance
- Family members haven't had training before, no peer mentoring
- Feeling and decisions you have to make are the most difficult things in the transition
- Peer support, hobbies and family gives strengths

Peer monitoring

- Reasons to participate:
- Gives benefits to persons who are moving and their family members
- Values earlier experiences
- Good idea

- Expectations:
- Peer support
- Co-operation
- Developing activities

- Benefits:
- Emotional processing
- Peer support
- Group conversations
- Seeing future

Things to develop

- Things to develop in new home:
- Atmosphere
- Flow of information and interaction
- Peer support and co-operation
- Staff well-being

- Wishes to new staff:
- Motivation
- Right values
- Professionalism
- Good interaction skills
- Positive and emphatic attitudes



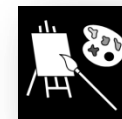
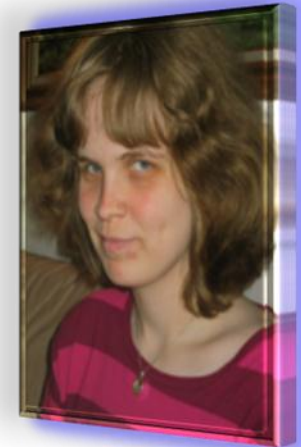
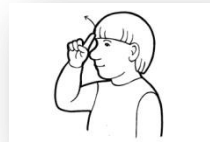
How to continue?

- **Moving out training continues for a year after the new home is ready (until autumn 2014)**
- **Family members mentoring - meetings and the results are used in the recruitment of new staff and orientation**
- **Family members who were peer mentoring will support also new families in the future**

Jenni's housing things

Self-Advocate Jenni Marjakangas, Self-Advocate support person Olli-Pekka Grön and staff support person Marjatta Hieta

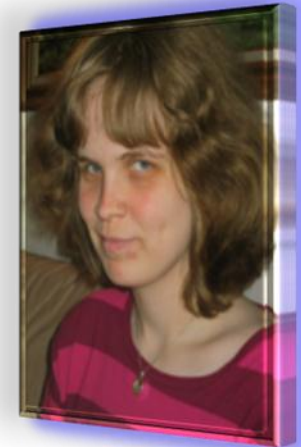
- I can play keyboards
- I can draw and paint, read and write
- I can chat with my friends and I like to see my friends
- I can ride a bike
- I can make puzzles
- I can eat myself



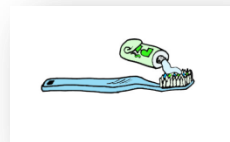


Jenni's housing things

Self-Advocate Jenni Marjakangas, Self-Advocate support person Olli-Pekka Grön and staff support person Marjatta Hieta



- I need help
brushing my hair
washing my hair
washing up
brushing teeth
- I need help
with medicine
cooking

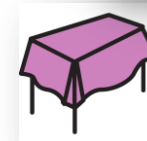




Jenni's housing things

Self-Advocate Jenni Marjakangas, Self-Advocate support person Olli-Pekka Grön and staff support person Marjatta Hieta

- To my new home I want to have: paintings, TV, table, chairs, curtains, rugs, bed, shelves, cabinets, cassettes, records, lamps, radio, books, blankets, pillows, computer, stool, vase, cutlery, mugs, tablecloths, refrigerator, duster.
- I want to watch TV, listen to music, talk on the phone, be with my friends, go shopping with my new friends.

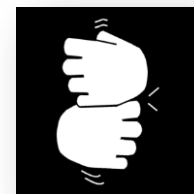




Jenni's housing things

Self-Advocate Jenni Marjakangas, Self-Advocate support person Olli-Pekka Grön and staff support person Marjatta Hieta

- **Waiting for a taxi in the mornings.**
- **Coming home from my workplace "Wärjäämö". Going to "Wärjäämö" on weekdays. Waking up early on weekdays. Going to sleep early on weekdays.**
- **Antti calls me on work related things.**
- **My mom calls me after work**
- wärjäämö → Juhanankartano





In conclusion...

*Älä elämää pelkää,
älä kauneutta sen kiellä.
Suo sen tupaasi tulla
tai jos liettä ei sulla,
sitä vastaan käy tiellä,
älä käännä sille selkää.*

- Kaarlo Sarkia



**Don't be afraid of life,
Don't deny it's beauty.
Let it come to your home,
Or if you don't have a home,
Go half way,
Dont turn your back to it.**