



## IN-CUBA

# News Bulletin

April 2021

**The core of the project is the development of the incubation methodology for projects and ideas for people with intellectual disability ...**

### **The IN-CUBA Methodology: testing and evaluation**

The Methodology developed in IO3 has then been tested in dedicated focus groups meant to assess it, identify elements to be further improved, and eventually support the setting up of an entrepreneurial project. The testing of the IN-CUBA co-productive methodology has been a very important phase of the project, as it allowed the putting into practice of the elements elaborated by the partnership and get significant feedback from all the users involved. This feedback, together with the evaluation reports (IO5), helped in updating and refining the methodology.

The testing phase has been organised in four phases (corresponding to the first four steps of the methodology) and a final separate step, impact and evaluation that corresponds to a separate Output:

1. Analysis (enabling, empowering)
2. Objectives (Collecting, generating and developing ideas)
3. Opportunities (Idea Development - from idea to practice-
4. Feasibility (Stabilization)

The testing has been planned and organised (initially) via co-productive focus-groups according to the guidelines already followed during the first stage of the project implementation. However, the pandemic and the confinement measures that have been adopted in all the countries involved impacted on the project activities and in particular on the Focus groups planned for the testing phase (several organisations involved in the project were forced to close their front-line services leaving users at home for safety reason). Nevertheless, even in face of an uncertain situation, all partners manifested a strong commitment to move on with the project and agreed to work online when physical meetings were not possible. In this sense, thanks to the experience already developed by OpenGroup (partner of the project), who pre-tested this methodology during

the first lockdown and shared its approach and tips with all the partnership in a dedicated webinar, all partners were able to organise effective online co-productive focus groups. In this sense the partnership organised a dedicated webinar where OpenGroup shared its approach and tips and all partners agreed on a set of guidelines for effective online co-productive focus groups.

he methodology provided a good general guideline, useful to broaden the perspective of the people involved, identify a project idea, develop it, and eventually start an entrepreneurial project. The 5 phases are easily adaptable for different countries, context, and situations.

While the first three phases are quite clear and specific, thanks also to the focus groups that focused a lot on them, the fourth phase 'stabilization' needs to be further practised.

The use mind maps proved to be useful for a general visualization. This pilot phase has made it possible to test a methodology focused to the development of an integrated system of support for people with disabilities, aimed at professional development but also at the enhancement of people at risk of exclusion not only from the labour market but also from the community, especially in this difficult time of pandemic.

Testing the methodology developed by the IN-CUBA project proved that it is possible to make people belonging to disadvantaged groups the protagonists of change and innovation, bringing out their attitudes and potential through participation in a training program aimed at business creation but also at the recognized positioning within a community.

These focus groups were also accompanied by an evaluation that covered several aspects connected with the activities carried out. In particular, the evaluation focused on two main aspects:

1) the quality of life of the persons involved (to be entrepreneurs) in order to assess how the activities carried out have an impact on and fit in to the user's life project. This evaluation was carried out with the support of specific tools provided by CREA meant to assess the Quality of

Life based on nine areas:

1. Physical Being;
2. Psychological Being;
3. Spiritual Being;
4. Physical Belonging;
5. Social Belonging;
6. Community Belonging;
7. Practical Becoming;
8. Leisure Becoming;
9. Growth Becoming;

For each of these nine areas of life, three measurement dimensions are assessed:

- 1) importance, attributed by the person to every area of life;
- 2) satisfaction perceived by the person in the same areas;
- 3) opportunities that the person had/has to develop importance and to perceive satisfaction in the different areas of life.

The QoL approach should be seen as an effort to mobilize and revalue resources that can support a person (and the holistic systems that they represent) to embark on or to continue developing personal skills over their life- span improvement. The project can be seen to be concerned with increasing individual autonomy and providing the additional required support in the attainment of key aspirations and expectations in the domains associated with quality of life

2) the social impact dimension, assessing the impact on the society and its contribution to societal changes. In particular, the social impact has been assessed with the support of specific tools provided by AMPANS in order to asses:

- actions carried out, which provide us with quantitative data (objective indicators): Impact on people, on the community, on the organisation / entities, on the environment;
- the analysis if the emotional value generated by the project in on the agents involved (perception/subjective indicators).

# IN-CUBA Project Partnership



**APEMH Foundation** (LU) is the project coordinator. It is APEMH mission to defend rights and interests of people with intellectual disabilities and manage a series of facilities and services that can meet users' diverse needs, through an inclusive approach that encourages full participation and self-determination. APEMH has a training unit (UFEP) with an extensive expertise in developing inclusive learning programs, and an easy to read accessibility of information department that is leader in Luxembourg and in Europe. [www.apemh.lu](http://www.apemh.lu)



**AMPANS** (ES) mission is to improve the quality of life of people with intellectual disability, creating and managing centres, services and supporting the criteria of efficiency and effectiveness. It has a strong commitment to serve people with disabilities, AMPANS provides services to over 1,200 people each year. [www.ampans.cat](http://www.ampans.cat)



**CADIAI** (IT) is a social cooperative that for 40 years has been providing the community with the best possible care services and assistance to people with disabilities, both in terms of promoting the well-being as enhancement of the various paths of empowerment and independence promoting. Cadiai, has always tried to create a synergy with families and with the government to assess the best solutions and the most valued answers to the emerging needs.



**CREA** (IT) is the research centre of San Sebastiano Onlus foundation. It provides resources to improve the health of adult people with intellectual disability. The principal outcome measure is Quality of Life, as individual optimization of the relation between attribution of importance and perception of satisfaction in several areas of life, in a lifelong perspective. [www.crea-sansebastiano.org](http://www.crea-sansebastiano.org)



**De Lork** (BE) has long lasting demonstrated experience on enabling users to actively participate in the decision making of the organization and leading research in participative methodologies. [www.delork.be](http://www.delork.be)



**FENACERCI** is the National Federation of Cooperatives and Social Solidarity is 52 associated members located throughout the country, providing support and services to about 25,000 people with intellectual disabilities and their families, with close to 6000 professionals. FENACERCI advocates for a society characterised by equal opportunities for all. [www.fenacerci.pt](http://www.fenacerci.pt)



**Open Group** (IT) has a long experience in managing semi residential, social rehabilitation and transition to employment services for people with disabilities. OpenGroup is also specialized in art and web design services involving people with disability. [www.opengroup.eu](http://www.opengroup.eu)



**ARFIE** is an EU Umbrella organization with more than 25 years of close collaboration between service providers and training and research centres in the disability field in EU. ARFIE has Members in several EU countries and will lead the Work package "Dissemination and Exploitation of Results" due to his proven expertise in this field as also notable outreach. [www.arfie.info](http://www.arfie.info)



For more information about the project



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# co-production