



## **C.E.C.D. Mira Sintra**

Centro de Educação para o Cidadão Deficiente, C.R.L.



**U.N.I.I.P.I.**

Unidade Integrada de Intervenção  
Precoce na Infância



**E.E.**

Educação Especial



**C.A.O.**

Centro de Actividades  
Ocupacionais



**C.F.P.**

Centro de Formação  
Profissional



**U.A.F.**

Unidade de Apoio  
à Família



**C.E.P.**

Centro de Emprego  
Protegido



**C.M.R.**

Centro de Medicina Física  
e Reabilitação

***Construir a Igualdade, Respeitando a Diferença***



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## PRESENTATION

**C.E.C.D. Mira Sintra - Centro de Educação para o Cidadão Deficiente, C.R.L.** (Education Centre for Persons with Disability) is a Cooperative for Social Solidarity, nonprofit and recognized as an Institution of Public Utility.

It was founded in 1976 by parents and professionals and since the beginning, that knowledge and experience of all are present in the management of the Cooperative.

At the present, meets about 1.400 people, since children, youth and adults who needs specialized support, overdue to disturbances in their development and/or marked deficits in academic, work or social performance.

The Institution has several Valences, in different spaces, with specific programs and multidisciplinary teams, adapted to the needs and characteristics of population served.



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## MISSION

The mission of the C.E.C.D Mira Sintra is to develop quality services for people with intellectual disabilities, multiple disabilities and other people in disadvantage, promoting their rights and improving their quality of life.





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## VISION

The C.E.C.D. Mira Sintra aims to be an Organization of reference, in an inclusive society, promoting Equality, respecting the Difference.





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# ORGANIZATIONAL VALUES





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Centro de Educação para o Cidadão Deficiente, C.R.L.

## QUALITY POLICY

- Attend to the **needs of its clients** in different valences and services existing or new, respecting the ethical principles adopted, in order to obtain the best results in terms of education, occupation, training, employment, residence, home care, health, leisure and free time;
- Promote a high **performance and continuous upgrading of skills of employees and managers**;
- Develop **networks and multidimensional partnerships**, that allow the creation of synergies in the activity of the Cooperative and its partners, so contributing to the promotion of appropriate responses to customer needs;





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## QUALITY POLICY

- Promote and develop **research and innovation** projects, with the intention of improve the quality of life of people with intellectual disabilities, multiple disabilities and other people in disadvantage;
- Protecting the **environment**, developing appropriate actions to achieve better conditions of life and habitability of our planet;
- Develop, establish and assume a **continuous improvement of services**, with qualified, motivated and customer-centered teams.



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## **SOCIAL RESPONSIBILITY POLICY**

The C.E.C.D. Mira Sintra, as a Social Organization, builds a set of firm practices, arising from the ethics policy, advocated by the Organization and which has been systematically developed to promote the well-being of all stakeholders of the Organization.

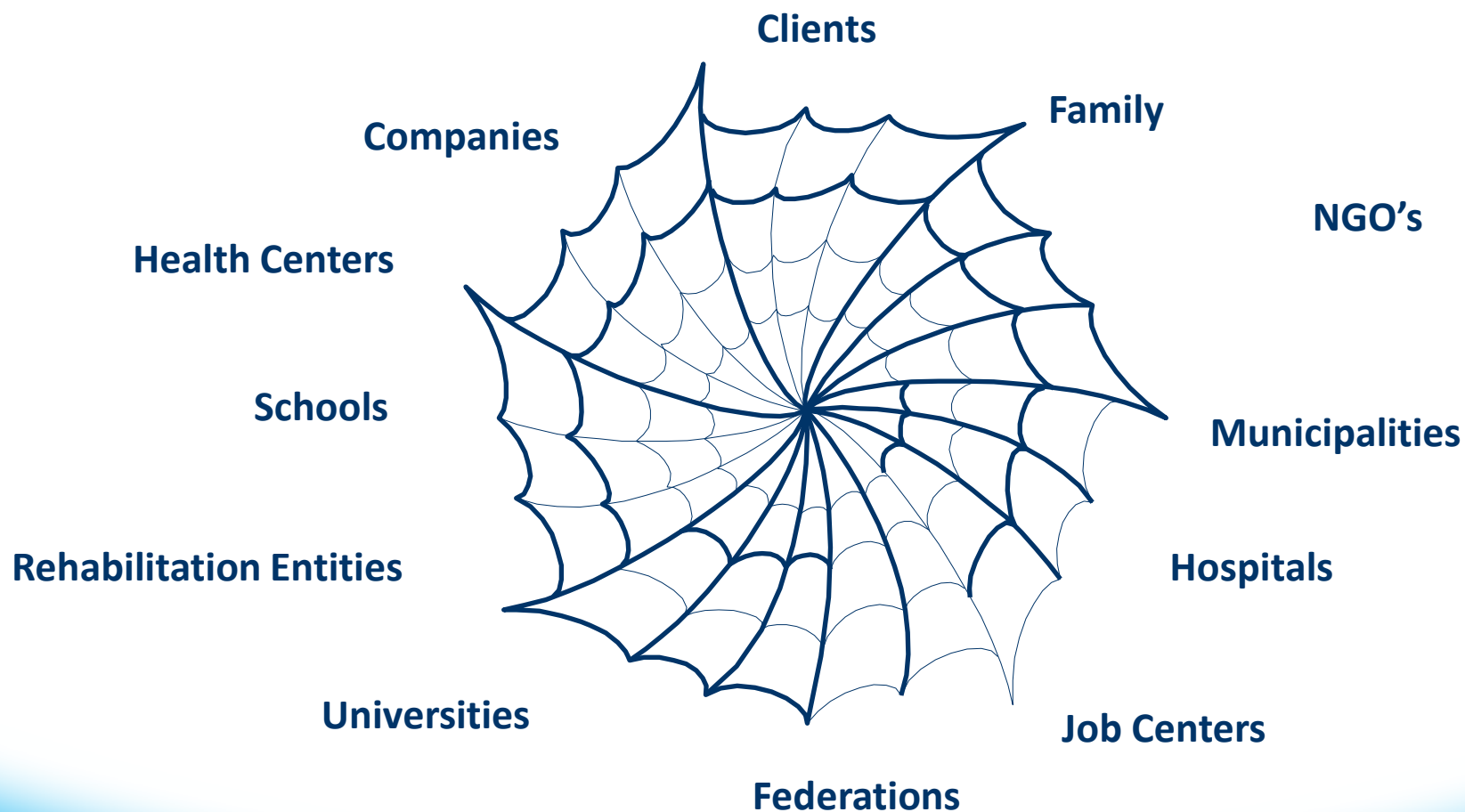
In pursuing its policy of social responsibility, the C.E.C.D. Mira Sintra seeks to promote synergies with local entities and with existing equipment in the region, in order to form a network that seeks the improvement of social conditions in the region.





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# NETWORK





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# VALENCES





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**U.N.I.I.P.I.**

Unidade Integrada de Intervenção Precoce na Infância

**THE INTEGRATED UNIT OF EARLY INTERVENTION FOR CHILDREN**



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## **PRESENTATION**

Valence devoted to the creation and implementation of responses in a complementary way, to support people with disabilities and their families, particularly with children of 0 to 6 years old, whose development is in biological risk, established and/or environmental.

### **OBJECTIVES**

- Support families with children aged between 0 and 6 years, who are at risk of biological, established and/or environmental;
- Engaging the earlier manner possible, at signaling support needs, in order to promote the inclusion of families of children at risk in the structures of their community;
- Collaborate in the promotion of the children development process.



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## ACTIVITIES

The following activities are undertaken, in accordance with that defined in the Individual Plan for each client:

- Direct support by Psychologists, Special Education and Rehabilitation Professionals, Social Service Professionals, Speech Therapists and Occupational Therapists;
- Evaluation, Plan and Intervention
- Parent Groups;
- Training of Professionals/Families;
- Meetings of coordination and shared responsibility with and from the community.





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**E.E.**  
Educação Especial

**SPECIAL EDUCATION SCHOOL**





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# PRESENTATION

## Special Education School:

Valence dedicated at young people, between aged 6 to 18 years old. Works with integrated centers, advocating an integrated educational intervention, in a manner that students are supported in Basic Education Schools and High School.

### OBJECTIVES

- Diagnose and assess the priority areas of psycho-educational intervention;
- Promote the global development of the child/youth with special education needs, among the least restrictive environment possible;
- Engaging in coordination with the Family and the School.



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# PRESENTATION

## Center of Resources for the Inclusion:

Unit provide specialized services of an educational nature, educational, therapeutic and logistics, acting in partnership with Clusters of Basic Schools and High Schools from Sintra.

### OBJECTIVES

- To support students with pronounced intellectual disabilities, in mainstream schools, through specific projects in partnership with the Ministry of Education/Regional Board of Education of Lisbon (inclusive school);
- Provide training to diverse educational agents.



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## ACTIVITIES

The following activities are undertaken, in accordance with that defined in the Individual Plan for each client, in the following areas:

- Psychology;
- Social Service;
- Speech Therapy;
- Occupational Therapy;
- Physiotherapy;
- Music Therapy;
- Hydrotherapy;
- Horse Riding Therapy
- Psychomotricity.



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**C.A.O.**  
Centro de Actividades Ocupacionais

**OCCUPATIONAL ACTIVITIES CENTRE**



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## **PRESENTATION**

Valence dedicated to the care of youth and adults from 16 years of age with intellectual disabilities, with a high level of dependence and with limited capacities for productive work.

### **OBJECTIVES**

- To promote and maximize the development of personal and social autonomy of its clients;
- Appreciate their skills through the development of socially useful activities;
- Promote individual well-being, respecting their special needs;
- Promote their socio-family and community integration.



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# FUNCTIONAL UNITS

## Unit A:

Unit of **leisure and well-being**, oriented for the development of well-being activities, essentiality, related to activities of daily life in its various parts.

## Unit B:

Unit of **occupational support**, which develop activities with a strong investment in the autonomies.

## Unit C:

Unit of **support for the work**, focused on the socially useful activities, preferably, developed in the most integrated environment as possible.



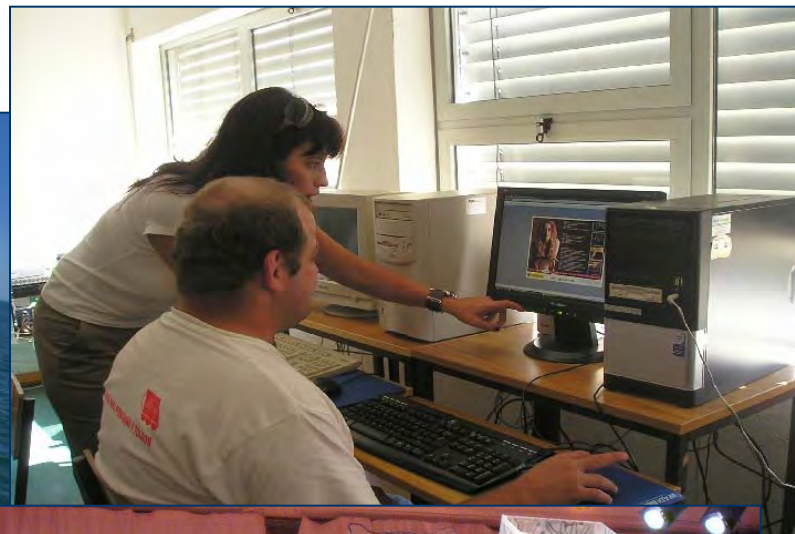


The following activities are undertaken, in accordance with that defined in the Individual Plan for each client:

- **Complementary and Technical Support Activities:**
  - Adapted Motor Activity;
  - Occupational Therapy;
  - General Knowledge/ICT
  - Psychology
  - Art and Creativity;
  - Social Service
  - Horse Riding Therapy;
  - Dance and Dramatic Expression.
- **Occupational Activities:**
  - Gardening;
  - Urban Cleanliness
  - Decorative Art;
  - Culinary Arts
  - Tiling;
  - Recycling;
  - Pedagogical Vegetable Garden.



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**C.F.P.**  
Centro de Formação Profissional

**Vocational Training Center**



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## **PRESENTATION**

Valence aimed at young persons aged above 15 years old and who show special needs in training and professional integration. The main objective is the social and professional qualification of the trainees.

### **OBJECTIVES**

- Qualify the trainees professionally, to obtain their socio-professional integration, allowing them a personal achievement and active participation in society.
- Sensitization/information/forward the persons with disabilities that seeking employment, after measuring the expectations and skills.



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# Vocational Training

## Courses :

- Repair and Maintenance Auxiliary Services
- Social-Domestic Services
- Graphics Arts
- Gardening

The Vocational Training has a maximum duration of 4 years and is developed as follows:

- Initial Training
- Training at Workplace Context:
  - In Simulated Practice
  - At Job Post
  - In Switching





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**U.A.F.**  
Unidade de Apoio à Família

**Family Support Unit**





## Residential Homes:

Valence devoted to the creation and implementation of responses, in a complementary way to support persons with disabilities and their families, particularly.

### OBJECTIVES

- Create networks of support for persons with disabilities and their families;
- Provide temporary and/or prolonged accommodation to youth and adults with disabilities;
- Create a welcoming and stimulating environment for the personal and social autonomy of the residents;
- Promote their social inclusion, facilitating their participation in recreational or cultural activities.



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## ACTIVITIES

The following activities are undertaken, in accordance with that defined in the Individual Plan for each client:

- Accommodation;
- Alimentation;
- Healthcare;
- Hygiene care;
- Laundry;
- Housekeeping;
- Sport and Recreation Activities;
- Complement Educational Activities.



## Home Support Services:

Valence devoted to provide individualized and personalized care at home for individuals and families when, for reasons of illness, disability or other limitation, cannot provide, either temporarily or permanently, their basic needs or activities of daily living.

### OBJECTIVES

- Contribute to improve quality of life of persons and families;
- To prevent situations of dependency and promote the autonomy;
- Provide to clients and families, physical care and psychosocial support, in order to contribute to their balance and well-being;
- Assist in the satisfaction of the basic needs, activities of daily living and support at the access to health care.



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## ACTIVITIES

The following activities are undertaken, in accordance with that defined in the Individual Plan for each client:

- Hygiene and Comfort Cares;
- Maintenance of the habitation;
- Distribution and Accompaniment of Meals;
- Laundry;
- Accompaniment on the Outside;
- Information facilitators of their bio-psycho-social well-being.



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**C.E.P.**  
Centro de Emprego Protegido

**Center of Protected Employment**



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## **PRESENTATION**

Valence that employs young people and adults with intellectual disabilities and others. It works in normal business way and aims to ensure the stability of employment and especially, appreciate the work capacity of people with more difficulties of employability.

### **OBJECTIVES**

- Provide to the persons with disabilities the pursuit of a worthwhile and paid activity;
- Ensure the stability of employment and, above all, appreciate the work capacity of people with disabilities;
- Promote, when possible, the transition to the regular labor market.





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## SERVICES

### **Commercial Aspect:**

- Construction and Maintenance of Landscape
- Plant Nursery
- Corner of the Greens - Environmental and Social Education
- Laundry /Dry Cleaning

### **Psycho-Social Supervise:**

In accordance with that defined in the Individual Plan for each client:

- Cooperation with the families of the workers in regimen of protected employment, in the direction to be contributed to its personal and psychological well-being;
- Psychological counseling.



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**C.M.R.**  
Centro de Medicina Física e Reabilitação

**Center for Physical Medicine and Rehabilitation**



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# PRESENTATION

Valence devoted to provide health care and wellness, with personalized and quality service, in a space with a home environment in which, any client that it comes to appeal, if feels supported, in the direction to reach the maximum of functionality and quality of life.

## OBJECTIVES

- Health promotion;
- Prevention of disease, disability, incapacity and inadaptation;
- To treat, rehabilitate or enable individuals with physical, mental and developmental impairment, or other, including pain.



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## SERVIÇOS

### Consultations and Treatments:

- Physical Medicine
- Physiotherapy
- Hydrotherapy
- Respiratory Exercise
- Preparation for Childbirth
- Postpartum Recovery
- Clinical Analysis

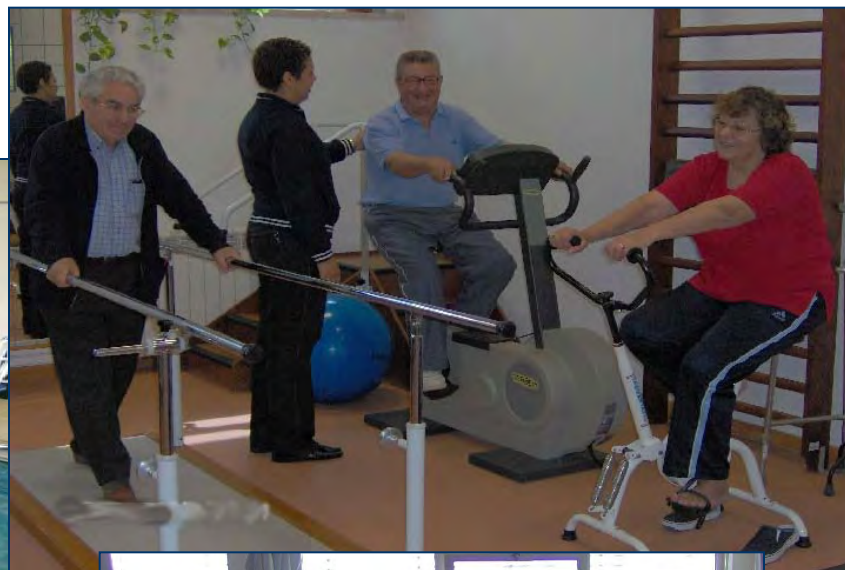
### Other Specialties:

- Speech Therapy
- Occupational Therapy
- Family Therapy
- Clinical Psychology
- Educational Psychology
- Educational/Vocational Guidance
- Psychomotricity
- Nutrition
- Lymphatic Drainage
- Podiatry/Reflexology





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## PROJECTS



### **Pathways to Inclusion**

Pathways to Inclusion is a European Project, funded by the Lifelong Learning Programme (Comenius) of DG Education & Culture. The purpose of the Project is to develop a European network and a knowledge centre on Inclusive Education.

Project Partners: EASPD, Fontys OSO, ALLL, VVKBuO, NFVB, FAIDD, Universität Siegen, CUDV Draga, Die Steirische Behindertenhilfe, Mutualité Française Indre-Touraine.



### **ImPaCT in Europe**

ImPaCT in Europe – Improving Person Centred Technology in Europe is a networking Project in the field of ICT co-financed by the European Commission Executive Agency for Education, Audiovisual and Culture in the framework of the Lifelong Learning Programme.

Project Partners: EASPD, AIAS Bologna, Centre de la Gabrielle, FAIDD, Hft, Learning Disability Wales, Modem, NCHA,



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## PROJECTS



### European Care Certificate

The European Care Certificate is the first small step towards ensuring the consistently high quality of social care services across the EU. Has created an agreed definition of what staff entering social care services for the first time need to know as a minimum to work in the social care sector in any member country of the EU.

Countries involved: Austria, Belgium, Bulgaria, Cyprus, Czech Republic, Germany, Hungary, Ireland, Italy, Portugal, Romania, Slovenia, United Kingdom.



### Answers For All

The Answers for All is a Center of Resources of Specialized Material, in the area of the Accessibility, developed for the C.E.C.D. Mira Sintra.

Actions:

- Evaluation of children and youth;
- Temporary disposal of material;
- Monitoring of the use of the Aid Technique;
- Specialized Training.



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## PROJECTS



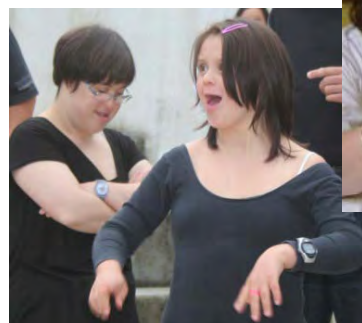
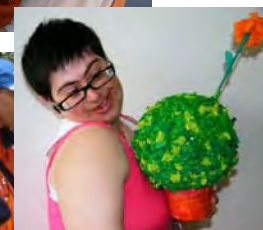
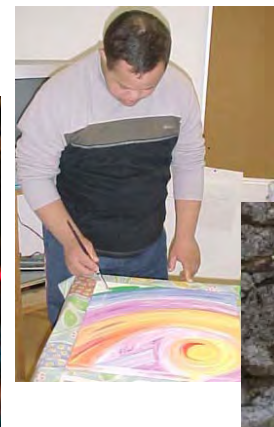
### **Inclusive Tourism - Customer Service Skills for Persons with Disabilities**

The C.E.C.D. Mira Sintra is a promoter of this project, whose general objective is to accomplish a study, that may contribute to the achievement of national policy of inclusion of persons with disabilities, particularly in regard to their access to tourism services, by means of:

- The identification of specific needs of persons with disabilities, on the reception - attendance - service;
- The identification of the professional skills, in terms of care and service, necessary for the satisfaction of those specific needs;
- The construction of a "package" of training, directed to the development of these specific skills.



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# *Thanks*

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