ICEVI

Bruges, July 2017

Quality of Life !

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How can we, as service providers, support youths and young adults who are blind or visually impaired on their path to independence and well-being as well as social and vocational participation?

- **Independence**

- **Social participation**

- **Well-being**

What does research tell us?

How can we help our students to achieve these goals ?

What could possible intervention programs contain?

Empirical studies show possible problems caused by vision impairment

- **Resrtictions in Orientation and Mobility**

- **Restrictions in Activities of daily Living**

- **Limitaions in Social Interaction**

- **Isolation**

But what about

COPING

with vision impairmant or blindess??

The impact of a vision impairment is generally dependend on the onset and characteristics of the impairment as well as the currant situation.

Also age, personal history, physical and psychological status, family, friends, social networks, school, career education, work and life after work … have an impact.

Research and intervention programs:

- **Doll 1953**
- **Baumann 1973 and Davidow 1974**
- **Van Hasselt 1981**
- **Schindele 1982**
- **Hatlen 1994**
- **Strittmatter 1997**
- **Wagner 2002**
- **...**

Segregation

vs

Inclusion

What can be taught in school and at leisure time?

What is the expectation on the job market?

Expectations in school and on the job market!

Academic Skills

Soft Skills

But what is so very special about soft skills for people who are visually impaired or blind.

Soft skills

Emotional and social Comeptence

Social and Emotional Competence

- **Cpoing with the disability**

- **Adaptaion and Adjustment as well as Self Determination**

- **Active Participation**

Social competence is the functional ability of a human organism to be able to show and live personal independence and social responsibility.

Doll 1953

Social Comeptence is defined as the ability to cope with problems in social interaction situations. It encompasses skills in ADL, O&M, as well as techniques of assertiveness in and toward a sighted world.

Hudelmaier 1971, Mersi 1975, Schindele 1980, and Sacks 1997

Social skills are abilities and activities that have a positive outcome for a person. The consistent and adequate Implementation of these competencies leads to a multidimensional concept „Social and Emotional Competence" and therefore to an effective way of coping with life in general under the circumstance of a visual impairment .

Wagner 2002

Social and emotional Competence consists of behaviors that lead to an empowered and self-determined social und vocational participation into society

Coping with the disabilty is the key component to aquire social and emotional Comepetence!

Tuttle und Tuttle 1986

Cognition

Action

Emotion

1. Personal Management and Self Care

2. ADL and O&M

3. Career Education

4. Sociale Interaction und Leisure

A
story
to make you
think!!

Who can support?

Personal and social networks

Parents and sibblings

Friends

Consumers and Self Help Groups

Professionals in the field of vision impairment and blindness

What can help?

Received and collected information

Implement learned strategies

- According to situation and skill
- According to personal Well-Being and sitation

Young adults tell us what helped them!

You have to know what you need in which situation

You have to learn to be assertive

You have to learn to be independent

You have to learn to accept help if needed

Don't minimze your problems on your diasbility

Use your other senses

…

Social and emotional competence is distinguished through the fact, that a person with a vision impairment utilizes the learned comeptences adequately and apropriately in relation to his or her own needs and capebilities.

Quality of life

Well-Being

Independence

and

Social Participation

will be possible!

Questions?

Thank you for your attention!

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