



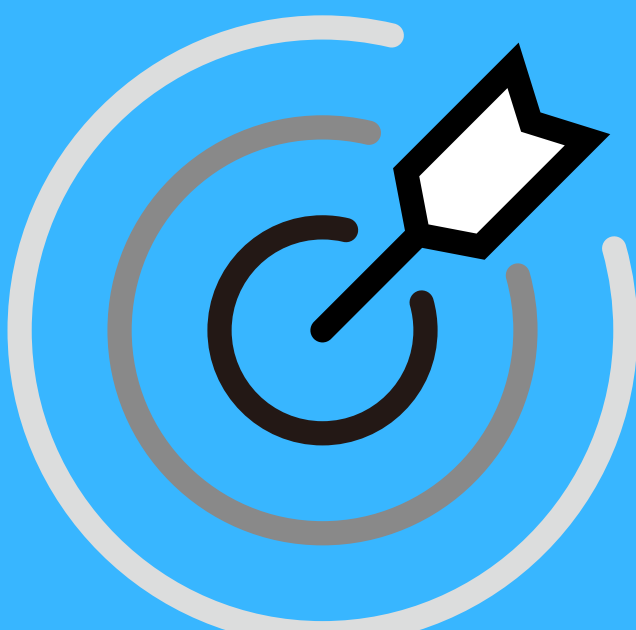
# CAPABILITY-TB PROJECT

## "TRAINING PROGRAM FOR IMPROVING THE INCLUSION AND PARTICIPATION OF PERSONS THROUGH TIMEBANKING"

### PURPOSE


Increase the skills (attitudes, knowledge and abilities) of persons with disabilities and support people to improve their inclusion and participation through the time banks.

### TARGETS



- Raise awareness/motivate about the use of Time Banks.
- Promote self-knowledge and discovery of capabilities of persons with disabilities and their possibilities.
- Increase the participation of persons with disabilities in the community through timebanking.
- Promote mutual support by encouraging exchanges between persons with different abilities. Promote easy and effective access for persons with disabilities to goods and services.
- Involve support people (facilitators), through cooperation with persons with disabilities and even through their participation in time banks.
- Develop general and specific digital skills related to the online platforms of time banks.

### FINAL RESULTS

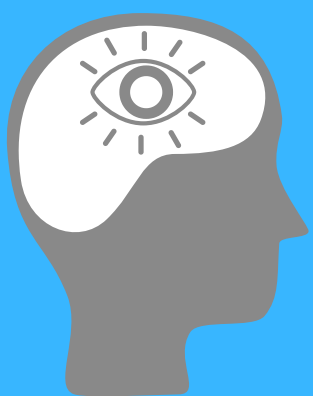


1. Co-created methodological guide by persons with disabilities, families, professionals and experts in time banks and collaborative economy.
2. Experiential training activities on the time bank.
3. Training materials taking into account the needs and characteristics of persons with disabilities and their facilitators,
4. e-CAPABILITY-TB digital tool composed of two areas:
  - CAPABILITY-TB training platform
  - Time bank platform for the management of exchanges.

## LEARNING CONTENTS OF THE TRAINING PROGRAM

1. Nonprofit sharing economy (NFPSE) and timebanks; Applicability to the disability sector.
2. Social inclusion and participation in the community: Promoting the quality of life of persons with disabilities.
3. Operating of time banks.
4. Time banks as a network
5. Digital skills to be part of a time bank.

## TRAINING WORKSHOPS



**WORKSHOP 1. CAPABILITY-TB... WHAT IS IT?** What is the collaborative economy? And the time banks?

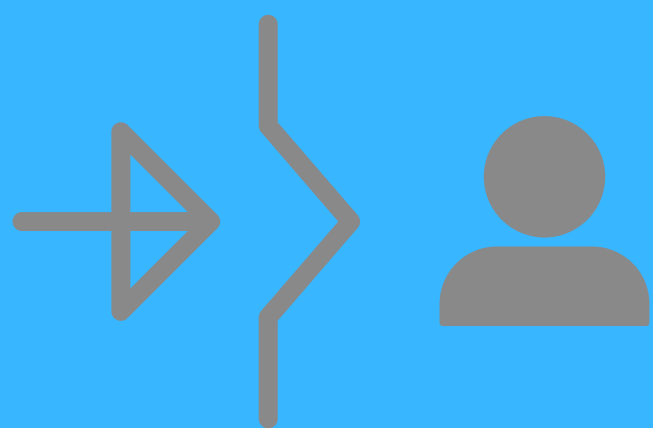
**WORKSHOP 2. IMPROVING THE COMMUNITY THANKS TO MY SKILLS:** Social inclusion, community participation and self-assessment

**WORKSHOP 3: LET'S PRACTICE THROUGH A TIME BANK LAB**

**WORKSHOP 4: ONLINE TIME BANK.**

**WORKSHOP 5: LET'S INVITE OTHER PEOPLE.**

## IMPACT



Develop general and specific digital skills related to the online platforms of time banks.

- Provide access to goods and services, overcoming the barriers derived from lack of accessibility or lack of resources.
- Access or strengthen existing resources, in a single social network, where they can get in touch with other people (with or without disabilities).

Increase the digital skills of persons with disabilities, professionals and support people.

The impact of the project will be multiplied due to the applicability and transfer of the results to different contexts:

- CAPABILITY-TB may be used by any interested party, linked to the field of disability or other social fields.
- The CAPABILITY-TB approach may be replicated and used by other stakeholders at a European level, in the field of disability or linked to other areas dedicated to supporting persons at risk of social exclusion.



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