

2023, April

# DEMO-SESSIONS: PHYSICAL IN SUPPORT CENTERS REPORT



**PHYS**ical**CAL**



Co-funded by  
the European Union

Ana Paula Carvalho  
Eugenio Sánchez Redondo



**DEMO-SESSIONS:  
PHYSICAL IN SUPPORT CENTERS**



Co-funded by  
the European Union

**Index**

1. Spain.....	2
2. Portugal.....	13

## 1. Spain

### 1.1. Demo-session 1

- **Place:** Center of Care for Persons with Intellectual Disabilities (CAMP) - La Salle.
- **Preliminary coordination meetings:** on March 9 we had a face-to-face meeting at the center facilities between those responsible for *PhysicAL* and those responsible for CAMP. We had previously sent a draft with the script for the day for sharing. In this meeting they were present on behalf of the CAMP; Center director, social worker, occupational therapist and trainee students, residence and day center directors, psychologist and a representative of the caregivers. It was agreed to set the date of the demo-session and the CAMP undertook to prepare adapted material for the day as a result of the course given and of which their occupational therapist was a part. They made indoor hockey pills. After the face-to-face meeting, we maintained contact with the management of the center and the social worker by telephone and by email to define the details of the demo-session.
- **Date of realization:** The demo-session was held on March 22, 2023 from 10:00 a.m. to 12:50 p.m. in the outdoor facilities of the center located on Caminos de las Aguas s/n street. Salamanca. At 10:00 the assembly of the posts and distribution of athletes and professionals began.
- **Number of persons with disabilities and educators, families who participated in the event:** On behalf of CAMP, 33 persons with intellectual and physical disabilities actively participated, the majority with great support needs, 20 persons with disabilities were also spectators of the day. They had the support of 14 professionals from

the center in the activities themselves. The Aviva Foundation had 15 professionals.

- **Profiles of persons with disabilities in the demo-sessions:** All the participants were elderly persons with intellectual and physical disabilities, some of them. The average age was around 60 years of age.
- **Type of proposed activities:** We name the demo-sessions with the naming of *PhysicAL GAMES* to mention the name of the project. The sporting activity was developed with a system of posts and groups. 6 posts were established that were the following:
  1. Tricycle: presentation of the support and supervision product in participants with the ability to ambulate.
  2. Joëlette: presentation of the support product and planning of future joint actions (hiking, walks through the natural surroundings of Salamanca, etc.).
  3. Bowl: Presentation of boccia and its variant adaptations with playful content. Boccia – bowling. Parachute.
  4. Hockey interior: Design of tests related to indoor hockey. Manufacture of a pill (students and people who live in the CAMP).
  5. Precision games with sandbags: design various game and toss options; hand foot.
  6. Precision with a giant numbered target and build with recycled materials trays coordination. Individual or in pairs.
- **Time:** The time rotation system allowed all the participants to be protagonists in all the posts. The total duration of the activity was 2 hours, ending with a march called "1,000-step race" with numbers for the participants and a gift of a bracelet for everyone.
- **Level of satisfaction of educators and participants:** Both, the educational team and the residents of the center were widely

satisfied with the development of this. The educational team valued positively that the people from the center could participate in the organization of the day. The residents were very happy the following days showing their bracelets or numbers as a souvenir of the day.

→ **The success of the day:** This was due to the union of experiences, on the one hand, Aviva's sports experience and on the other hand the high degree of knowledge of the participants by the center's professionals. We must also highlight for our part (CAMP), the activity that links all the professionals that the center has; educators, caregivers, service personnel, maintenance, psychologist, occupational therapist, physiotherapist, art workshop teacher, families and family association. There were two hours of activity and that personalization of the necessary support together with the Aviva team's experience in sports made the day a memorable day.

→ **Managers of the centers involved:**

- ◆ CAMP activity coordinator, social worker: Miguel Ángel Blázquez García.
- ◆ Director of the center: Jorge Carranza Calvo
- ◆ Occupational therapist: Amparo Luengo Galvan

→ **Conclusions of the demo-sessions and collaborative work with *PhysicAL*:** From Aviva we consider that it has been a highly positive action and that a climate of collaborative work has been generated that will be reflected in new projects.

## 1.2. Demo-session 2

→ **Place:** Center of Care for Persons with Physical and Sensory Disabilities (CRMF)

→ **Preliminary coordination meetings:** on March 2, 2023 we had a face-to-face meeting at the center's facilities between the Physical

coordinator and the person in charge of the CRMF. We had previously sent a draft with the script for the day for sharing. The activities coordinator was present at this meeting on behalf of the CRMF. It was agreed to fix the date of the demo-session. After the face-to-face meeting, we maintained contact with the management of the center by telephone and by email to define the details of the demo-session.

- **Date of realization:** The demo-session was held on March 27, 2023 from 6:00 p.m. to 8:00 p.m. at the sports facilities of the center located at Avenida Villamayor 179. Salamanca. At 17:00 the assembly of the posts began.
- **Number of persons with disabilities and educators, families who participated in the event:** A total of 14 users and 4 CRMF workers participated in the session
- **Profiles of persons with disabilities in the demo-sessions:** The profile of the participating users, more than 90% are persons with physical disabilities and 10% with visual disabilities. The average age is 28 years.
- **Type of proposed activities:** We name the demo-sessions with the naming of *PhysicAL GAMES* to mention the name of the project. The sporting activity was developed with a system of posts and groups. 6 posts were established that were the following:
  1. Tricycle: presentation of the support and supervision product in participants with the ability to ambulate.
  2. Joëllette: presentation of the support product and planning of future joint actions (hiking, walks through the natural surroundings of Salamanca, etc.).
  3. Rugby: proposed play
  4. Handball.

5. Wheelchair slalom. On a previously marked circuit.
6. Wheelchair basketball match. Invitation by the athletes of the center to play a game of wheelchair basketball.

→ **Level of satisfaction of the educators and participants:** The valuation is very positive. The high participation in the meeting implies the good expectations and the interest aroused in the users of the CRMF.

→ **Observations:**

- ◆ The products presented were of interest to the users, becoming a future demand for the acquisition of said products, mainly the tricycle.
- ◆ The practice of sports, mainly Rugby, has brought new knowledge that has led to the value of incorporating this sport into the program of activities.
- ◆ Another aspect to highlight is that the generation of these experience exchange meetings is highly valued by the users of the CRMF, since they serve to establish relationships with other social entities.

→ **Managers of the centers involved:**

- ◆ José Francisco de Paz Uzquiano, activities' coordinator.
- ◆ Sergio Perez, Monitor of the adapted sports program.

→ **Conclusions of the demo-sessions and collaborative work with *Physical*:** Conclusions of the demo-sessions and collaborative work with Physical. From Aviva we consider that it has been a highly positive action and that a climate of collaborative work has been generated that will be reflected in new projects, in addition to CRMF users offering themselves as people who will soon join Aviva as volunteers.

### 1.3. Demo-session 3

- **Place:** Care Center for Persons with Cerebral Palsy - “La Cantera I” and “La Cantera II”
- **Preliminary coordination meetings:** Telephone conversations were held and on March 15 in one of the actions we visited a national tricycle meeting in Viseu (Portugal) with the person in charge of ASPACE. This trip gave rise to a fluid exchange of information about the organization of the event. After this trip, we maintained contact with the management of the center by telephone and by email to define the details of the demo-session.
- **Date of realization:** The demo-session was held on March 29, 2023 from 10:00 a.m. to 12:50 p.m. in the outdoor facilities of the center located in Villamayor de la Armuña, a town near Salamanca. At 10:00 the assembly of the posts and distribution of athletes and professionals began.
- **Number of persons with disabilities and educators, families who participated in the event:** 20 users of the La Cantera day center accompanied by the two managers of the Boccia area of the center and 12 professionals from Aspace. The Aviva Foundation had 8 technicians.
- **Profiles of persons with disabilities in the demo-sessions:** All the participants were elderly persons with cerebral palsy and related pathologies, they were young people between 21 and 35 years of age.
- **Type of proposed activities:** We name the demo-sessions with the naming of *PhysicalAL GAMES* to mention the name of the project. The sporting activity was developed with a system of posts and groups. 6 posts were established that were the following:
  1. Tricycle: presentation of the support and supervision product in participants with the ability to ambulate.



2. Joëlette: presentation of the support product and planning of future joint actions (hiking, walks through the natural surroundings of Salamanca, etc.).
  3. Bowl: Presentation of boccia and its variant adaptations with playful content. Boccia – bowling. Parachute.
  4. Hockey interior: Design of tests related to indoor hockey. Manufacture of a pill (students and people who live in the CAMP).
  5. Precision games with sandbags: design various game and toss options; hand foot.
  6. Precision with a giant numbered target and build with recycled materials trays coordination. Individual or in pairs.
  7. The system of rotation by time allowed all the participants to be protagonists in all the relays. The total duration of the activity was 2 hours.
- **Level of satisfaction of the educators and participants (brief report of the coordinator of the demo-session in the center:** The users enjoyed a lot, since the activities were adapted to their needs. They discovered and we discovered the tricycle as a very valuable resource of great utility for Aspace. It is necessary to know the possibilities of being able to easily adapt resources for sports practice.
- **Managers of the centers involved:** Two managers of the Center and the coordinator of the Aspace activity, Manuel Campos Terron.
- **Conclusions of the demo-sessions and collaborative work with Physical:** Report of the person in charge of the center: “The most important thing that we are left with is the predisposition on the part of various entities to create this collaboration in order to have a common resource bank that serves us all to offer our users and students a good range of activities and materials to facilitate sports practice.”

The *PhysicAL* project has not only brought together associations with the same goal, but has shown us once again the importance in all fields (physical, emotional, social and meaning of life) that practicing sports should have on all of us and in search of the same for our students. From now on it's time to grow and fight to be an example and reference.

#### **1.4. Demo-session 4**

- **Place:** Care Center for Persons with Cerebral Palsy - “Entre caminos”
- **Preliminary coordination meetings:** Telephone conversations were held and on March 15 in one of the actions we visited with the person in charge of ASPACE, a national meeting of Tricycle in Viseu (Portugal). This trip gave rise to a fluid exchange of information about the organization of the event. After this trip, we maintained contact with the management of the center by telephone and by email to define the details of the demo-session.
- **Date of realization:** The demo-session was held on March 29, 2023 from 4:00 p.m. to 6:00 p.m. in the indoor and outdoor facilities of the center located in Salamanca on Oropéndola street.
- **Number of persons with disabilities and educators, families who participated in the event:** 15 users of the Entrecaminos day center accompanied by the person in charge of the Boccia area of the center and 7 professionals from the entity.
- **Profiles of persons with disabilities in the demo-sessions:** All the participants were elderly persons with intellectual and physical disabilities, some of them. The ages are marked between 55 and 82 years.
- **Type of proposed activities:** We name the demo-sessions with the naming of *PhysicAL GAMES* to mention the name of the project. The

sporting activity was developed with a system of posts and groups. 6 posts were established that were the following:

1. Tricycle: presentation of the support and supervision product in participants with the ability to ambulate.
2. Joëlette: presentation of the support product and planning of future joint actions (hiking, walks through the natural surroundings of Salamanca, etc.).
3. Bowl: Presentation of boccia and its variant adaptations with playful content. Boccia – bowling. Parachute.
4. Hockey interior: Design of tests related to indoor hockey. Manufacture of a pill (students and people who live in the CAMP).
5. precision games with sandbags: design various game and toss options; hand foot.
6. Precision with a giant numbered target and build with recycled materials trays coordination. Individual or in pairs.
7. The system of rotation by time allowed all the participants to be protagonists in all the relays. The total duration of the activity was 2 hours.

### **1.5. Demo-session 5**

→ **Place:** The door of Europe put us in contact with the project of the Colegio San José (school and german Institute Gesamtschule Eifel Blankenheim), in Salamanca with number E10168206 OID. [Colegio San Jose](#) - Erasmus+ 2022 "Let's play to be equal". The project was approved by the European Commission "Erasmus+", in which a Project based on Sport was developed as a means for integration and inclusion together with the German Institute Gesamtschule Eifel. In the project it also valued of sport, European Heritage and the importance of caring for the environment.

- **Preliminary coordination meetings:** the contact occurred with one of the teachers of the San José school who was a student of the Physical training course.
- **Date of realization:** The demo-session was held on February 23, 2023 from 4:00 p.m. to 6:00 p.m. at the facilities of the Alamedilla sports center in Salamanca.
- **Number of persons with disabilities and educators who participated in the conference:** On behalf of the Aviva Foundation, 45 people actively participated. It had the support of 14 technicians, professionals, trainees and volunteers. The group of the Erasmus+ project of the San José school and German students consisted of 40 people from secondary education, 20 from each entity.
- **Profiles of persons with disabilities:** 45 persons with disabilities participated on behalf of the Aviva Foundation. intellectual, cerebral palsy, sensory disability and autism spectrum.
- **Type of proposed activities:** We name the demo-sessions with the naming of *PhysicAL GAMES* to mention the name of the project. The sporting activity was developed with a system of posts and groups. 6 posts were established that were the following:
  1. Basketball game. Mini match in a sports court room.
  2. Basket throws. Driving passes and shots to the basket.
  3. Bowl: Presentation of boccia and its variant adaptations with playful content. Boccia – bowling.
  4. Hockey interior: Design of tests related to indoor hockey.
  5. Guide with masks. In pairs changing the roles of guide and blind person.
  6. “I play with a parachute”. Game dynamics.

The system of rotation by time allowed all the participants to be protagonists in all the relays. The total duration of the activity was 2 hours.

### **Managers of the centers involved:**

- ◆ Activity coordinator: Ricardo Barroso López, Spanish teachers;
- ◆ Rocío Antonio Lucas and Eduardo Egido Santiago Pliego;
- ◆ Spanish coordinator of the exchange: Raúl Pescador Muñoz;
- ◆ German exchange coordinator: Katrin Wallraff;
- ◆ Director of the German institute: Henning Schneider.

### **→ Conclusions of the demo-sessions and collaborative work with**

***PhysicAL:*** Report of the person in charge of the center.

- The duration of the activity was two hours, and there were participants from AVIVA, the Colegio San José and the German institute GESAMTSCHULE Eiffel from Blankenheim. The activities were coordinated and directed by AVIVA sports technicians, who carried out an interesting circuit to raise awareness and learn different games and adapted sports.

The atmosphere throughout the session was very positive, participatory, where all the participants got involved and cared about involving the others while learning about different games and getting to know each other, highlighting the human quality and experiential experience of the meeting.

Both the students and the participating teachers were delighted and stated that it was an extraordinary activity that was very well organized. In addition, the participating entities expressed the importance of this type of activity and the willingness to continue participating in similar activities in the future.

## 2. Portugal

### 2.1. Demo session 1

- **Place:** Rehabilitation Center of the Porto Association for Cerebral Palsy - APPC
- **Performance date and time:** Demonstration sessions for the first class of the training program *PhysicAL* were held on February 27, March 1 and 3, 2023, between 11:00 am and 1:00 pm at the CR - APPC sports facilities.
- **Participants:** participated 13 employees of the Associação do Porto de Paralisia Cerebral, from different services and with varied training, are actively involved, but mainly, health professionals and direct action helpers.
- **Profiles of people with disabilities in the demo sessions:** All beneficiaries were adults with cerebral palsy.
- **Type of proposed activities:**
  - ◆ Goalball: Raising awareness for inclusive sport
    - Dynamics in pairs: a blindfolded person chooses an animal so that the other, a seer, emits the respective sound. The goal is to find “the emitting source” and activate the senses.
  - ◆ Brief explanation of the goalball game and practice.
  - ◆ Sitting Volleyball
  - ◆ Bowl
  - ◆ Tricycle
  - ◆ Polybat
  - ◆ Wheelchair basketball
  - ◆ wheelchair rugby
  - ◆ Handball in wheelchair

- **Degree of satisfaction of the participants:** all participants highlighted the importance of the practical sessions, evaluating the opportunity to be in contact with different sports for people with disabilities as very positive and to be able to exchange experiences and perceptions among all.
- **Conclusions of demo sessions and collaborative work with *PhysicAL*:** on the part of the APPC, it was considered as having been a highly positive action and that it generated a climate of collaborative work that will be reflected in new projects.

## 2.2. Demo session 2

- **Place:** Rehabilitation Center of the Porto Association for Cerebral Palsy - APPC
- **Performance date and time:** Demonstration sessions for the second class of the training program *PhysicAL* were carried out on the day 13, 15 and 17 March 2023, between 11am and 1pm at the CR - APPC sports facilities.
- **Participants:** participated 16 employees of the Associação do Porto de Paralisia Cerebral, from different services and with varied training, but mainly health professionals and direct action helpers, are actively involved.
- **Profiles of people with disabilities in the demo sessions:** All beneficiaries were adults with cerebral palsy.
- **Type of proposed activities:**
  - ◆ Goalball: Raising awareness for inclusive sport
    - Dynamics in pairs: a blindfolded person chooses an animal so that the other, a seer, emits the respective sound. The goal is to find “the emitting source” and activate the senses.

- ◆ Brief explanation of the goalball game and practice.
- ◆ Sitting Volleyball
- ◆ Bowl
- ◆ Tricycle
- ◆ Polybat
- ◆ Wheelchair basketball
- ◆ wheelchair rugby
- ◆ Handball in wheelchair

→ **Degree of satisfaction of the participants:** all participants highlighted the importance of the practical sessions, evaluating the opportunity to be in contact with different sports for people with disabilities as very positive and to be able to exchange experiences and perceptions among all.

→ **Conclusions of demo sessions and collaborative work with *PhysicAL*:** on the part of the APPC, it was considered as having been a highly positive action and that it generated a climate of collaborative work that will be reflected in new projects.

### 2.3. Demo session 3

→ **Place:** Rehabilitation Center of the Porto Association for Cerebral Palsy - APPC

→ **Performance date and time:** Demonstration sessions for the first class of the training program *PhysicAL* were carried out on the day 27, 29 and 31 March 2023, between 11am and 1pm at the CR - APPC sports facilities.

→ **Participants:** participated 14 representatives of local partner organizations, with training in various areas, but mainly professionals from the social area and psychosocial intervention



→ **Profiles of people with disabilities in the demo sessions:** All beneficiaries were adults with cerebral palsy.

→ **Type of proposed activities:**

- ◆ Goalball: Raising awareness for inclusive sport
  - Dynamics in pairs: a blindfolded person chooses an animal so that the other, a seer, emits the respective sound. The goal is to find “the emitting source” and activate the senses.
- ◆ Brief explanation of the goalball game and practice.
- ◆ Sitting Volleyball
- ◆ Bowl
- ◆ Tricycle
- ◆ Polybat
- ◆ Wheelchair basketball
- ◆ wheelchair rugby
- ◆ Handball in wheelchair

→ **Degree of satisfaction of the participants:** all participants highlighted the importance of the practical sessions, evaluating the opportunity to be in contact with different sports for people with disabilities as very positive and to be able to exchange experiences and perceptions among all.

→ **Conclusions of demo sessions and collaborative work with *Physical*:** on the part of the APPC, it was considered as having been a highly positive action and that it generated a climate of collaborative work that will be reflected in new projects.

