

Promoting active ageing for people with intellectual disabilities through physical activities



ActivAbility aims to increase awareness and promote knowledge, skills and tools about the ways in which active ageing among older people with intellectual disabilities can be achieved through physical activities.

Who is this for?

ActivAbility is a project for professional and non-professional caregivers that work with ageing people with intellectual disabilities.



What are our goals?

- We want everyone to understand how important physical activity is for people with intellectual disabilities.
- We want to create new tools and ideas for caregivers that work with ageing people with intellectual disabilities.
- We want to help caregivers improve the ways in which they create physical activity plans based on the particular needs of people with intellectual disabilities.

What will be the results?

- A digital report that will encourage people to understand how important physical activity is for people with intellectual disabilities.
- A digital manual with tools and tips and tricks for active ageing for people with intellectual disabilities.
- An online course with digital solutions for active ageing for people with intellectual disabilities.



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