



NEWSLETTER

JULY 2024

WELCOME TO OUR NEWSLETTER

The Erasmus+ Project AHA4AUTISM: Exchanging Good practices on Active and Healthy Ageing for Adults with Autism and their Caregivers began in December 2023.

The aim of the project is to improve the quality of life of older people with autism and their families by identifying good practices and developing a manual of best practices that will generate resources and strategies to ensure active and healthy aging for older people with autism.

Follow us on social media to learn more about the project:

Instagram: <https://www.instagram.com/aha4autism>

Twitter: <https://twitter.com/AHA4autism>

LinkedIn: <https://www.linkedin.com/company/aha4autism/>

The project "Exchanging good practices on Active and Healthy Ageing for Adults with Autism and their caregivers" is co-funded by the Erasmus+ programme of the European Union. The contents of this document are the sole responsibility of Fundación Miradas, Autism Praxis Infinity Solutions (APIS) Ltd, University of Calabria and Greek Carers Network EPIONI and neither the European Commission nor the Spanish Service for the Internationalisation of Education (SEPIE) are responsible for any use that may be made of the information contained therein".



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The following entities are participating in the project:



Fundación Miradas (Spain) Project coordinator

The Miradas Foundation is an organisation dedicated to the care and protection of autistic people and their families. Its main objectives include protecting people with any type of autism spectrum disorder (ASD), helping them to minimise its effects, and carrying out all kinds of actions in defence of the rights of people under its guardianship, trusteeship or representation.



Greek Carers Network EPIONI (Greece)

EPIONI is a national non-profit organisation founded in 2016 by a group of citizens who are carers or former carers. Our aim is to support people who work as informal, unpaid carers for family members or friends suffering from a physical or mental illness, disability or addiction.



Autism Praxis Infinity Solutions (APIS) Ltd (Cyprus)

APIS is a non-profit organisation based in Limassol, Cyprus, whose main objective is to promote the rights and improve the quality of life of people with autism spectrum disorders and their families. APIS is committed to establishing a comprehensive support mechanism for autism and related issues.



Università Della Calabria (Italy)

The University of Calabria UNICAL is an Italian public university. Located in Arcavacata, a village in Rende and a suburb of Cosenza, the university was founded in 1972. Its founders included Beniamino Andreatta, Giorgio Gagliani, Pietro Bucci and Paolo Sylos Labini. It currently has around 35,000 students, 800 professors and researchers, and around 700 administrative staff.



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What has been done so far?

On December 12 and 13, 2023, the partners met in Athens, Greece, to hold the Kick-off Meeting.

During the two-day meeting, the partners were able to meet in person and establish all the rules and plans that will govern the project. During the meeting, they also laid the groundwork for the next activity (search for best practices and development of a manual of best practices).

On the second day of work, they were able to visit the “Epuna” facilities, a space dedicated to people with disabilities with the aim of offering them the highest levels of support and accompaniment.





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During this time, the partners have been searching for best practices related to social inclusion and health for people with autism as they age. From all of these, they will select the four best ones to create an implementation manual that can be used by professionals, organizations, families, and other interested parties to improve the aging process for people with autism.

The partners are working on awareness-raising campaigns that will be launched on October 1, to mark World Senior Citizens' Day.

