



Erasmus+

Caritas
Oberösterreich

Meander

A health-promotion project for families with
children with disabilities



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MEANDER – who are we?

- Since 2003
- Approx. 80 families per year
- 3 clinical (and health) psychologists
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- Free of charge
- Based in St. Isidor 13
- „Place to recharge batteries and strengthen the soul“
- Integrated approach: every member of the family





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MEANDER – who do we work with?

- Physical and/or mental disabilities
- Developmental delay
- AD(H)D
- Chronic disease
- Autism spectrum
- Dyslexia/Dyscalculia
- ...





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MEANDER – what do we do?

- Parents:
 - Counseling
 - Group meetings („I am not alone“)
 - Relaxation groups
 - „A day just for us“
 - Theme evenings
- Siblings:
 - Groups („Today is all about me“)
 - one-on-one Setting
- Children with Handicaps





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Questions to discuss

- Any questions?
- At what age does a „disability“ start?
- What happens until the children get a diagnosis?





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Balu: A project for overweight children and young people



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Balu – Who are we?

- Medicine
- Psychology
- Nutrition
- Movement

- Based in St. Isidor



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Balu – who do we work with?

- Integrated approach
- Families with children/young people with or without disabilities

Balu – what do we do?

- 1 year:
- 4 months intense programm
- 4 months practice
- 2 months control and counselling

- Group and individual Setting

