



# Meander

# A health-promotion project for families with children with disabilities

www.caritas-ooe.at



### MEANDER – who are we?

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





#### MEANDER – who do we work with?

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





# 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



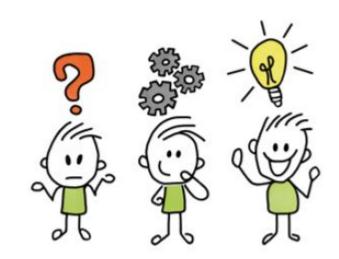






# Questions to discuss

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







#### Balu: A project for overweight children and young people





#### Balu – Who are we?

- Medicine
- Psychology
- Nutrition
- Movement
- Based in St. Isidor





#### 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 councelling
- Group and individual Setting

