

Assistance  
For independent living  
with full social inclusion

ANNUAL  
REPORT  
2020

**Support**  
FUNDACIÓ TUTELAR GIRONA

Inclusió social i suport en la presa de decisions  
**Social inclusion and supported decision making**

# PRESENTATION

## The Foundation

**S**upport-Girona was founded on 11th April 2003 as Fundació Tutelar de les Comarques Gironines, fostered by Institut d'Assistència Sanitària (IAS), the Public Mental Health Service Provider in the Girona Region, entity dependant of the Catalan Government (Generalitat de Catalunya), due to the need to separate health care provision from guardianship of the persons who, at the time, were living in the former psychiatric hospital of Salt.

The creation of Support-Girona became possible thanks to the will of four organisations that took on the challenge launched by IAS: Associació Geriòn, no longer in existence, providing guardianship to elderly persons based on a

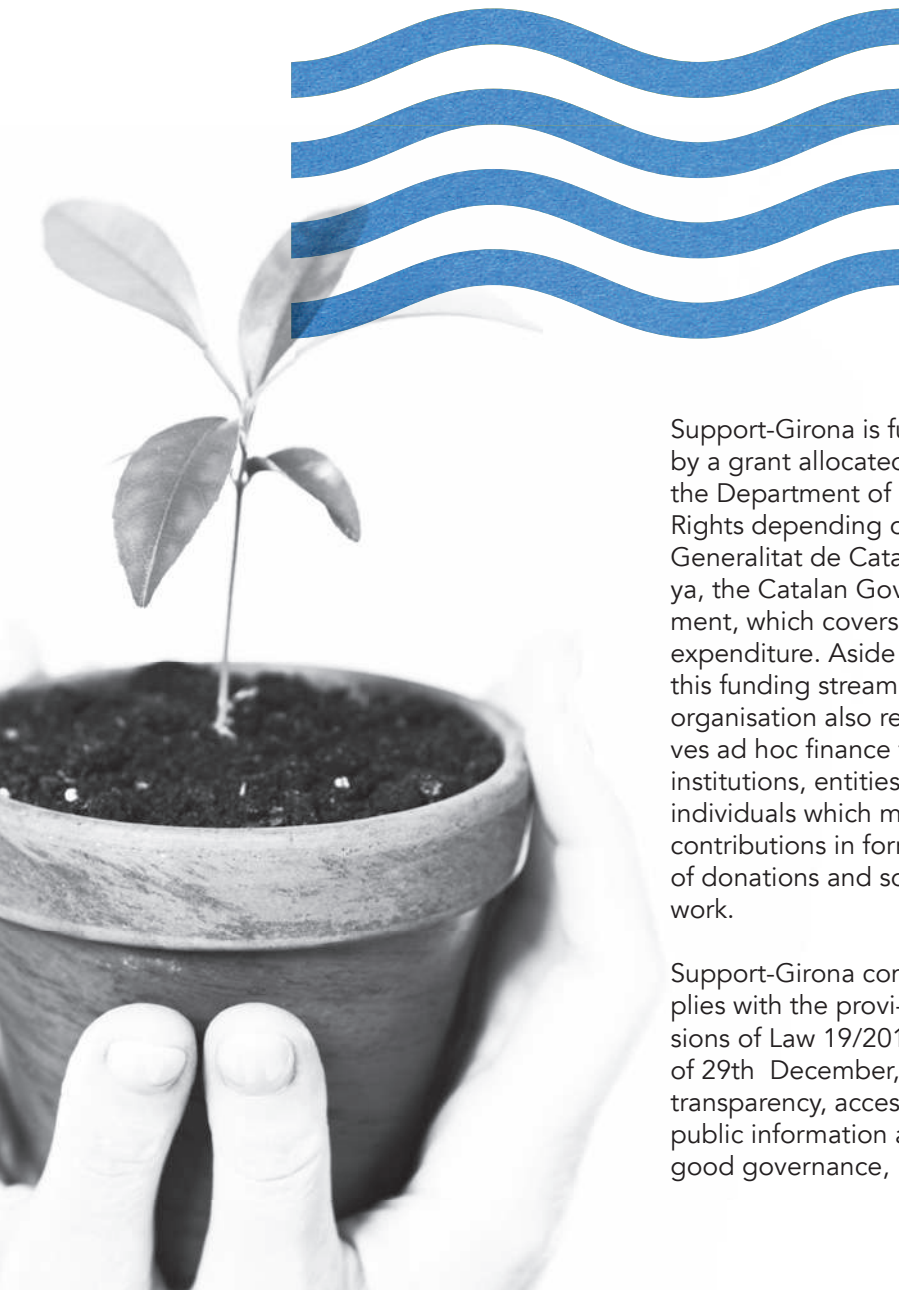
structure of voluntary workers; Associació Família i Salut Mental de Girona i Comarques, dedicated to supporting families of persons with psychosocial disabilities; Fundació Drissa, dedicated to providing labour and employment integration and residential support for persons with psychosocial disabilities; and Fundació Malalts Mentals de Catalunya, focused on guardianship of persons with psychosocial disabilities. In particular, this organisation extensively contributed in the early days of Support-Girona, yet it has not been a member of the Board since March 2013.

Since its creation, Support-Girona has also taken on the umbrella functions that were previously performed by Fundació Privada La Fageda, in la Garrotxa, and Fundació Tutelar del Gironès, with which it merged in

2011. Hence, Support-Girona is a member of its Board, aside from the founders, representing the social ambit which, back in the day, were fostered by Fundació Tutelar del Gironès (family members of persons attended through the services provided by Fundació Ramón Noguera) and the social vision that was promoted by Fundació La Fageda.

In 2020, Support-Girona has performed its duties with a workforce of ninety-one professionals, of which 70.32% belong to the Social Area. This area focuses its activity towards attending the personal and social needs of persons supported by the organisation.





Support-Girona is funded by a grant allocated by the Department of Social Rights depending of Generalitat de Catalunya, the Catalan Government, which covers basic expenditure. Aside from this funding stream, the organisation also receives ad hoc finance from institutions, entities or individuals which make contributions in form of donations and social work.

Support-Girona complies with the provisions of Law 19/2014, of 29th December, on transparency, access to public information and good governance, Law

4/2008, of 24th April, on book three of the Civil Code of Catalonia, relating to legal entities, which provides the regulatory basis for Catalan non-profit entities and requires internal operation based on the principles of good management and transparency, and Law 21/2014, of 29th December, of the Protectorate of foundations and verification of the activity of associations declared of public utility, which defines transparency as "an essential public good that contributes to generate society's trust in entities and responds to the ethical commitment of accountability to citizens and stakeholders". Accordingly, Support-Girona has on its website the area <https://www.supportgirona.cat/transparencia/>, where it publishes all the relevant information. This information is revised periodically.



# Mission, Vision and Values

## MISSION

Support-Girona is an organization providing global and individualized support to persons with disabilities, with whom it has a legal link, promoting their social inclusion and Human Rights.

Our mission is to support persons with intellectual disabilities, psychosocial disabilities or elderly persons experiencing some type of disability due to the ageing process to achieve social inclusion and exercise their rights. Support-Girona is aligned with the principles from the United Nations Convention on the Rights of Persons with Disabilities and the 2030 Agenda for Sustainable Development. The organisation works towards offering a personalised and coordinated service, networking with professionals and organisations, to support persons with disabilities exercise their right to make their own decisions. Support-Girona develops supported decision-making mechanisms from a voluntary designation of an individual or appointed directly by a court order respecting the decisions of the individual.

## VISION

Support-Girona aims to:

- Be available to support every individual with a disability who needs it, overcoming the traditional model of care and promoting and respecting their autonomy on the basis of the Human Rights model.
- Generate debate around social policy looking for models, alternatives and resources worldwide that increase quality of life of persons with disabilities and their Human Rights.
- Increase professional knowledge and improve professional practice by creating strategic alliances and increasing networking activities.
- Contribute to implement the United Nations Sustainable Development Goals, structuring our actions and projects towards tangible outcomes and measurable impacts at a social and environmental level.

## VALUES

In order to achieve our mission, Support-Girona is committed with:

- The Human Rights model, the social model of disability and a networking and transversal model of working.
- Supported decision-making and person-centred planning as the basis of our work.

# Work philosophy

## SOCIOECONOMIC AND POLITICAL CONDITIONS

SOCIOECONOMIC  
AND POLITICAL  
CONDITIONS

BARRIERS

ENVIRONMENTAL  
ATTITUDES



**Full and effective participation  
in society on an equal basis with  
others**

(CRPD) United Nations  
Convention on the Rights of  
Persons with Disabilities

To meet its objectives, Support-Girona articulates the existing legal tools as supported decision-making mechanisms, ensuring the person enjoys the highest degree of personal autonomy and independence in their own decision-making process. These support mechanisms ultimately aim to allow each individual to be able to exercise fully and independently his or her legal capacity.

Support-Girona works from the capacity paradigm so the persons it supports can decide and manage the supports they want to foster their autonomy and work towards their social inclusion.

Support-Girona bases its work on the social concept of disability, which includes persons with long-term physical, mental, intellectual, or sensory deficiencies. This model places the origin of a disability in the interaction with the different barriers (social, financial, political, attitudinal, etc.) that prevent the full and effective participation of these individuals in society on an equal basis with others.

# What is supported decision-making?

Supported decision-making is a series of relationships, practices, arrangements, adjustments and agreements designed to support individuals with a disability to make and communicate to others their own decisions about their life, including how to develop them in practice. Often, persons with intellectual or psychosocial disabilities have partially or completely restricted their right to legal capacity and, consequently, their right to make decisions in certain areas of their life due to not having access to an appropriate support or an adequate environment.

Supported Decision-Making mechanisms can include formal and informal arrangements which may include support networks, support agreements, self-help groups, peer support, advanced support directives, and professional support services varying in intensity and temporality. These mechanisms provide support on particular aspects of a person's life or on a global level, are articulated in a flexible manner and are based on the person's will and preferences, thus respecting their legal capacity.

Support-Girona has been evolving towards a system to support individuals exercise their legal capacity, developing supported decision-making services and providing safeguards before, during and after the exercise of legal capacity as well as promoting personal autonomy and fostering social inclusion of the person in the community. The organisation focuses its practices towards recognising the person's right to be involved in decisions that affect them as well as articulating spaces where the autonomy of the person and its will and preferences are actively respected.

**Integrating and disseminating the idea of supported decision-making** through awareness raising, communication or education activities addressed at civil society, services or a broad range of professionals, whether in the health or social sector or in the public or private sector (administration, banking, businesses, etc.).

**Creating synergies for cross-sectoral cooperation**, organising formative and informative sessions involving the participation of key actors (users, families and professionals) to implement, to the highest possible degree, the Convention on the Rights of Persons with Disabilities (CRPD).

**Looking new pathways** to identify and implement effective safeguards to prevent undue influence, abuse and conflict of interest, whilst at the same time providing supported decision-making services.

**Supporting individuals** so they can recognise situations where they may need support and offering the support they want in practice.

# Services

**Legal and social support** focused on supporting individuals with psychosocial disabilities, cognitive impairment and persons with intellectual disabilities towards their social inclusion process.

Support-Girona seeks to **provide adequate and effective safeguards to prevent abuses according with Human Rights** with maximum respect for the will and preferences of the individual by developing social work strategies and intense support.

## **Defence, promotion, and development of Human Rights.**

Support-Girona assess the context and the situation of every individual on a per-case basis, provides guidance to families and promotes the improvement of the quality of life of each individual encouraging their effective participation and social inclusion in the community.

**Promotion of the necessary services and equipment** to develop its objectives.

**Exercise legal actions** in courts and tribunals of any order and jurisdiction to defend the Human Rights of the individuals supported by the organisation.

**Advice and assessment service aimed at organisations, professionals, and individuals**, as well as a service called **"Future Support Service"**, to anticipate the future support needs of a person or a relative with a disability. Neither of these services receives public funding.

**Raise General Awareness** sensitise society and cooperate and collaborate with authorities and organisations in the public, private or third sector to improve the support of persons with disabilities.



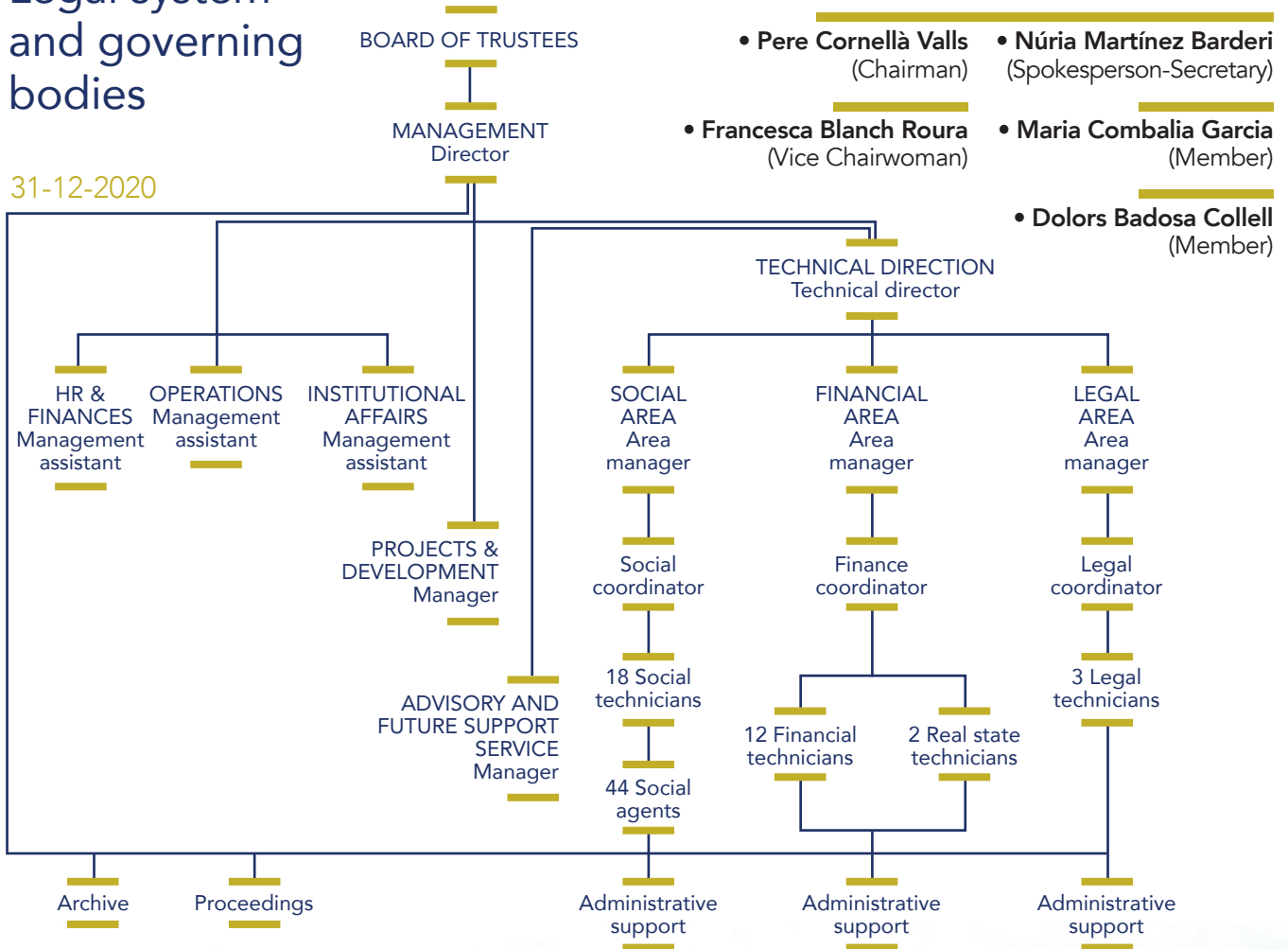
ODS



# Legal system and governing bodies

## BOARD

31-12-2020



## Dissemination

Despite the exceptional context of 2020 due to the global pandemic, Support-Girona has continued to carry out informati-

ve and outreach activities aimed at implementing the United Nations Convention on the Rights of Persons with Disabilities and the paradigm shift it entails, especially regarding legal capacity and the right of

individuals to receive support for living independently and being included in the community. The assistance, as a legal mechanism, has been one of the frequently highlighted and addressed topics.



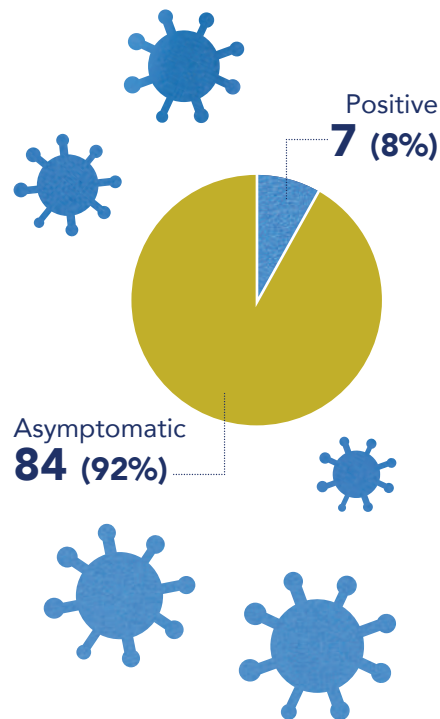
# HIGHLIGHTS FROM 2020

2020 has been a year conditioned by the COVID-19 pandemic and Support-Girona has swiftly reacted to adapt its work to the new and emerging needs arisen, adjusting the procedures and protocols established to cope with the situation but, most importantly, emphasising and prioritising the well-being of the individuals supported by the organisation as well as its workforce.

Support-Girona is an essential service. Aware of its essential task, the organisation and its professionals are committed to do our best to cover all the needs that arise in the lives of the persons we support, without leaving anyone behind and adapting ourselves to uncertain and constantly changing circumstances.

In the COVID-19 scenario, Support-Girona has closely monitored the situation, evolution and needs of persons living in residential facilities, despite not being able for professionals to access those facilities during many phases of the pandemic, requiring significant efforts to coordinate with the professionals working at these centres. Persons without a permanent home have required additional support as well as those who have been alone at home without being able to access daytime

## PROFESSIONALS AFFECTED WITH COVID-19



resources or go to work. Creativity and the use of new technologies have emerged as solutions among professionals who sought to ensure minimum standards of living during the lockdown situation.

One of the main concerns for Support-Girona has been how to support persons with a lot of autonomy but without a family, especially if they got sick and needed to be cared for at home due to scarcity of resources. Additionally, how to solve conflicts arising from forced coexistence during an extended period of time of individuals with difficulties in their relationship with others and without a daytime routing due to the closure of workspaces and services.

Professionals and individuals have had to deal with a diversity of situations and a harsh reality: abandonment of the person by caregivers, especially in cases where caregivers have been hired individually; closed work centres; centres denying freedom of movement of their residents when the lockdown measures were not in place, etc. Persons with disabilities have experienced a long list of disadvantaged situations that have added to the stigma and discrimination that they regularly face just for being a person with a disability.

Support-Girona has adapted and translated into Catalan an easy-to-read leaflet about the COVID-19, with general health indications, recommendations and additional information about the advantages of the vaccine.

### In relation to the individuals supported by the organisation, the priorities have been to:

- **Ensure** that persons with fewer resources (material, financial or social), including those living in substandard housing arrangements or experiencing homelessness situations, had their basic needs covered and guaranteed (supply of food, medicine, access to health care, access to information and contact with professionals).
- **Coordinate** with the environment (community, peers, families, professionals) of persons living at their own home and with high support needs as they were the most affected by the closure of day services. The pandemic situation increased the emotional stress of caregivers and families and required intense coordination within professionals, finding alternative formulas to day centres, covering basic needs and facilitating and helping essential professionals to work in a lockdown situation sharing solutions and approached among the different teams.
- **Support** persons living at residential facilities. Support-Girona prioritised contact with professionals from these services and provided logistical assistance to develop their task during the lockdown phase.
- **Facilitate** that persons with less intense support needs had sufficient resources to live independently, helping them prioritise, providing logistics when needed or in emergencies and helping them understand and follow basic recommendations made by authorities.
- **Guarantee** personal income either in form of salaries, temporary employment schemes, pensions, benefits and rents of supported individuals helping them deal with regulations and administrative procedures.

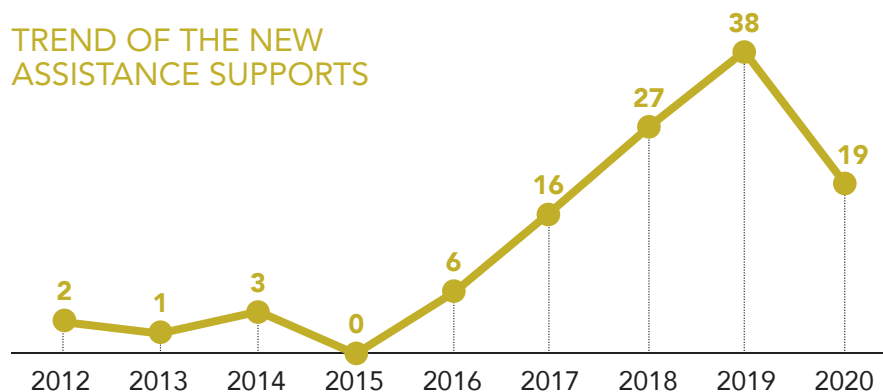
### In relation to Support-Girona, its operations and the professional workforce, the priorities have been to:

- **Adapt** and turn the office into a safe workspace implementing safety measures in the facilities and providing protective material for professionals despite the initial difficulty in sourcing and acquiring it, especially as our intervention involves direct interaction and contact with persons at their own home.
- **Promote** teleworking in the tasks that allowed it, with significant relevance in attending meetings, training sessions and professional coordination, by acquiring or updating the necessary equipment and technology. In this sense, Support-Girona has shared webinars and concerns with Ms. Catalina Devandas, the first UN Special Rapporteur on the Rights of Persons with Disabilities; Dr. Joan San Molina, dean of the Faculty of Medicine of the University of Girona or Dr. Begoña Romàn, president of the Catalan Social Services Ethics Committee and member of the Catalan Bioethics Committee. Sharing concepts and tools to manage and focus the professional intervention from Support-Girona and its workforce to the ethical dilemmas that may arise in the care of persons with disabilities has been essential, especially in the medical field and during the pandemic. Complementary training about fear management during a lockdown or emergency situations was provided by Cristina González, psychologist and director of La Granja Foundation, an ability training centre.
- **Provide** specific and specialised training for professionals on the different aspects of the COVID-19.

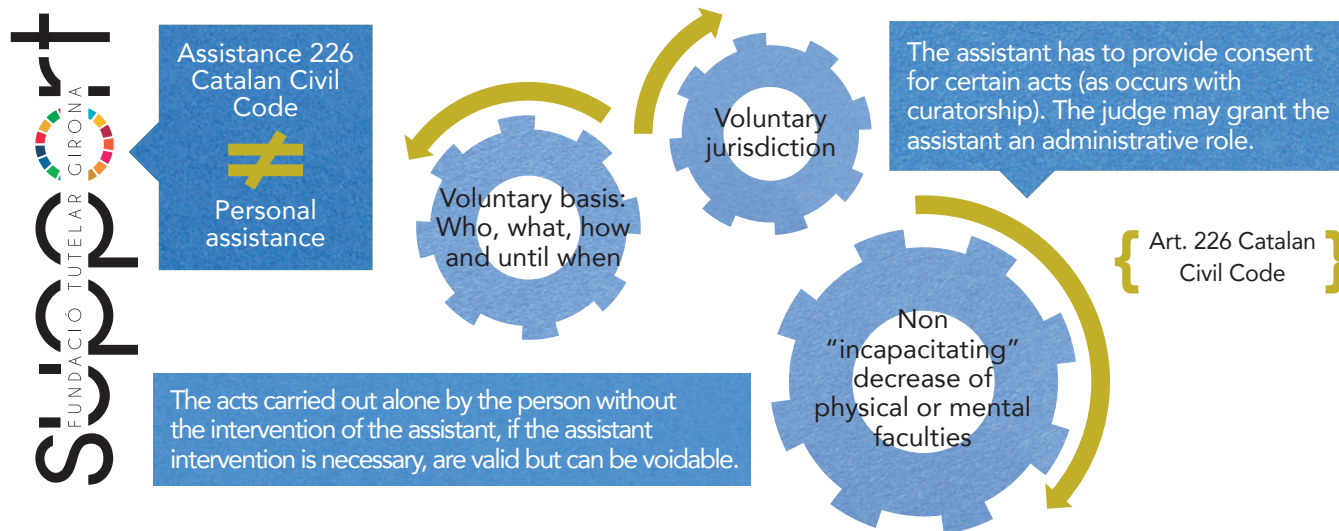
# ASSISTANCE AS A LEGAL AND SOCIAL SUPPORT MECHANISM

'Assistance' is a legal mechanism regulated in the Catalan Civil Code (Law 25/2010) according to which "any person of adult age who needs it to take care of himself or his property, due to a non-incapacitating decrease of his physical or mental faculties, may request the judicial authority the appointment of an assistant by the procedure of voluntary jurisdiction" in the areas and with the temporality that are deemed necessary.

TREND OF THE NEW ASSISTANCE SUPPORTS



## ASSISTANCE, A MECHANISM ALIGNED WITH CRPD





# Voluntary basis: who, what, how and until when

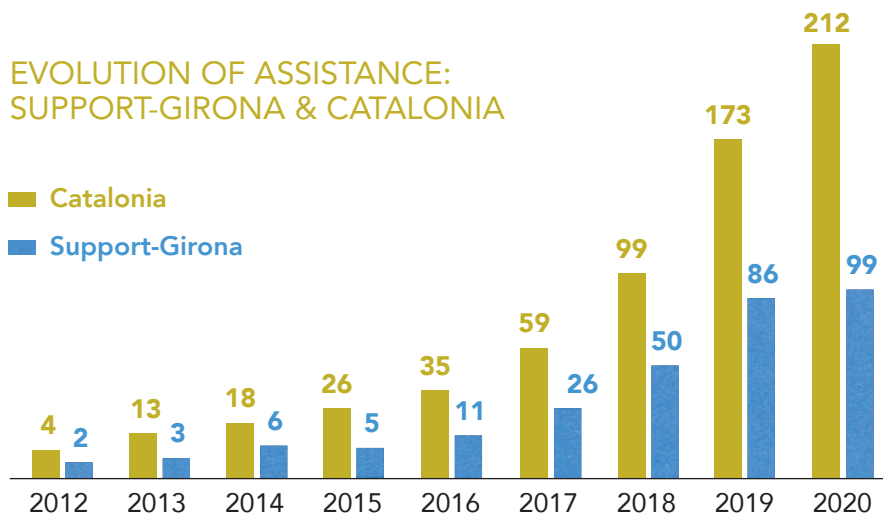
The pandemic has also represented a singular challenge for the Legal Area. All proceedings in court, and therefore the procedures appointing an assistant or a support measure, have been altered during the first six months due to the state of alert. Court activity has almost come to a standstill with the ex-

ception of criminal proceedings or urgent and cautionary measures.

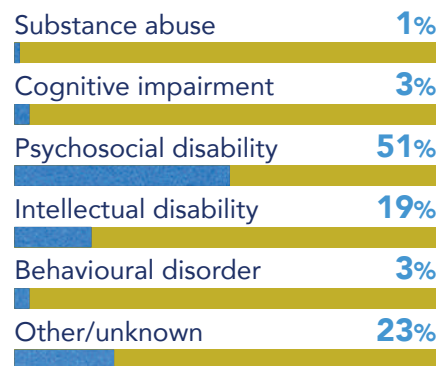
For this reason, new supports originated in court have been formalised remotely. However, Support-Girona has been able to present annual accounts and certain documents telematically.

Once the judicial and court operations have been re-established, the normal flow of work has fluctuated depending on the different phases of the pandemic. From November 2020, a rapid evolution of new proceedings originated in a new Family Court in Girona (1º Instància N° 7) is detected.

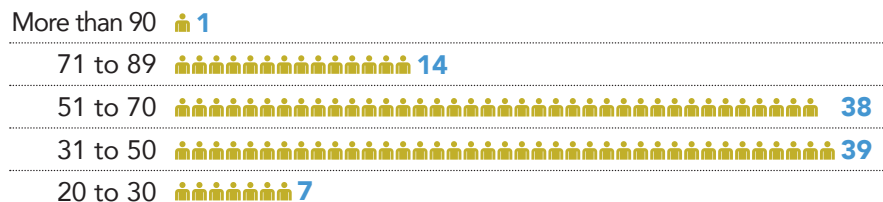
## EVOLUTION OF ASSISTANCE: SUPPORT-GIRONA & CATALONIA



## PROFILE OF PERSONS ATTENDED



## PROFILE OF PERSONS BY AGE



The "other/unknown" profile derives from the fact that the Catalan Civil Code defines assistance as a mechanism derived from the will of the person who does not always consider support in the medical field.

## ACCOMPANIED PERSONS WITH ASSISTANCE ACCORDING TO PLACE OF RESIDENCE

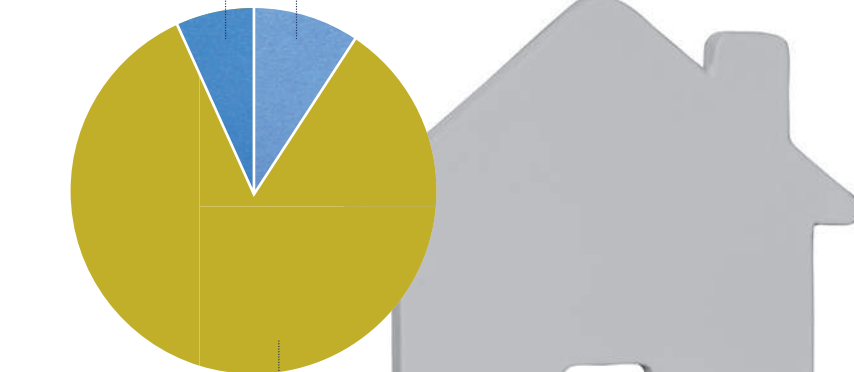
84% of individuals supported by the organisation through the assistance mechanism live in the community (7% correspond to persons without a specific fixed address) and receive individualised supports to live independently directly by professionals of Support-Girona and through external at-home support services derived from municipalities, the «programme to support autonomy at home» from the Catalan Government or from benefits derived from the Spanish Dependency Law (LAPAD) on the «promotion of personal autonomy and care for persons in a dependency situation».

The category «residential resource of a social nature» includes residential or hospital centres dedicated to elderly and disability care but also includes persons who live in supported housing arrangements included in the community but with the support organised by an organisation or institution.

Support-Girona believes that the high percentage of persons living independently, included in the community and enjoying full social inclusion, is possible thanks to the collaboration, cooperation, and coordination with all the institutions, services and organisation in the region.

Support-Girona works to implement innovative methodologies aimed at

Without fixed address **7 (7%)** Residential resources of a social nature **9 (9%)**



Living within the community **83 (84%)**

empowering the person, improving their skills and abilities to live independently and achieving the objectives of the United Nations Convention on the Rights of Persons with Disabilities using the resources of the public network of services.

The support offered to the person is flexible and personalised to ensure

its adjustment to the person's situation and can be very intense in the situations where the person does not have a fixed address (experiencing a homeless situation, living in rented rooms/hostels or in infrahousing arrangements such as squat houses) or when there are significant and complex difficulties in several aspects of the person's life.

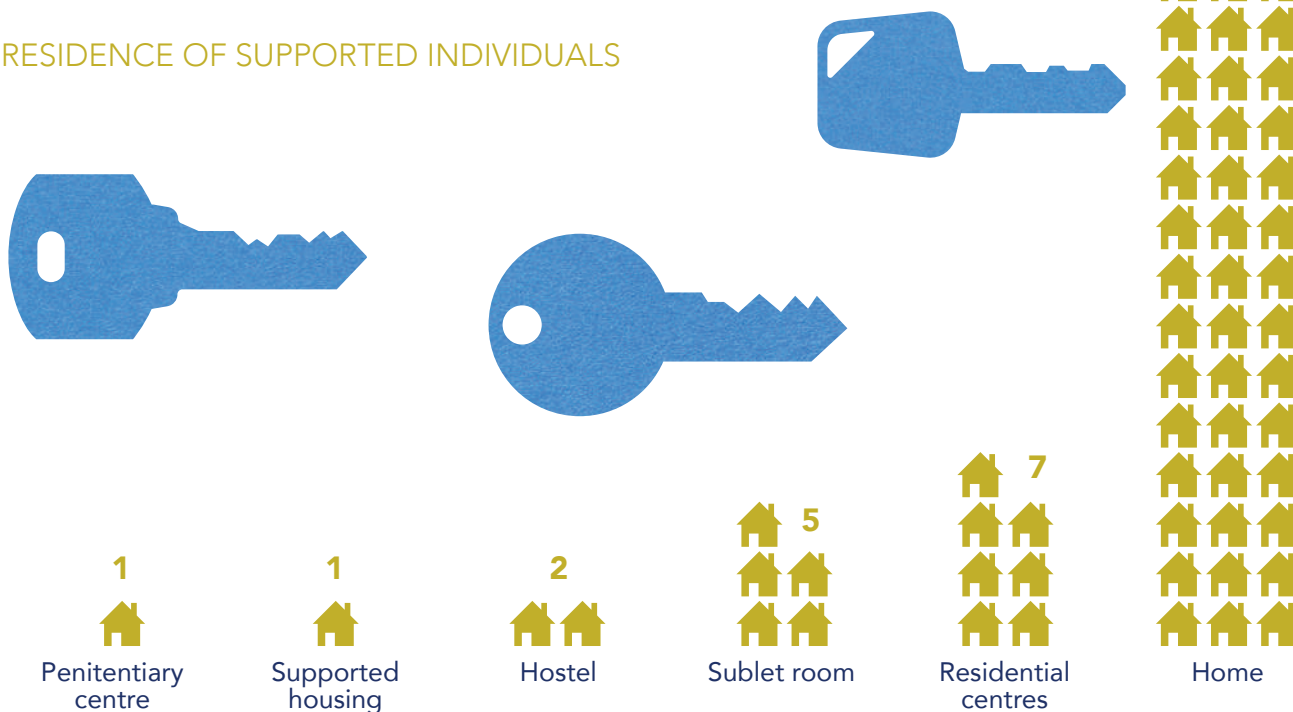
Aware that the autonomy of an individual can encompass a diverse range of areas, from employment and family planning to inclusive leisure and sport, Support-Girona encourages working and networking with all institutions, organisations, services, professionals and persons who can offer support to the person. From the origins of Support-Girona, the collaborative work with the Public Mental Health and Addictions Network of «Institut d'Assistència Sanitària» (IAS) is a constant. As detailed in the study «Social Return on Investment» published in 2016, since the creation of Support-Girona in

2003 and thanks to the consolidation of the Girona model of mental health care, there has been a considerable decrease (75%) in the number of admissions into acute and subacute units due to mental health breakdowns or imbalances.

In the Girona region, the mental health long stay unit has been closed since 2004 and where about 500 persons lived at the inception of Support-Girona, nowadays there are practically no persons residing in this hospital setting with a few voluntary exceptions. According to the REFINEMENT study, the Girona model,

uses the lowest number of hospital resources and has the lowest average time of hospital stays in Europe, thanks to the fact that it is articulated on the basis of a network of community-based services focused on rehabilitation and working coordinated as a network.

## RESIDENCE OF SUPPORTED INDIVIDUALS





# THE COMPLEXITY OF THE SUPPORTS

In 2020, Support-Girona provided support via assistance to eleven persons experiencing a «high complexity» situation and sixteen experiencing a «complexity» situation.

The complexity of the support (not of the person) is assessed on a point-based scale measuring the concurrence of circumstances such as: aggressiveness towards professionals by the person, its family or relatives, non-acceptance of the support by the person, substance abuse, lack of adherence to treatment, social alarm, lack of social network, lack of professionals knowing the situation, scarcity of financial, material or residential resources of the person, non-compliance with agreements made by the person, existence of criminal cases, and potential risk and harm situation to the person against him or herself.

Support-Girona does not define the complexity based on personal characteristics or traits of the person nor based on the volume of work that generates to the professional supporting the person. Instead, Support-Girona defines the complexity in relation to the barriers generated by the environment, the lack of strategies shared between the different stakeholders or professionals that may intervene, the scarcity of material, financial or human resources available to overcome the



## COMPLEXITY SITUATIONS OF PERSONS SUPPORTED VIA «ASSISTANCE»

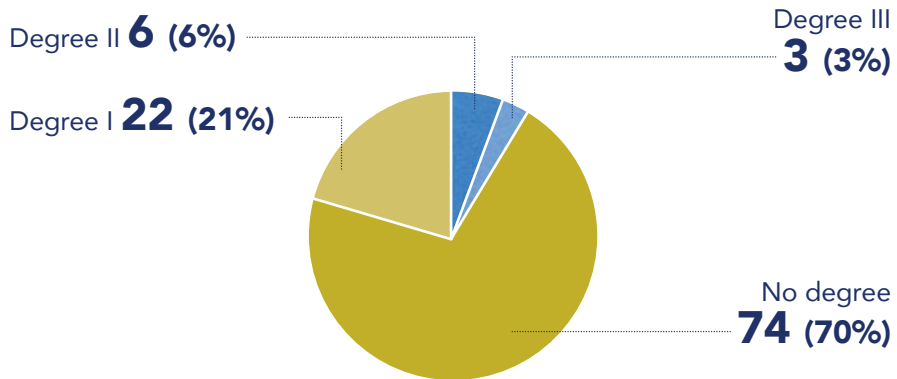


barriers with which the person interact that hinder their full and effective participation in society on an equal basis with others.

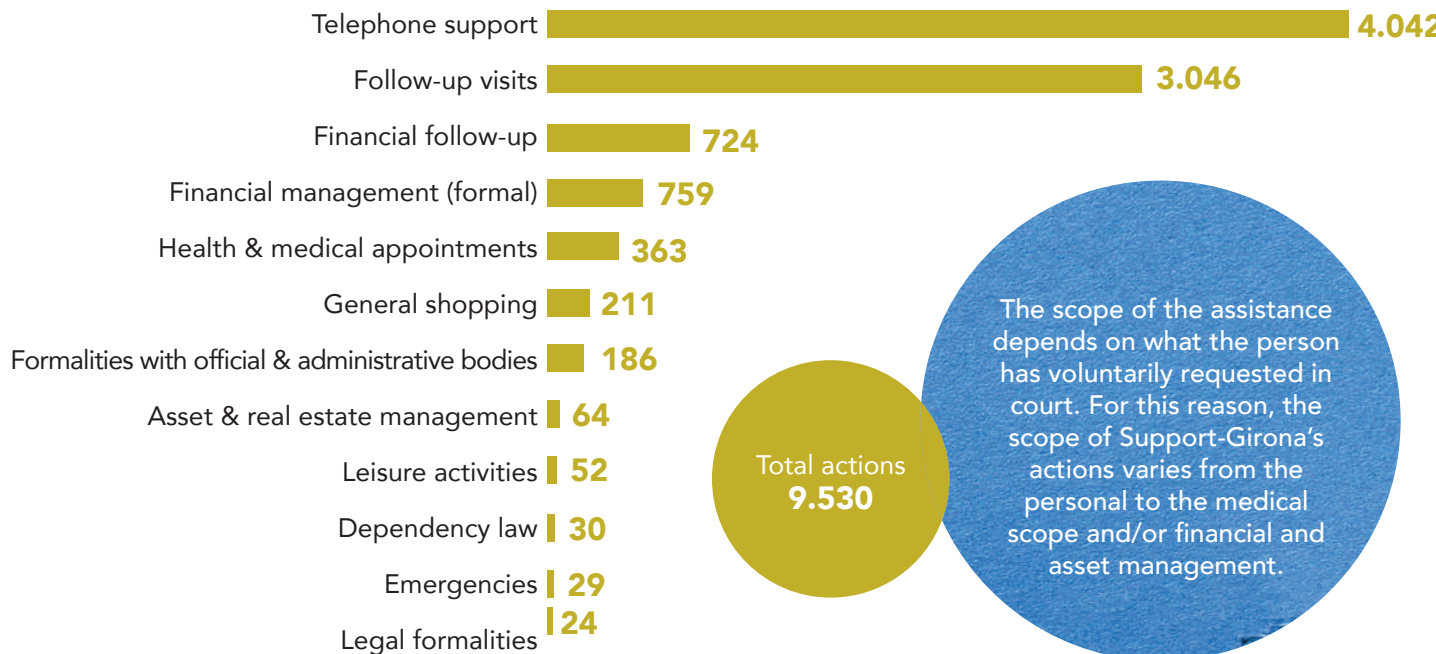
One of the challenges identified by Support-Girona is precisely to ensure that those complex situations do not influence and misguide professional

intervention away from the principles of the Convention on the Rights of Persons with Disabilities: respect, dignity, non-discrimination, participation and social inclusion, respect for difference, equal opportunities, accessibility, equality and the promotion of the person's natural abilities and skills.

## DEPENDENCY DEGREE (LAPAD) OF PERSONS SUPPORTED VIA «ASSISTANCE»

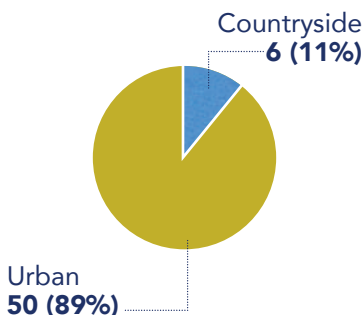


## TYPE OF PROFESSIONAL INTERVENTION CARRIED OUT WITH PERSONS SUPPORTED VIA «ASSISTANCE»

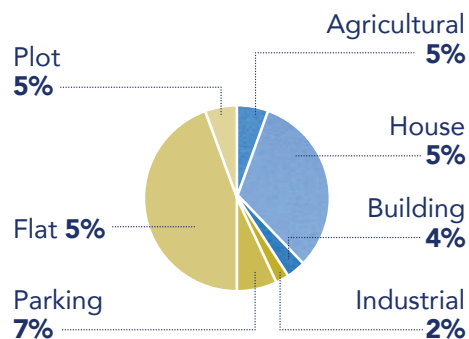


The scope of the assistance depends on what the person has voluntarily requested in court. For this reason, the scope of Support-Girona's actions varies from the personal to the medical scope and/or financial and asset management.

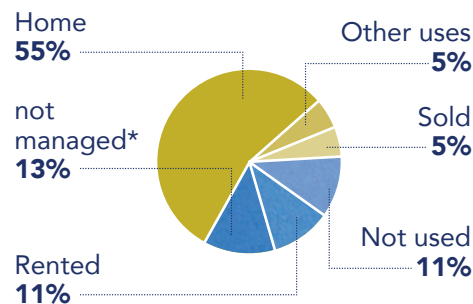
### REAL ESTATE OWNED BY PERSONS SUPPORTED VIA «ASSISTANCE»



### TYPE OF REAL ESTATE OWNED BY PERSONS SUPPORTED VIA «ASSISTANCE»



### USE OF REAL ESTATE OWNED BY PERSONS SUPPORTED VIA «ASSISTANCE»



\*Due to the person's will and preferences

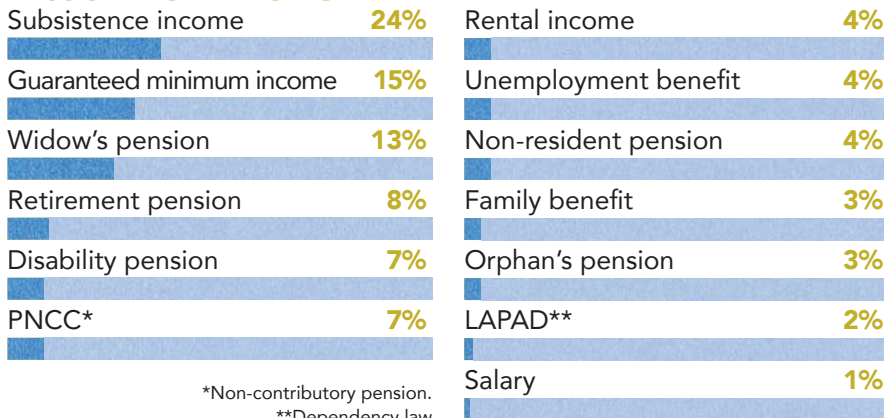
# FINANCIAL OVERVIEW

Unfortunately, eleven persons accompanied by Support-Girona via «assistance» are in a situation of poverty (income below the «IPREM» - a public poverty indicator - set at 537.84 euros per month in fourteen payments) and sixteen are on the threshold of poverty (income below the threshold set by the Catalan Government of 784.35 euros per month).

The lack or insufficiency of resources to pay for basic needs and to ensure basic quality of life standards faced by the persons supported by the organisation challenges and stimulates Support-Girona to harness the financial autonomy of the person and to develop strategies to make their assets profitable, often offering them innovative solutions to access an adequate and dignified standard of living.

This is the first data obtained in the evaluation of the «Sustainable Development Goals Plan» elaborated by Support-Girona and drafted taking into account the objectives of the 2030 Agenda for Sustainable Development of United Nations, the documents of the Advisory Council for Sustainable Development of the Catalan Government and the rights contained in the United Nations Convention on the Rights of Persons with Disabilities (CRPD).

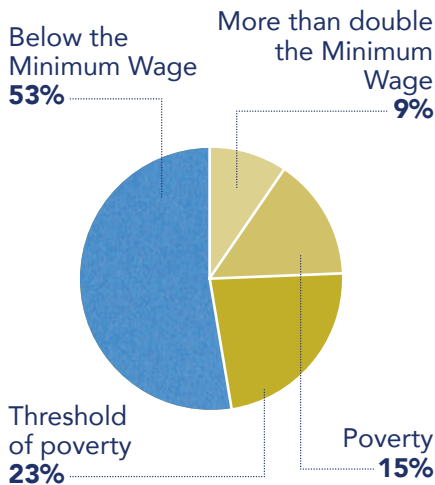
## FINANCIAL INCOME OF PERSONS SUPPORTED VIA «ASSISTANCE» BY ORIGIN



\*Non-contributory pension.

\*\*Dependency law

## FINANCIAL SITUATION OF PERSONS SUPPORTED VIA «ASSISTANCE»



Individualised financial monitoring with the person involves the permanent review of financial agreements or pacts made by the person with the professional to organise and optimise the available income to be distributed according to their needs, considering their preferences and in accordance with their level of expenditure.

Finally, it is necessary to support the person in the exercise of his or her own financial plan by agreeing with the person on the use of cash or agreeing on the use of instruments such as prepaid cards that allow and ensure a constant flow of cash intended for personal use.



# BENEFITS OF THE ASSISTANCE IN THE RELATIONSHIP BETWEEN PERSON-PROFESSIONAL

**Supportive mechanism** that enables every person to establish a link with a professional recognising the person's identity and the right to be in control of the decisions that affects them

**Accessible and adapted information** to the needs of the person.

**Coproduction between the person and the professional** in the design of the work plan and needs assessment.

**Active participation in the decision-making process** and ability of the person to make their decision with the support of an assistant. The formalised agreement (not necessarily written) is dynamic, flexible, evolves and adapts to the person's circumstances.

Development of an intense, personalised, and **creative intervention and support model**.

**Networking** with all existing services, organisations, professionals and stakeholders in the community.

## CHALLENGES

A supported decision-making service model and a legal framework based on the standards of the **United Nations Convention on the Rights of Persons with Disabilities are needed**.

**Naturalise, normalise and learn to live with diversity** of lifestyles that disability can entail is a challenge to society.

**Society continues to demand paternalistic services** that do not allow sufficient autonomy, independence and community inclusion of persons with disabilities.

**Structural reforms aimed at personalisation and flexibility** and the promotion of community inclusion in all services must be undertaken to guarantee access to housing, employment and adequate personal income.

**Improve the training of future professionals and all active professionals** who intervene directly or indirectly in the day-to-day life of the person regardless of the area from which they develop their professional role (social, medical and health, financial, legal, administrative) is needed.

**Rethink the financing, distribution and structure of resources** of current services is needed, overcoming excessively rigid or approaches.

# TESTIMONIALS

## En Joan

### LEARNING TO LIVE AT THE AGE OF 50

Joan has an intellectual disability as well as an autism spectrum disorder. He requested Support-Girona to become his assistant during the pandemic. Since the death of his parents, he had not been in contact with a professional, neither from a social worker nor a general practitioner. When Support-Girona contacted Joan professionals detected a sad, anxious and lonely person who was scared about his situation and was living on his past memories. Through appropriate support and accompaniment, Joan has found his space and started discovering leisure activities and social life. He has learned about personal hygiene and home cleaning routines, and among others, has learned to shop and cook by himself. He is now happy with his life. The professional supporting Joan, refers that the assistance service has "been a gift" for Joan. Support-Girona prevents Joan to be exposed to situations of financial abuse by siblings and in his workplace, in which he has not felt happy for years.

## La Sílvia

### HELP IN EVERYDAY FINANCIAL MANAGEMENT

Silvia requested Support-Girona to become her assistant because she felt she needed help managing and controlling her financial expenditure and the debts she was generating. Nowadays, Silvia still has debts since she often finds it hard to say «no», but since she receives support by professionals she has managed to not ask for borrowed money nor generate further debt. "I am proud of this, even though I still have a long way to go. I talk with a professional every week and I get help with my financial situation, often the professionals help me to think twice about going to the bank and withdrawing money to spend, even though I still sometimes do this", says Silvia.

### La Núria

#### A TURNING POINT IN MY LIFE

For Núria, being supported through the assistance mechanism has been a fundamental pillar for overcoming a complex situation occurred last year where she was a victim of abuse and gender violence from her former partner. Overcoming the emotional and health-related consequences has not been easy for her since due to the incident her abilities to trust and communicate with others have been affected, as well as her abilities manage her affairs. From Support-Girona we currently help her to manage her finances and we support her during her rehabilitation process. She is making slow progress, yet we hope things will get better soon.

### En Josep

#### EMOTIONAL AND HEALTH IMPROVEMENTS

Since Josep has been established a relationship with professionals from Support-Girona, he has managed to attend regular follow-up visits with his doctor and he is feeling a bit better, both emotionally and physically. Thanks to support he receives he does not have to go alone to his specialist doctor's visits and he does not avoid them anymore. He is happy because he is now on a waiting list for having eye surgery and professionals have managed to provide an accessible phone with which he can communicate with his brother and with his close circle of friends.

### La Teresa

#### THE IMPORTANCE OF SOCIAL RELATIONSHIPS

It was only at the beginning of 2021 that Teresa asked Support-Girona to help her in their social relations and leisure activities. Teresa did not have a social network and this factor was contributing to her depressed mood and affecting her general health. Now she is a very active woman and suggests her preferred activities to professionals in the «leisure and culture committee» of Support-Girona, who support her organising and coordinating activities. Teresa is happy that she is making new friends! She is feeling part of the community!



# LEISURE AND CULTURE

The «leisure and culture committee» of Support-Girona is comprised by six professionals of the organisation and was born with the objective to propose, prepare, coordinate and carry out leisure and culture activities with the conviction that this will contribute to improving quality of life, emotional well-being and extending social networks of person with support needs by actively participating in the community. This year, due to the pandemic, there have been changes to the annual programme that had been initially designed. Activities have been adjusted in accordance with the restrictions in place during each phase of the global health crisis. Aside from individual support each person receives to participate in leisure and cultural activities, six group activities have been carried out with the participation of 198 persons. 55.45% of the cost of these activities have been financed by Support-Girona to support individuals with low financial resources.

**FEBRUARY**  
**Cinema**  
**session**



**MARCH**  
**Trekking to the**  
**Pyrenees**



**AUGUST**  
**Summer**  
**camp**



**MAY**  
**Football**  
**remote quiz**



**SEPTEMBER AND**  
**OCTOBER**  
**Cinema**  
**session**



**DECEMBER**  
**Christmas**  
**workshops**





# VOLUNTEERING



Support-Girona has a «volunteer programme» to encourage social and community participation of persons with disabilities and improve their quality of life and emotional well-being through accompaniment provided by volunteers. Leisure and cultural activities are key factors to achieve this objective.

The volunteer programme contemplates three axis: individual and group activities, which includes activities such as participation in local festivities, cultural events, birthday celebrations, etc.; medical and hospital accompaniment, focused on the supporting persons during scheduled medical visits or during hospital stays (meals, overnight, etc.),

and international activity, which involves volunteering in research and development activities, participation in current and future international projects aimed at developing and transforming the framework of social intervention according to the new paradigm of the United Nations International Convention on the Rights of Persons with Disabilities.



**Information and contact  
via the website**

<http://www.supportgirona.cat/voluntariat/>



Donations to  
Support-Girona:

**Bizum number**  
**02782**

*Thank you!*



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Foundations' Register 1817.  
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Census of Volunteering Organisations of Catalonia 001907-000



# Support

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Friday, from 08:00 to 15:00 hours.**

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