



g.vancappellen@amerpoort.nl

# TRACK A (SPOOR A)

## MULTIDIMENSIONAL PROGRAMME FOR RESTORING A NORMAL LIFE

**GERHARD VAN CAPPELLEN MSc, EDUCATIONALIST**

### Objective

Track A is a multidimensional program for both children and adults with a severe intellectual disability who are seriously limited in their day-to-day functioning as a result of their challenging behaviour.

### Effects for the client

Less stress - Better coping skills - Less incidents  
More activities - Better daily routine

### Effects on the staff

More competent - Better skills  
Less absenteeism - Larger professional network

### Overview of dimensions

We work together with our clients and their relatives to create as good and normal a life as possible. This **clear and recognisable vision** informs our activities.

**Organisational adjustments** are required to create the right conditions. For instance, HR policy, suitable housing and safety policy, Good coordination, both internally and with external parties.

Track A boosts the self-awareness and pride of the support workers. It provides a common reference framework and **promotes collaboration and a sense of belonging to a group.**

Daily practice, aimed at **restoring a normal life** through working on an appropriate daily routine, relations based on trust as condition for personal development of the client.

**An intensive training programme** by internal and external experts guarantees skilled employees: a five-day training course on Track A, a 'vision day' for all employees and an orientation day for new employees.

**Publication of Track A as a source of information** on our vision and methods. To give an account of ourselves and as a source of information for employees and others.

**Development of an internal and external professional network** through seminars, 'knowledge meetings', exchange programs and collaboration.

### Basic starting points

- › Track A does not focus on stress responses but rather:
  - › Protects against stress factors.
  - › Strengthens one's own stress regulation system.
- › Guarantees a correct fit based on the history and strength of the organization.
- › DIY development strengthens staff commitment.
- › Usage of scientific development and best practices ensures a broader perspective.
- › Multidimensional approach creates maximum involvement.
- › Methodological process according to R. Grol, and M. Wensing.

### Scientific foundation and other sources

- › Stress model (A. Wijnroks, Utrecht University)
- › Internal or external stressor leads to physical and psychological stress
- › Stress leads to a stress response = challenging behaviour
- › Attachment theories
- › Autism theories and methods like 'ASS-wijzer' (T. van der Veer and I. Steenman)
- › Learning styles model (Kolb)
- › Communication theories
- › Curve method about attention regulation (M. Heijstek)

