

## **Quality of life and independent living**

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Over three years 12 isolated, severely disabled young persons (20-26 years) took part in a theatre project aiming at providing the participants greater self-esteem and responsibility for their own lives. The means were: a contract, the meeting with role models, planning of a one-day course, and theatre performances in Denmark and Berlin. The method comprised experience on one side, and production on the other, quality being the basic demand. The "Akasku" project was conducted by two professional actors and 5 nmd-adults.

From 2004-06 six young nmd-persons (19-22 years), very resourceful, moderately disabled, are being methodically educated as volunteers within the social field in "Project 20:05". In future they are intended to contribute to the recruitment of an increasing number of volunteers to Muskelsvindfonden. The means are: development of competence within organisation, political consciousness, communication, IT, and participation. Theory is practised within the frames of Muskelsvindfonden's concert arrangements, courses, and summer camps. Final examination was the planning, carrying through, and evaluation of a mini-cruise for 60 children aged 11-16 years and 70 helpers.

Keywords: Self-esteem, responsibility, adult life, education, volunteer corps.