

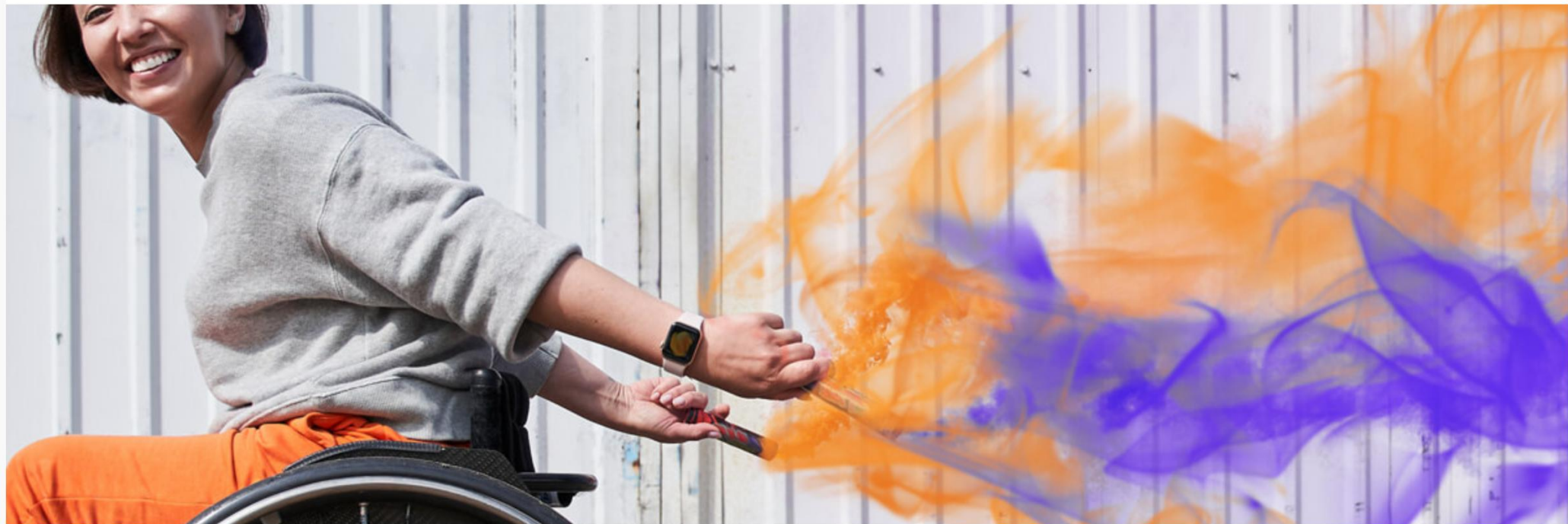
# Innovative Versorgungsstrukturen – nachhaltige Konzepte für psychische Gesundheit im ländlichen Raum

## Highlighting Perspectives Case Report

Fakultät Angewandte Gesundheitswissenschaften,  
Technische Hochschule Deggendorf



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## Pilot project “pro perspektiven” 2022-2025

- initiated in the aftermath of the implementation of the End-of-Life-Directive Law in Austria
- funded by the Federal Chancellery / Department for Family Counselling and Support
- Implemented by pro mente Akademie: [www.promenteakademie.at](http://www.promenteakademie.at)



## Goals and Target Groups

- Addressing autonomy of life as a counterpart to autonomy in dying
- Identifying potential fields of action to support self-determined living
- Exploring the life realities of **individuals with disabilities** and raises awareness of their needs
- Improving quality and efficiency of counselling through needs based **trainings for professionals**
- Establishing **networks of trained peer counsellors ('buddies') and multipliers**



## Impact

- Contributes to enhancing the quality and efficiency of counselling services
- Raises awareness of the multifacted problems facing individuals with disabilities
- Contributes to enhancing the resilience and the quality of life of individuals with disabilities



## What we achieved

- creating of publicly available information materials
- increasing visibility of existing support structures and access points
- providing information on possible areas of action for a self-determined life
- implementing needs based trainings for counselling professionals
- supporting the cooperation between counselling centres and self-advocacy organisations



## Challenges

- response to the training programme below expectations
- difficulties in recruiting peer counsellors ('buddies') and multipliers

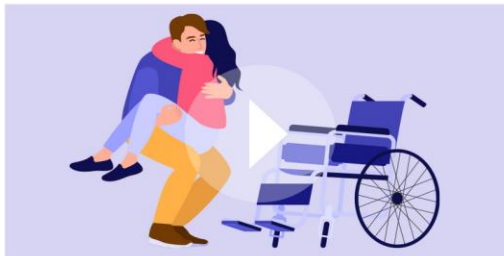


## Solution

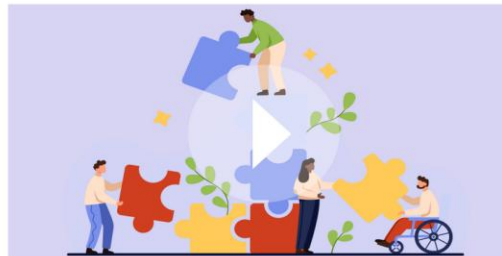
- Needs oriented digital trainings on demand: [www.properspektiven.at](http://www.properspektiven.at)



## Perspektiven beginnen hier – Seminare on Demand



Der Alltag mit persönlicher Assistenz



Kompetenzen für die persönliche Assistenz



Wie komme ich zu persönlicher Assistenz?  
- Inserate und Bewerbung



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## Next steps

- Identifying and training of multipliers and peer counsellors (buddies)
- Development of a structured buddy and multiplier networks
- Establishment of buddy partnerships
- Corss-border cooperation?



## Contact

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