



“**IN**novative tools for
Diets oriented to
Education and **hE**alth
improvement
in **D**ysphagia condition”



This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

2020-1-ES01-KA204-083288



What is INDEED?

An Erasmus Plus Strategic Partnership Action that aims:



to improve the dietetic management of the dysphagia by offering innovative learning methods



to improve the dietetic management of the dysphagia by offering innovative learning methods

ABOUT

what dysphagia is and changing the dietetic skills with using innovative learning methods and tools.



INDEED Facts

With the support of the
Erasmus+ Programme
of the European Union



A consortium of
6 partners
from 5 European
countries



An
European grant
of
161.692 €



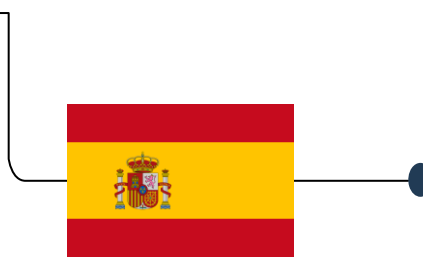
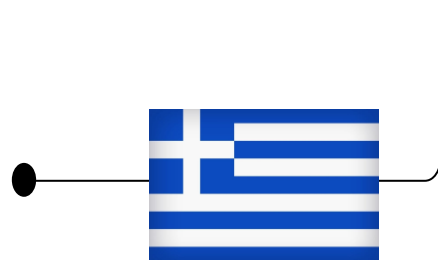
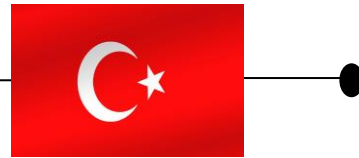
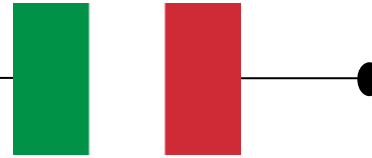
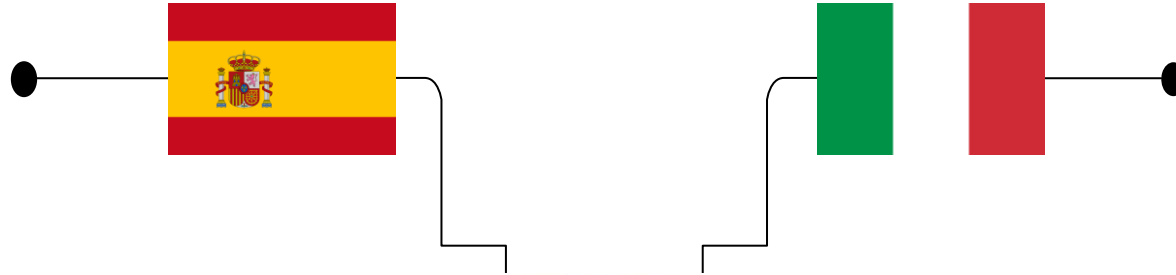
24 months

(October 2020
– September 2022)



INDEED PARTNERSHIP

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Specific Objectives

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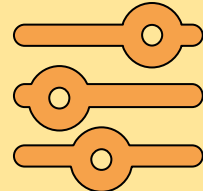
To define the overall situation
about dysphagia management
in partner countries



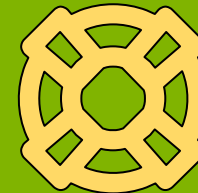
To increase the visibility and
rising the public awareness
about the dysphagia
condition



To create innovative and
user-friendly tools for the
caregivers who are dealing
with people with dysphagia



To create an innovative, international
and multidisciplinary network that
engages professionals from different
areas



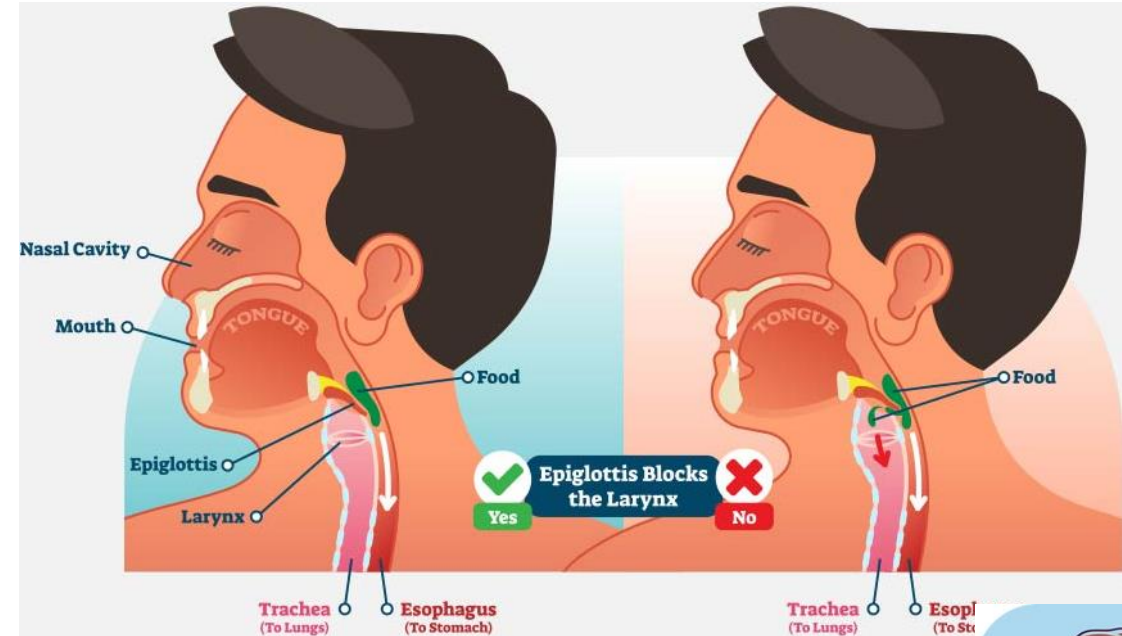


DYSPHAGIA?

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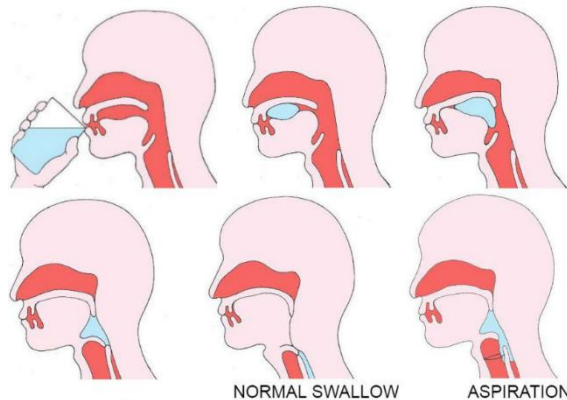


A condition involving perceived or real difficulty in forming or moving a bolus safely from the oral cavity to the esophagus that is known as chewing and swallowing disorder



Dysphagia Symptoms:

- Choking on food or drink
- Coughing during / after swallowing
- Coughing or vomiting up food
- A weak and soft voice
- Aspirating (getting food/liquid into the lungs)
- Excessive saliva or drooling
- Chewing difficulty
- Trouble moving food to the back of the mouth
- Food sticing into the throat





Main Activities

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5

**Transnational
Meetings**



3

**Intellectual
Outputs**



1

**International
Training
Activity**



**Dissemination /
Multiplier
Events**





Intellectual Outputs

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A pedagogical methodology, with specific contents and tools for professionals or adult educators by improving the diet and nutrition through learning and innovation.

01

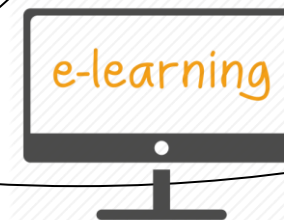
A methodology, tools and knowledge, with accessible and adaptable content for caregivers, families and people with chewing and swallowing difficulties.



IOs

03

An e-learning platform for food service communities and individual homes.

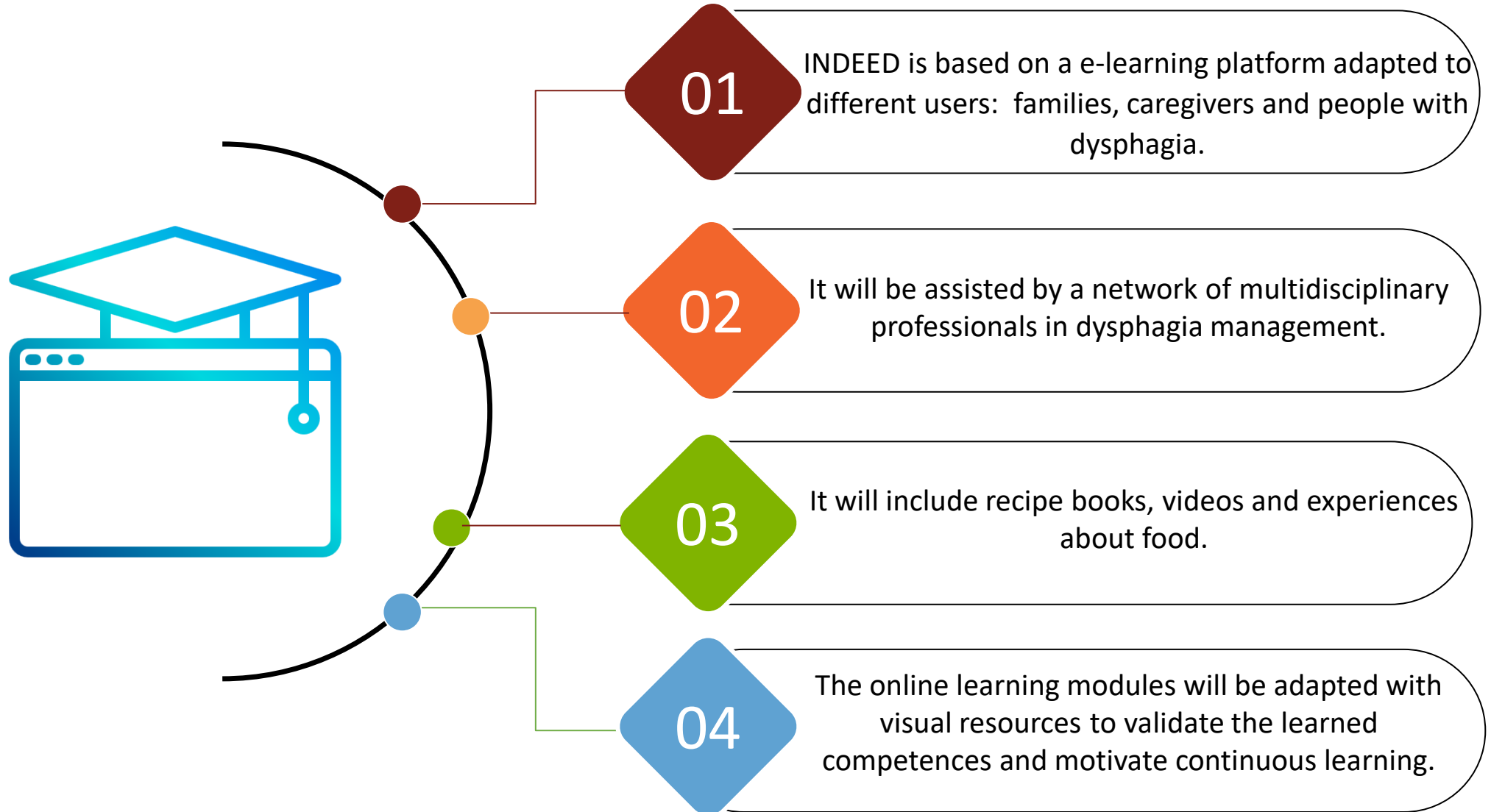


02



E-Learning Platform

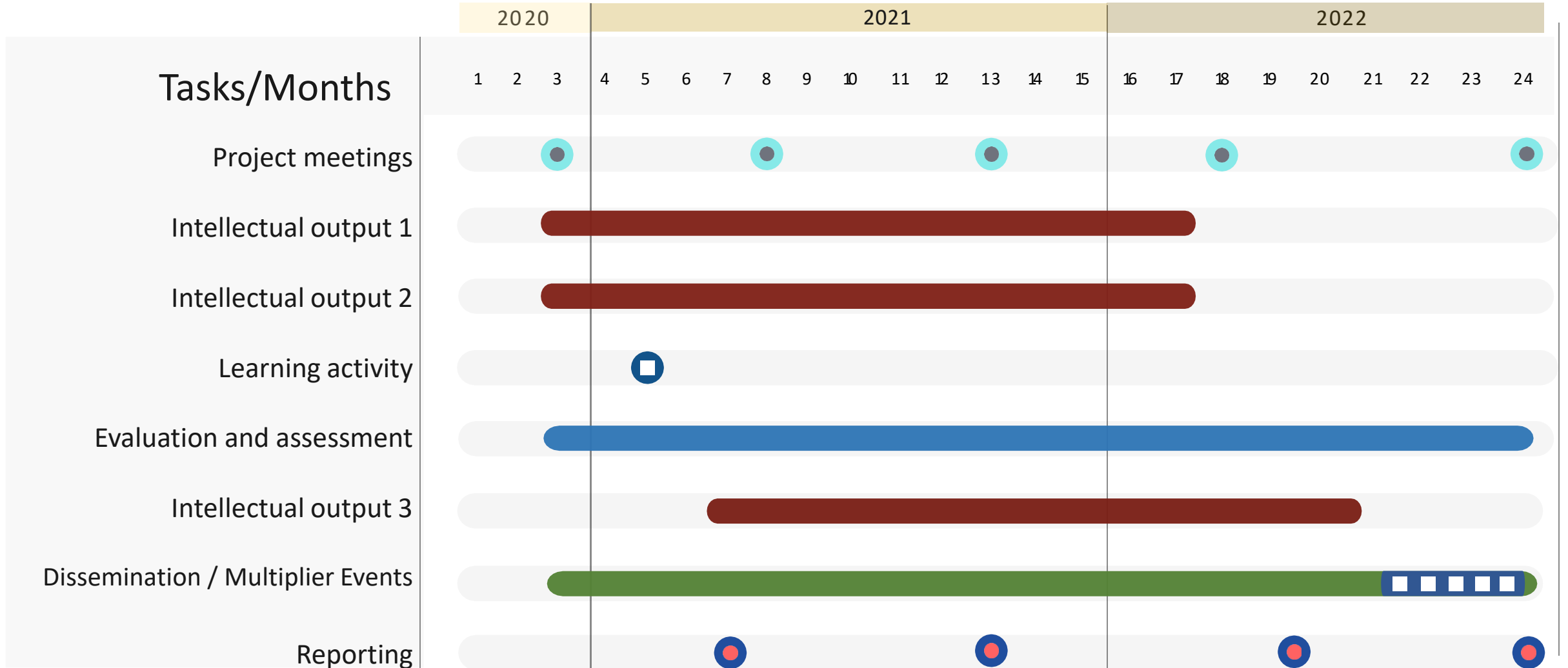
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Timeline

With the support of the
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Responsibilities & Tasks

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Technical, Administrative and Financial Management
Intermediary between consortium and NA
Leader of IO2 and supporter of IO1 & IO3



Lead the IO1 on learning tools for adult educators
Co-Leader in the development of methodology and tools in IO1 & IO2.
Responsible of assessment and Evaluation Plan
Lead Quality Assurance



Lead Dissemination strategy
Contribute to the implementation of IO1 & IO2 & IO3



Co-Leader in development of methodology and tools for adult's educators (IO1)
Participates in IO2 & IO3.



Support for the study and development of elaborations adapted in texture (IO1)
Train students to become competent in modified Texture
Participates in IO2 & IO3



Lead IO3: e-learning platform
Participates in IO1 & IO2





Responsibilities & Tasks

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ALL PARTNERS :

- Assign a work team
- Attendance at consortium meetings
- Develop pilot tests with the two target groups, educators and people with dysphagia and their families, to analyze the products designed
- Organize a transnational meeting in each country
- Lead the national implementation of training
- Translate documentation into the national language
- Test the online platform
- Organize a multiplier event in their country
- Carry out actions to disseminate the project at local level, by involving local stakeholders
- Participate actively in the project
- Provide interim reports to coordinator



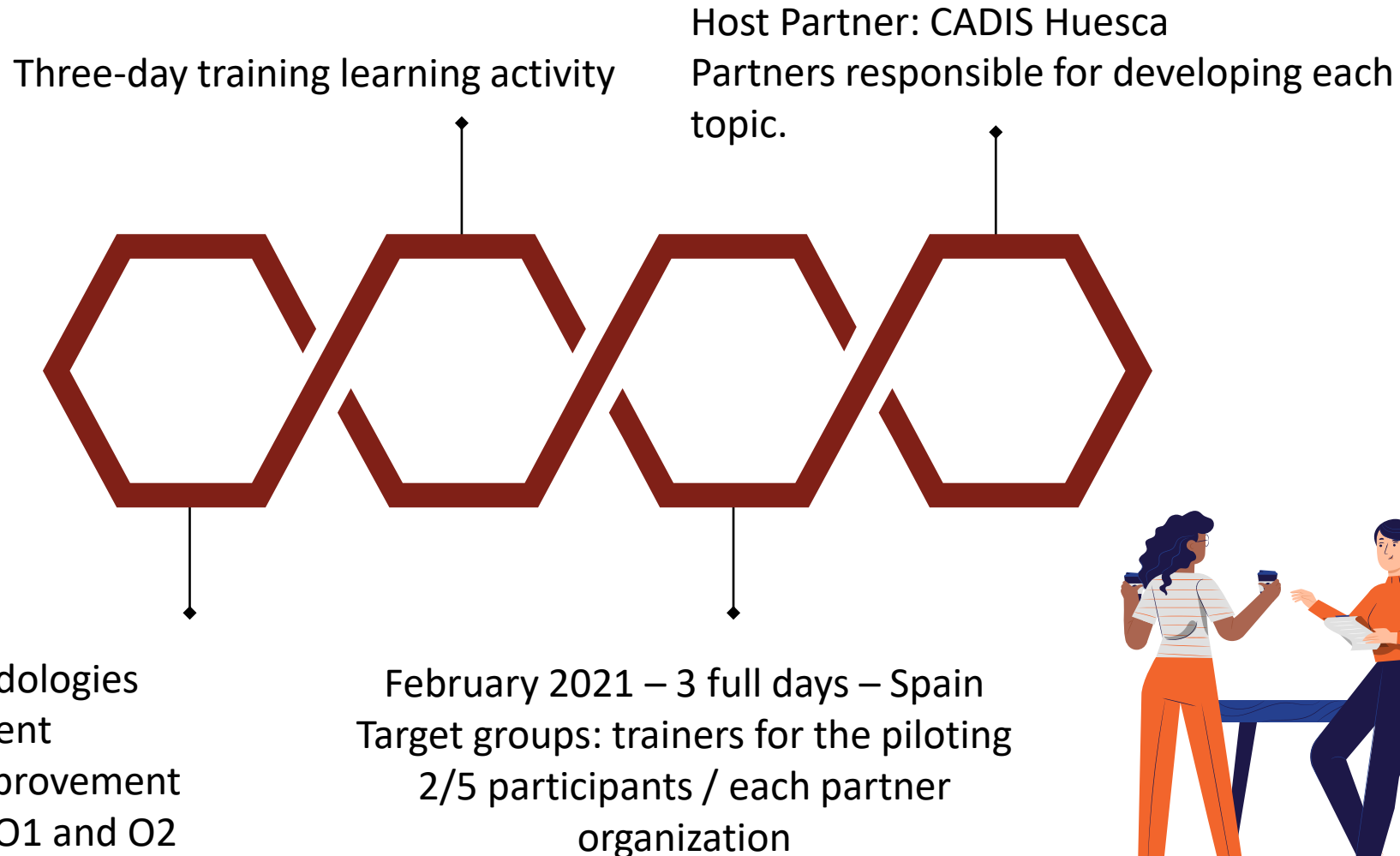
LEAD PARTNER :

- Develop a specific project management plan
- Create an on-line file to share information and keep information updated
- Create a common tool to control the financial budget for the project
- Justify the progress of the project on a regular basis
- Impulses collective work and organizes the contribution of each partner involved in the activity and his/her own, so as to achieve the activity objectives
- Performs monitoring and regulations necessary to achieve the activity objectives
- Reports to NA on achievements and results of the activity



Transnational Learning / Training Activity

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Results

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of the European Union



To improve the diet and dysphagia learning in people with chewing and swallowing problems.



The project will involve 25 families, 25 caregivers, and 60 people with dysphagia.



Increase in learning abilities > 60%.

To improve the learning about innovation in dysphagia diet for adult trainers.



200 adult trainers will participate in the project.



Increase in learning abilities >80%.

To improve the quality of life of people with dysphagia through innovations in diet.



60 people with dysphagia will have an improvement in their well-being



Increase the interest in food by 90%, and their mood by 60%.

To improve the social integration of people with dysphagia and their families



Direct participation of 85 people through multidisciplinary and transnational work teams.



Percentage of participation will be higher than 20%.

To improve the access to adult education for all the society.



More than 270 additional people will be involved



Multiplier effect of 70%



Budget

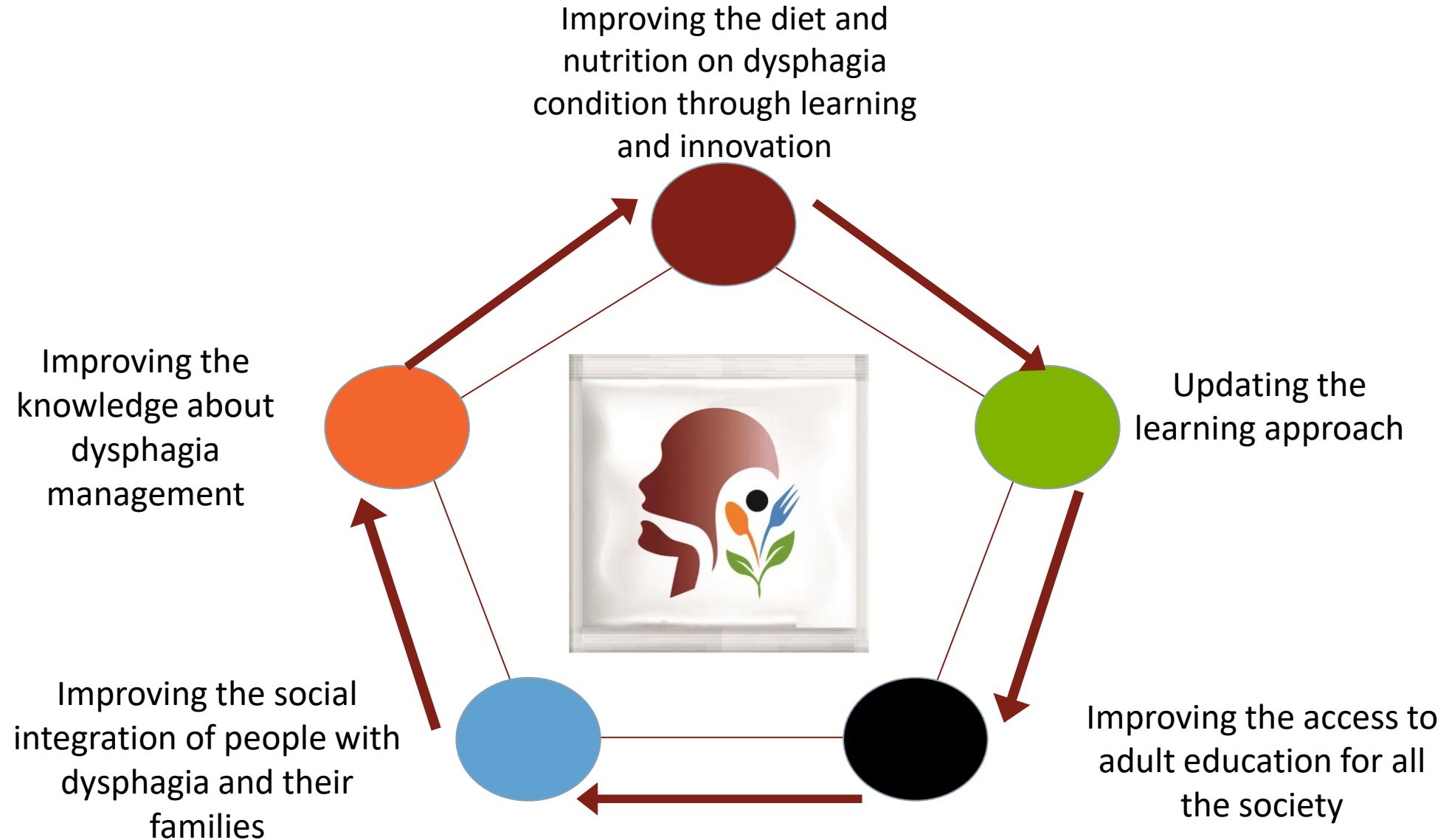
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Total Budget	PARTNER	CADIS Huesca	UNIZAR	BEUFA	INSTITUTI PARITARI FEMI	KVK	IDEC	TOTAL
	Country	Spain	Spain	Turkey	Italy	Lithuania	Greece	
	Partner Reference	1	2	3	4			
Budget Line	Budget headlines							
BL1	Project management and implementation	12.000,00 €	6.000,00 €	6.000,00 €	6.000,00 €	6.000,00 €	6.000,00 €	42.000,00 €
BL2	Transnational project meetings	5.710,00 €	5.710,00 €	4.970,00 €	4.600,00 €	4.970,00 €	3.245,00 €	29.205,00 €
BL3	Intellectual outputs	19.380,00 €	12.330,00 €	2.750,00 €	13.910,00 €	5.402,00 €	9.180,00 €	62.952,00 €
IO 1	<i>Methodology and tools for adult educators</i>	6.120,00 €	5.480,00 €	1.100,00 €	5.350,00 €	1.850,00 €	1.020,00 €	
IO 2	<i>Methodology and tools for people with dysphagia, families and caregivers</i>	9.180,00 €	4.110,00 €	550,00 €	4.280,00 €	222,00 €	1.020,00 €	
IO 3	<i>E-learning platform</i>	4.080,00 €	2.740,00 €	1.100,00 €	4.280,00 €	1.480,00 €	7.140,00 €	
BL4	Multiplier events	10.000,00 €		5.000,00 €	3.000,00 €	3.000,00 €	3.000,00 €	24.000,00 €
BL5	Trasnational training, teaching activities - Travel	0,00 €		720,00 €	1.375,00 €	720,00 €	720,00 €	3.535,00 €
BL6	Trasnational training, teaching activities -	0,00 €	0,00 €	0,00 €	0,00 €	0,00 €	0,00 €	
BL9	Exceptional costs	0,00 €	0,00 €	0,00 €	0,00 €	0,00 €	0,00 €	
	Total	47.090,00 €	24.040,00 €	19.440,00 €	28.885,00 €	20.092,00 €	22.145,00 €	161.692,00 €



Impacts





Target Groups

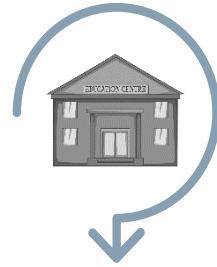
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People with
dysphagia



Professionals on the field of
health, nutrition, gastronomy
and food sector



Educational centres
(University, VET,
training modules...)



People and/or
organizations
related to disability



Professionals working in
the field of nutrition



Family members and
relatives of Dysphagia
people



Any professional working
with individuals



Care Staff



General Public



Dissemination Strategy

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THANK YOU

FOR YOUR TIME



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