

BEYOND DIFFERENCE/ DISABILITY: A NON-FORMAL EDUCATIONAL INTERVENTION IN THE FIELD OF MENTAL DISABILITY

Abstract

This essay presents the results of an action-research project developed with the purpose of promoting a more autonomous, active and participative life of young people and adults with disabilities. The project was developed in the context of a Center for Occupational Activities. Based on the methodologies that inhere the interpretive-hermeneutic qualitative paradigm and following the guidelines of the participative-action-research method, the intervention was based on the dynamization of seven workshops targeting the education / learning process of the participants. The analysis of the results of the intervention revealed that the project contributed to the acquisition of competences promoting the development of autonomous learning and learning to learn through life, which enabled participants to take action on their life projects aiming at their community integration.

Keywords: *Disability. Adult Education. Autonomy. Life Skills.*