



participants

regular plus

You don't succeed at school?

With a handicap or a restriction school doesn't always work out. For instance when you are in a wheelchair. But at the outside it's often not to be seen, like with a lung disease or an intestinal disease. Also psychiatric problems, like a depression or panic, are not to be seen from the outside, but can strongly interfere with your education.

Attending a ROC and noticing that you can't keep up with your class, extra help is possible via the project Regular Plus. This programme has been developed by Eega in co-operation with a number of ROC's and especially aim at you. Together we look in what way we can help you, that in spite of your handicap, you will finish your education, get your certificate and after that find a nice job.

You want to know more about the project Regular Plus? Two participants of the project tell their experiences at the next pages. Just ask your mentor or somebody else you trust, whether you are in for that project. For making an appointment it's possible to contact Regular Plus, but your parents or your mentor are allowed to do so too. And in the meantime have a look at our website: www.regularplus.nl.

ESF-EQUAL/REGULAR PLUS

Renee: "In the 2nd year of my secondary school I had a psychotic disorder. I didn't succeed in returning to school. Via Handicap and Training of the ROC I was referred to Eega. There they looked at my strong and weak points during a couple of weeks and what was the right way to a job.

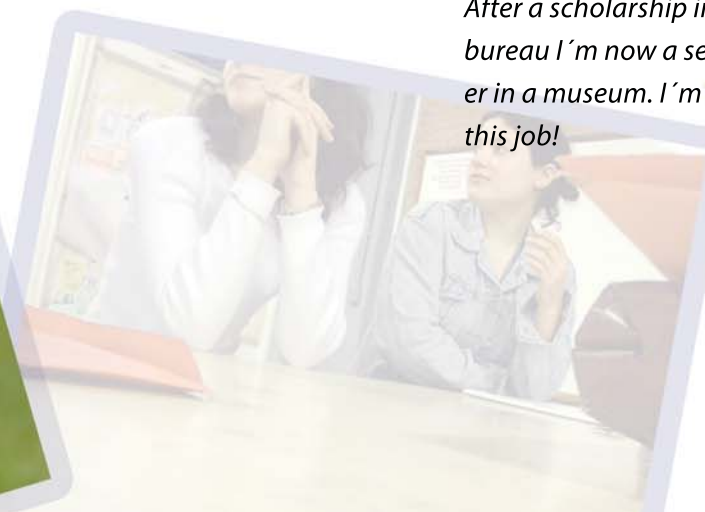
It was very intensive. Already during the first stage I had to work very hard. "I was very tired when I came home. I thought it difficult to mix with the others. I always had to ask questions, wasn't be able to say no; when I was asked something, I just did it.... I had conversations about that with my personal coach and that's how I learned to retire for a while when it was too much for me."

In due time Renee's functioning got better and better.

"At a certain moment I even liked it to go to Eega. I got more self-confidence and I learned to set my limits. At the ROC I attended a course for being a secretary at level 3, so I managed to qualify.

What it has delivered? A job! Yes!

After a scholarship in a promotional bureau I'm now a secretarieel employeer in a museum. I'm very happy with this job!



Jan had an accident with his moped when he was 18 years old. As a result of this he was in a coma for seven weeks. It was a serious accident and it was a miracle that he survived. After that he had to learn again a lot of things. Before the accident he studied car mechanics at the ROC, but now he would never be able to practise that profession.

By way of the project Regular Plus he came into contact with Eega. The priority was to look at the things he still could, to make a new choose for a profession. Fortunately Jan has a cheerful character and a tremendous perseverance.

"At the start it was very heavy for me. I didn't know what I could and what was still possible." The computer seemed a good aid to learn and work with and bookkeeping a good profession, but he wasn't fascinated by it. Then Jan did practice with a firm in the region where he translated computer programs and tested them for user-friendliness.

At the ROC an adapted training was found for him fitting what he does for practice. Jan: "I completely changed during the route. I'm much more assertive and I'm more myself. In the beginning I used a wheelchair, later on in the group I dared to stand up and walk."

Questions?

Development partners

EEGA Plus (www.eega.nl)
ROC Aventus (www.ventus.nl)
ROC Landstede (www.landstede.nl)
ROC van Twente (www.rocvantwente.nl)
Drenthe College (www.drenthecollege.nl)
Gemeente Assen (www.assen.nl)

International

Great Britain: project Healthy Minds at Work
Sweden: project FIRE
Slovakia: project Quality in Supported Employment
Netherlands: project Mission for Mission

The ESF-EQUAL project Regular Plus was initiated by Eega and is funded by the European Community

