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# Breaking Barriers: Cognitive Accessibility & Social Inclusion

Multiplier Event - Venice,  
July 7<sup>th</sup> 2025

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# What is Mind Inclusion 3.0?

- ❑ Previous version: Mind Inclusion 2.0
- ❑ EU-funded Erasmus+ project
- ❑ Goal: Improve the inclusion and participation of people with intellectual disabilities
- ❑ Approach: Participatory, user-centered, co-designed methodologies

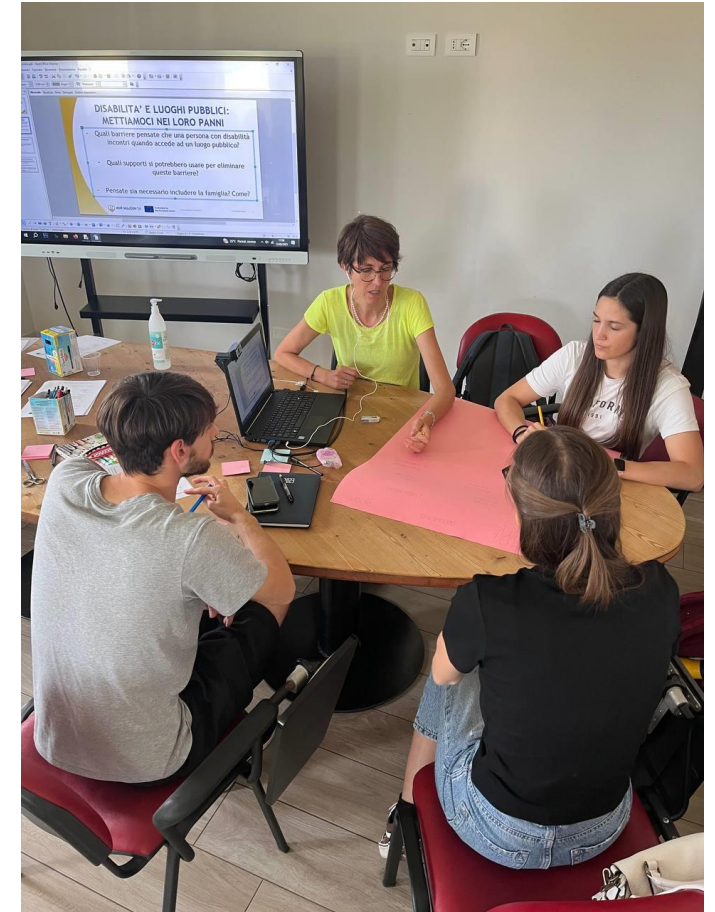
# Why Breaking Barriers?

- ❑ Intellectual disability ≠ incapacity, but often a barrier-rich environment
- ❑ Cognitive accessibility is essential to ensure equity and dignity: participation, self-determination, autonomy (Wu et al., 2023)
- ❑ Social inclusion is not a by-product but a deliberate outcome

# Mind Inclusion 3.0 Methodologies

## Person-Centered and Co-Design Approach

- ❑ Needs assessment
- ❑ Co-design workshops with social professionals and owners of public places
- ❑ Tools: focus groups, interviews, pilot testing



# Community Activation through Venue Managers

## From Awareness to Engagement

- ❑ MOOC platform (Massive Open Online Course): Training and mentoring of venue managers (e.g. restaurants, bars)
- ❑ Empowerment of local actors as agents of change
- ❑ Wider use of the Mind Inclusion APP to evaluate and promote accessibility





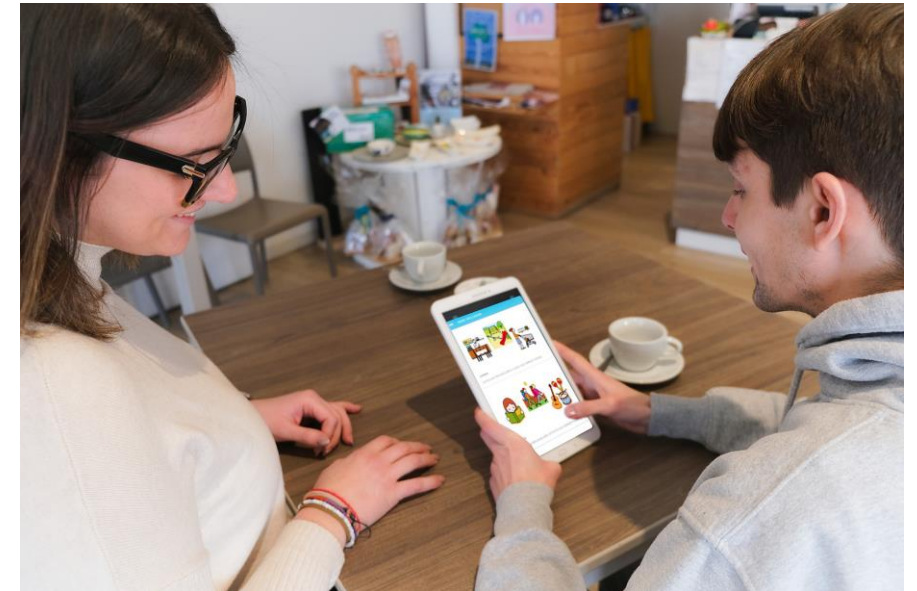
# A Culture of Inclusion

## Empowering Professionals as Agents of Change

- ❑ Inclusion is a cultural shift, not just a technical aspect
- ❑ OLC (Online Learning Centre) supports social professionals in becoming inclusion facilitators and transfer the MI 3.0 methodology
- ❑ Social professionals become multipliers of inclusive practices

# Digital Tools and Innovation

- ❑ Tech as an enabler, not a substitute for relationships: facilitator of relationships
- ❑ Promoting self-advocacy and visibility for people with intellectual disabilities
- ❑ Cognitive accessibility principles: clarity, simplicity, icons, guided steps



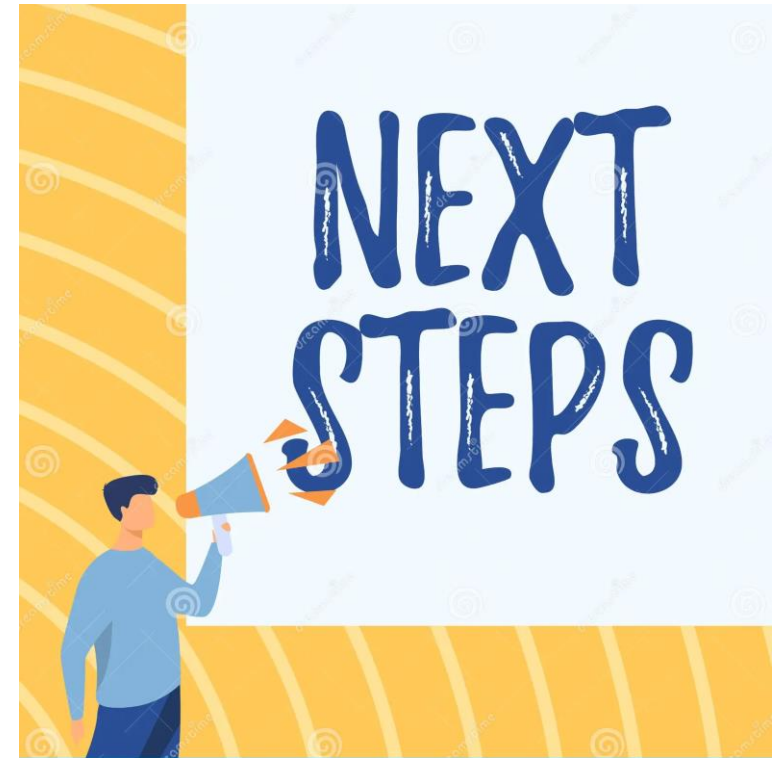
# Challenges and Lessons Learned

- ❑ Awareness of intellectual disabilities
- ❑ Need for long-term engagement
- ❑ Attention to end-users' needs assessment



# What's next?

- ❑ Take practical actions to make cities more inclusive.
- ❑ Work in other areas and sectors: businesses and public services.
- ❑ Can we use or adapt this method for other groups, like older people?



# How can you *break* barriers?

## Thank you!

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