

Πρόγραμμα Μεταπτυχιακών Σπουδών Εξειδίκευσης  
Του Τμήματος Ελληνικής Φιλολογίας του Δημοκριτείου Πανεπιστημίου Θράκης  
σε συνεργασία με το  
ΕΚΕΦΕ Δημόκριτος – Ινστιτούτο Πληροφορικής και Επικοινωνιών  
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της ένταξης»

**ΔΕΞΙΟΤΗΤΕΣ ΗΜΕΡΗΣΙΑΣ ΔΙΑΒΙΩΣΗΣ ΜΑΘΗΤΩΝ ΜΕ ΝΟΗΤΙΚΗ  
ΑΝΑΠΗΡΙΑ**

**DAILY LIVING SKILLS OF STUDENTS WITH INTELLECTUAL DISABILITIES**

ΤΟΥ

ΑΘΑΝΑΣΙΟΥ Π. ΠΛΕΣΣΑ

Μεταπτυχιακή διατριβή που υποβάλλεται  
στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του  
Προγράμματος Μεταπτυχιακών Σπουδών Εξειδίκευσης  
του Τ.Ε.Φ – Δ.Π.Θ. σε συνεργασία με το Ε.Κ.Ε.Φ.Ε. Δημόκριτος – Ινστιτούτο  
Πληροφορικής και Επικοινωνιών  
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**Η τριμελής επιτροπή:**

1. ΖΩΗ ΚΑΡΑΜΠΑΤΖΑΚΗ

ΣΥΝΕΡΓΑΖΟΜΕΝΗ ΕΡΕΥΝΗΤΡΙΑ Ι.Π.Τ. Ε.Κ.Ε.Φ.Ε. «ΔΗΜΟΚΡΙΤΟΣ»

2. ΕΙΡΗΝΗ ΚΟΡΡΕ

ΕΠΙΚΟΥΡΗ ΚΑΘΗΓΗΤΡΙΑ Τ.Ε.Φ. Δ.Π.Θ.

3. ΖΑΧΑΡΟΥΛΑ ΤΑΒΟΥΛΑΡΗ

ΣΥΝΕΡΓΑΤΙΔΑ ΕΡΕΥΝΗΤΡΙΑ Ι.Π.Τ. Ε.Κ.Ε.Φ.Ε. «ΔΗΜΟΚΡΙΤΟΣ»

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## Περίληψη

Η παρούσα εργασία αρχικά διασαφηνίζει τον όρο «νοητική αναπηρία» και εστιάζει στις «δεξιότητες ημερήσιας διαβίωσης» του θέματος, επισημαίνοντας τη σημασία της κατάκτησής τους ως προς την επίτευξη του άμεσου στόχου της αναβάθμισης της ποιότητας ζωής αλλά και του μακροπρόθεσμου, της ανεξάρτητης διαβίωσης των ατόμων με νοητική αναπηρία. Ακολούθως, παρατίθενται τα διαθεματικά Αναλυτικά Προγράμματα Σπουδών του ελληνικού Υπουργείου Παιδείας και λογισμικά εγχώριας παραγωγής για μαθητές με νοητική αναπηρία.

Το κύριο σώμα της περιλαμβάνει το υλικό έρευνας βιβλιογραφικής ανασκόπησης επικεντρωμένης στη χρήση της τεχνολογίας ως μέσο εκπαιδευτικών παρεμβάσεων σε μαθητές με νοητική αναπηρία. Εξηνταένα σχετικά επιστημονικά άρθρα εντοπίστηκαν και αναλύθηκαν ανάλογα με τα επιμέρους ερευνητικά τους εργαλεία που αφορούσαν στρατηγικές οπτικών – ακουστικών υποστηρικτικών υποδείξεων αλλά και καλλιέργεια δεξιοτήτων μέσω της χρήσης βίντεο και φορητών ηλεκτρονικών συσκευών. Δέκα άρθρα, σχετικά με την ανάπτυξη δεξιοτήτων επικοινωνίας και την ασφαλή πλοήγηση στο διαδίκτυο, προστέθηκαν.

Τα ευρήματα των εβδομήντα ενός, συνολικά, ερευνών κατέδειξαν την απόλυτη αποτελεσματικότητα της υποστηρικτικής χρήσης της τεχνολογίας, ώστε νεαρά άτομα με νοητική αναπηρία να κατακτήσουν και να διατηρήσουν τις απαραίτητες δεξιότητες για την εκπλήρωση καθηκόντων της καθημερινής τους ζωής. Στο κεφάλαιο των συμπερασμάτων συσχετίζονται τα αποτελέσματα και συζητούνται προτάσεις για μελλοντική έρευνα.

**Λέξεις κλειδιά:** νοητική αναπηρία, δεξιότητες ημερήσιας διαβίωσης, αυτοπροσδιορισμός, βοηθητική τεχνολογία, μέσα κοινωνικής δικτύωσης

## **Abstract**

The present master's thesis primarily clarifies the term «intellectual disability» and focuses on the «daily living skills» of the subject, highlighting the importance of their conquest in achieving the immediate goal of upgrading the quality of life as well the long-term goal of independent living for individuals with intellectual disabilities. They are listed below the curricula of the Greek Ministry of Education and software produced in Greece for students with intellectual disabilities.

The main body of this master's thesis is composed of a literature review research focused on the use of technology as a mean of educational interventions for students with intellectual disabilities. Sixty one related scientific articles were identified and analyzed according to their research tools, concerning visual – acoustic prompting strategies and skills building through the use of video and portable electronic devices. Ten articles on developing communication skills and safe internet navigation were added.

The findings of a total of seventy one studies have shown the full effectiveness of the assistive use of technology for young people with intellectual disabilities to acquire and maintain the necessary skills to complete their daily life tasks. In the conclusions' chapter, results are correlated and proposals for a future research are discussed.

**Keywords:** intellectual disability, daily living/life skills, self – determination, assistive technology, social media

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