

SELF APS ASSOCIATION





LOCATION: Florence, Italy


TARGET GROUP: Young people with disabilities


Founded in November 2023, our association focuses on functional, inclusive, and adapted juggling through training courses and the dissemination of different working methods.

Our four founding members are:

 Edoardo Filaferro: President, responsible for the design of Self tools, circus teacher, Quatprops method facilitator, responsible for the functional juggling project at I.C. Larissa and Paolo Pini

 Lapo Botteri: responsible for Self-pedagogy, graduate in motor sciences, circus teacher, street artist, Quatprops method trainer.

 Francesco Boni: responsible for Self-communication, circus teacher, Quatprops method facilitator, administrator of Cliniche Plus Livorno.

 Sara Papadato: Self secretary, circus teacher, Quatprops method facilitator, support teacher, hippotherapist.

Our association has already gained significant experience in the field of functional juggling, participating in numerous Erasmus+ European projects and winning community-level grants.

Our Facilitators, people trained in the [Quat Props](#) method by our association in Italy and worldwide, operate in social and educational environments such as:







-  Day Centres for People with Disabilities
-  Socio-Educational Centres
-  Rehabilitation Centres (Parkinson's, acquired brain injuries)
-  Schools of all levels
-  Situations of fragility (hospitals, psychiatric centres)
-  Social inclusion projects



Photo: SELF APS



Functional juggling is an inclusive, innovative discipline that, in addition to developing motor and cognitive skills, promotes self-esteem, cooperation, and social integration. It is an activity suitable for people of all ages and abilities and has proven particularly effective in promoting the inclusion of people with disabilities.

Benefits of Functional Juggling:

- 🏠 Development of motor and cognitive skills improves coordination, balance, concentration, and memory.
- 🏠 Increased self-esteem: achieving small goals and recognizing one's progress strengthens self-confidence.
- 🏠 Promotes socialization: juggling is a group activity that promotes interaction and collaboration.

Unlike classic juggling, which focuses primarily on performing increasingly complex tricks, functional juggling uses objects to develop a range of motor, cognitive, and social skills.

For people with disabilities, functional juggling can be a valuable tool for improving their quality of life and their autonomy, by helping them develop new skills and overcome their limitations.

For the elderly, it can help maintain a good level of physical and cognitive activity, preventing loss of autonomy and improving quality of life.

For children, it promotes the development of motor, cognitive, and social skills, as well as creativity and play.

For everyone: It is a fun and stimulating activity that can be practiced individually or in a group and offers numerous benefits for health and well-being.

Functional juggling is much more than just a simple skill game. It is a discipline that uses movement and object manipulation to promote the development of a wide range of abilities, both physically and mentally. It is an inclusive activity suitable for everyone, which can bring numerous benefits for health and well-being.



In SELF APS' meetings, we use functional juggling tools such as:

- 🎪 Juggleboard,
- 🎪 Inclined planes
- 🎪 Ramps
- 🎪 Abacus
- 🎪 Jugglecube



But we also incorporate everyday objects into our work practice.

For more information visit [Facebook](#), [Instagram](#)