

# INCLUSIVE HYDROPONICS



Inclusive Hydroponic Crops



# What does it consist of?

The Inclusive Hydroponics Project, funded by the European Erasmus+ program, aims to promote sustainability and social inclusion through the use of hydroponics for people with cerebral palsy.

Hydroponics is not only an environmentally friendly alternative to traditional farming, but also a tool for education, leisure, and therapy for people with disabilities.

Because everyone has the right to participate in society, technology and sustainability must be within everyone's reach.  
all.



# How will we do it?

We seek to adapt hydroponics to each individual's abilities and interests, allowing for their active participation in the cultivation process.



We promote autonomy through accessible and personalized solutions.



We facilitate access to horticulture through adapted systems.



We create a positive impact on health, self-esteem, and connection with the environment.

- We will design individual solutions based on the abilities and interests of the person with a disability to facilitate their access and learning.
- Creating products that meet individual needs, thus achieving greater satisfaction and a better user experience.



# What will we achieve?

The Inclusive Hydroponics Project will be developed by users interested in sustainable and alternative agriculture or cultivation, cooperating, working as a team, and contributing their knowledge to the development of the project.

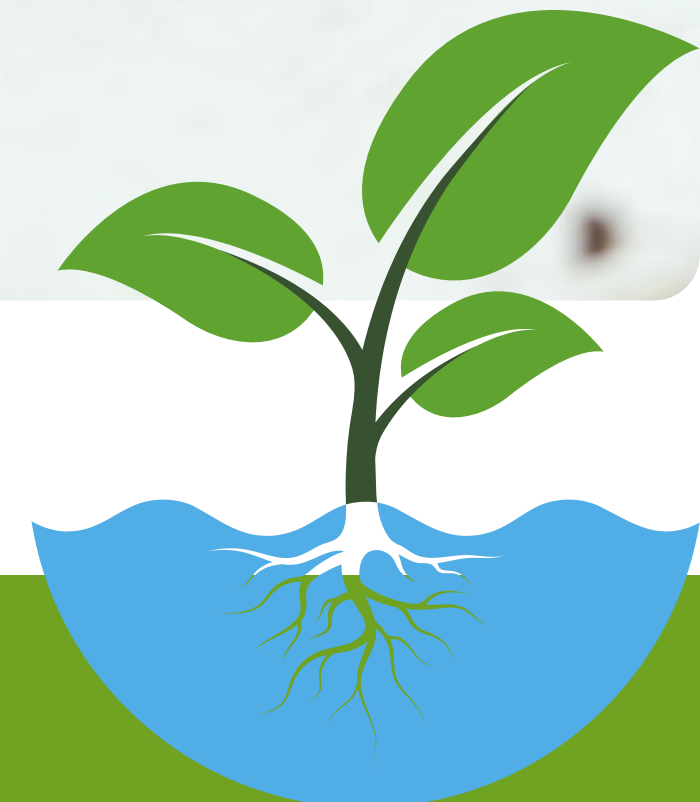
✓ **Autonomy and self-esteem:** By actively participating in the cultivation process, the person can feel more independent and capable, which strengthens their self-esteem.

✓ **Motor Skill Development:** Depending on the level of mobility, hydroponic work can promote fine and gross motor skills, improving coordination and use of limbs.

✓ **Learning and training:** Gaining knowledge about cultivation techniques, plant care, and resource management provides them with new tools for personal and professional development.

✓ **Socialization and integration:** Participating in an inclusive project fosters teamwork, interpersonal relationships, and community integration.

↪ All of this promotes an improvement in the quality of life of the participants.



# What do we contribute to society?

Our project not only directly benefits people with cerebral palsy and their families, but also has a positive impact on society at large through:

**Social inclusion**

**Awareness and  
paradigm shift**

**Development of a sustainable  
production model**

**Positive impact on  
quality of life**

**Innovation in inclusion and  
accessibility**

**Building a more supportive  
community**





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