



SAME SAME Assessment Toolkit

A practical framework to evaluate inclusive e-mentorship programmes

Supporting organisations to measure impact and promote inclusion through physical activity.



What is SAME SAME?



Mentors

People with IDD trained to lead



Mentees

Participants supported in activities



Digital Support

Online platform & microlearning

How Does the Assessment Work?

Before

Baseline Assessment

During

Monitoring & Engagement

After

Evaluation & Impact

What Do We Assess?



Physical

Activity Levels & Fitness



Psychological

Confidence & Wellbeing



Social

Interaction &



Behavioural

Habits & Routines

Key Tools

Baseline

WHOQOL & Surveys

Monitoring

Attendance & Observations

Progress

Before vs After

Feedback

Participants & Facilitators

Key Indicators



Participation

54 Mentors / 98 Mentees



Retention

85% Completion



Impact

Interactions & Confidence & Activity



Reach

3500+ Views / 240+ Participants

How to Apply

1

Assess

Understand Participants

2

Monitor

Track Engagement

3

Evaluate

Measure Impact

Results

- ✓ Increased Physical Activity
- ✓ Improved Confidence
- ✓ Better Social Interaction
- ✓ Active Role of People with IDD

Why Use This Toolkit?



Simple



Practical



Adaptable



Evidence-Based



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