

Successful Integration Project

"What can your organization do to facilitate the successful (re-) integration of people with spinal cord injury in the community?"

Working group: Quality of Life

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Objective

"How SCI consumer organizations can help to motivate people after SCI to achieve their desired QoL?"



Project work

- **Literature survey**
 - **Medical databases, Spinal Cord, IPSCI report**
- **Questionnaires**
 - **to member organizations**
 - **15 answers from 30 respondents**
- **Interviews**
 - **in home countries**
 - **30 respondents**

Results

Questionnaires – definition of QoL:

- **Independence and Participation**

"...to live a more independent and full life and participate as any other citizen..."

- **QoL according to one's wishes**

"...to develop your own life project based on your needs and objectives..."

- **Personal capacities**

"...take charge of your own life instead of having others doing it."

Results

Questionnaires – projects:

common factor = the possibility to create some kind of personal coaching and mentor services in order to help people move forward in life.

Interviews:

- "...everybody needs some kind of a facilitator to get back on track = being empathic and supportive, not to impose thoughts, treating as equal, helping to find personal strengths."

Conclusions: "Filling the gap"

- **gap between post-acute rehabilitation and "real-life"**

"We would like to suggest ESCIF member organizations to offer a service for people living with SCI to help them set and pursue their own goals"

Coaching?

- **Differs from psychotherapy or counselling**
- **"GROW model"**
 - **G – Goal settings**
 - **R – finding out what the Reality is**
 - **O – Options – different strategies to reach the goal**
 - **W – who has the Will to do what and when?**

Thank you!