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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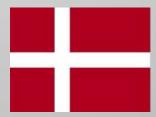
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Objective

"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!