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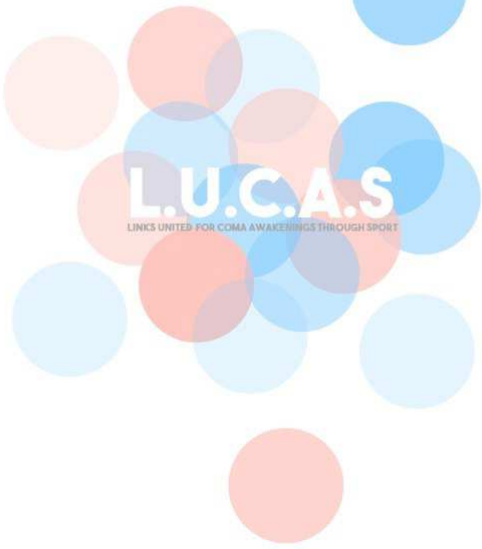
LUCAS

Links United for Coma Awakenings through Sport

PILOT ACTIONS

Country: Belgium

Organization: Thomas More - Mobilab



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1. PARTICIPANTS RECRUITED

	N. *(Everyone involved even if they have not attended all lessons)*	**Age** *(age group)*	**Characteristics**	**N. of which had done motor / physical / sporting activity before acquiring disability**
People with disability (TBI or SCI)	10	44,47 ± 16,13 years Range 23-63 years)	SCI level Range C5to T10 TSI 7,60 ± 5,15 years Range 2-17 years	8
Caregivers	0	na	na	na

2. OPERATORS INVOLVED (who has worked to implement the methodology: TECHNICAL = who conducted the lessons)

For:	**Educational qualification**	**Specific training**	**Professional experience**
People with disability (TBI or SCI)	Master's Degree in Physiotherapy	Specialized in long-term rehabilitation of persons with a physical impairment Specific Ekso-skeleton training	8 years in rehabilitation department at a general hospital
Caregivers	na	na	na

3. OTHER PROFESSIONALS INVOLVED IN THE PROJECT AND HOW *(add rows, if necessary)*

For:	Educational qualification	Job	Role in the project
People with disability (TBI or SCI)	na	na	na
Caregivers	na	na	na

4. VOLUNTEERS INVOLVED IN THE PROJECT AND HOW

N. volunteers	Role in the project
0	na

5. PERIOD OF IMPLEMENTATION (from 1 March 2016 to 31 August 2016)

For:	N. of months (overall duration)	N. sessions per week	Average % of participants rate
People with disability (TBI or SCI)	**6**	2	100

For:	N. of months (overall duration)	N. sessions per week	Average % of participants rate
Caregivers	**0**	0	0
All together	**0**	0	0

6. ORGANIZATION OF THE ACTIVITY SESSIONS (includes LESSON)

For:	Welcome time (yes/no)	Duration of the lesson **Options envisaged:** **a) 60 minutes disables /60 min caregivers + 30 min all together** **b) 15 min all together + 60 minutes disables /60 min caregivers +15 min all together**	Closing time - greetings (yes/no)
People with disability (TBI or SCI)	yes	The duration of a typical session was 90 minutes and consisted of • Welcome and preparation: 15' • Training: 60' with regular breaks • Recuperation & return to wheelchair: 10' • New appointment and good bye: 5'	yes
Caregivers	Na		Na
All together	Na		Na

7. PLACE OF EXECUTION OF THE LESSONS (gyms / environments / outside ...)

For:	Please describe the place (gym, park, pitch, etc) in which the activity was carried out
People with disability (TBI or SCI)	TWA Post-rehabilitation Centre – main hall (30m)
Caregivers	na

For:	Please describe the place (gym, park, pitch, etc) in which the activity was carried out
All together	na

8. PERFORMED PROGRAM (type of activity)

For:	Physical activity / motor activity (*indicate whether with aids*)	SPORT *(sportive disciplines done by participants - indicate whether with aids)*
People with disability (TBI or SCI) *[Please provide information about the organized activities: individual or group activity, adapted sport]*	Robot-assisted gait training (Eksoskeleton) Participants walked during 60 minutes. Each step is initiated by the client using sensors that detect changes in weight baring on each foot. Once the change is detected, the exoskeleton steps forward.	Na
Caregivers *[Please provide information about the organized activities: individual or group activity, adapted sport]*	Na	Na
All together *[Please provide information about the organized activities: individual or group activity, adapted sport]*	na	Na

9. ARISEN CRITICAL POINTS AND SOLUTIONS

For:	CRITICAL POINTS ARISEN	SOLUTIONS FOUND
People with disability (TBI or SCI)	none	Na
Caregivers	Caregivers were not interested in a physical activity program and dropped out before or after the first training sessions.	Caregivers could not be convinced to return to the training sessions. A resonance group was started to explore relevant needs for caregivers. The TWA Post-rehabilitation Centre is currently developing a workshop in Ergonomics to train caregivers how to reduce the physical overload of assisting and

For:	CRITICAL POINTS ARISEN	SOLUTIONS FOUND
		carrying a person with a physical impairment. We are convinced that such a workshop will deliver a valuable contribution to optimizing the quality of life and reducing the physical burden of proof of caregivers of a person with a physical impairment.
All together	See above	Na

10.ADDED VALUE OF THE WHOLE EXPERIENCE THAT YOU HAVE RECORDED (please describe)

For:	*Description*
People with disability (TBI or SCI)	Improved perceived well-being and quality of life
Caregivers	Na
All together	Na
Operators	• Insight in the health benefits of robot assisted gait training • Insight in specific needs of caregivers

11.NOT PREDICTABLE ACHIEVED RESULTS – (please describe)

For:	*Description*
People with disability (TBI or SCI)	-
Caregivers	Development of a workshop in Ergonomics to train caregivers how to reduce the physical overload of assisting and carrying a person with a physical impairment.
All together	na
Operators	One of our operators has further specialized in robot assisted gait training using Ekso-skeletons. He is now certified to train other therapists interested in applying gait training.

12. PLEASE DESCRIBE THE ACHIEVED RESULTS (please describe)

For:	*Description*
People with disability (TBI or SCI)	Improved perceived well-being and quality of life
Caregivers	Na
All together	Na
Operators	• Insight in the health benefits of robot assisted gait training • Insight in specific needs of caregivers