



# *LUCAS*

*Links United for Coma Awakenings through Sport*

**PILOT ACTIONS**

**Country: CYPRUS**

**Organization: EUROPEAN SOCIAL  
FORUM OF CYPRUS**



This project 557075-EPP-1-2014-1-IT-SPO-SCP has been funded with support from the European Commission.

This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

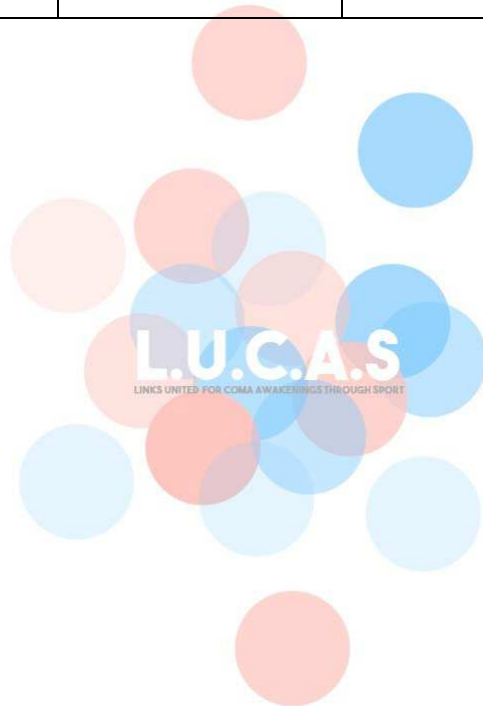
## 1. PARTICIPANTS RECRUITED

	<b>N.</b> <i>(Everyone involved even if they have not attended all lessons)</i>	<b>Age</b> <i>(age group)</i>	<b>Characteristics</b>	<b>N. of which had done motor / physical / sporting activity before acquiring disability</b>
<b>People with disability (TBI or SCI)</b>	12	17 - 74	<i>(Injury, time since injury, other important information)</i> <b>The earliest injury was 2 years ago and the oldest was 20 Years ago</b>	4
<b>Caregivers</b>	12	30 - 70	<b>Healthy individuals</b>	6

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

<b>For:</b>	<b>Educational qualification</b>	<b>Specific training</b>	<b>Professional experience</b>
<b>People with disability (TBI or SCI)</b>	<i>Example: Degree in Physical Education</i> <b>2 Physiotherapist</b> <b>1 kinesiologist</b> <b>1 Psychologist</b> <b>1 Secretary</b> <b>1 Driver</b>	<i>Example: Specialized in adapted activities for the disabled</i> <b>Specialized in adapted exercise program</b> <b>Specialized in personal Trainer</b>  <b>Qualified for the transportation for people with disabilities</b>	<b>8 - 14 Years experience for treatment and training for people with disabilities.</b>  <b>3 times participation to special Olympics</b>

<b>For:</b>	<b>Educational qualification</b>	<b>Specific training</b>	<b>Professional experience</b>
<b>Caregivers</b>	<b>2 Physiotherapist</b> <b>1 kinesiologist</b> <b>1 Psychologist</b> <b>1 Secretary</b>	<b>Specialized in adapted exercise program</b>  <b>Specialized in personal Trainer</b>	



### 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)	Project Manager	Planning and supervising to hole project	The leader of all activities
	one psychologist	therapist	He has selected the persons with disability and the families to be involved
	One Secretary	Organized	Logistics
	2 Physiothrapistst	Sports & exercises	Offering the health and socialize part
	1 kinisiologist	Sports & exercises	Offering the health and socialize part
	One IT	Creation & administration of the website and FACE BOOK	Assisting the dissemination of the results
Caregivers	one psychologist	therapist	He has selected the persons with disability and the caregivers
	2 Physiothrapistst	Sports & exercises	Offering the health and socialize part
	Secretary	Organized	Logistics

### 4. VOLUNTEERS INVOLVED IN THE PROJECT AND HOW

N. volunteers	Role in the project
20	<p>Was a team of 20 young volunteers that mainly they participated with the group in different activities or visits . All our volounteers was specily train how to help , behave and manage different situations for people with disabilities thrght a seminar that we organized.</p> <p>They assist during trasportation and different semminars as well as they share brochers and they try to inform as many people about the LUCAS project</p>

## 5. PERIOD OF IMPLEMENTATION (from - to)

For:	N. of months (overall duration)	N. sessions per week	Average % of participants rate
People with disability (TBI or SCI)	7 months	2 Times per week	75 % they participated regular to the exercise program
Caregivers	7	2 Times per week	85 % they participated regular to the exercise program
All together	14	4 Times per week	75 % - 85 %

## 6. ORGANIZATION OF THE ACTIVITY SESSIONS (includes LESSON)

For:	Welcome time (yes/no)	Duration of the lesson Options envisaged:	Closing time - greetings (yes/no)
People with disability (TBI or SCI)	10 minutes	<p><b>Options envisaged:</b></p> <p>a) 60 minutes disables /60 min caregivers + 30 min all together</p> <p>b) 15 min all together + 60 minutes disables /60 min caregivers +15 min all together</p>	10 minutes
Caregivers	10 minutes		10 minutes
All together			1 hour per session

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

<b>For:</b>	Please describe the place (gym, park, pitch, etc) in which the activity was carried out
<b>People with disability (TBI or SCI)</b>	In special Gym – rehabilitation center for people with disabilities name Nicomed in Limassol at Koronis street no 25 – 27
<b>Caregivers</b>	12
<b>All together</b>	24

## 8. PERFORMED PROGRAM (type of activity)

<b>For:</b>	<b>Physical activity / motor activity</b> (indicate whether with aids)	<b>SPORT</b> (sportive disciplines done by participants - indicate whether with aids)
<b>People with disability (TBI or SCI)</b> <i>[Please provide information about the organized activities: individual or group activity, adapted sport]</i>	<b>USING A ROBOTIC DEVICE NAME KINISIFORO for elliptical aerobic training</b>	<b>Basket ball in the wheelchair</b>  <b>Archery</b>
<b>Caregivers</b> <i>[Please provide information about the organized activities: individual or group activity, adapted sport]</i>	<b>CIRCULAR AEROBIC TRAINING</b> <b>Warm up</b> <b>Cycling</b> <b>Rowing</b> <b>Step equipment</b> <b>Tread mill</b> <b>Elliptical exercise equipment</b>	<b>Running</b>  <b>Box</b>
<b>All together</b> <i>[Please provide information about the organized activities: individual or group activity, adapted sport]</i>	<b>Different ball games</b>  <b>Balance games</b>  <b>Games with music</b>	<b>Basket ball in the wheelchair</b>  <b>Archery</b>  <b>Running</b>  <b>Box</b>

## 9. ARISEN CRITICAL POINTS AND SOLUTIONS

For:	CRITICAL POINTS ARISEN	SOLUTIONS FOUND
People with disability (TBI or SCI)	<p>For the wheelchair basketball we need special wheelchair .</p> <p>Special adapted grip was needed for archery</p> <p>Transportation for people with</p>	<p>We order and buy for the wall team</p> <p>We make a custom made assistive devise</p> <p>We hire a qualified driver</p>
Caregivers	Nothing special	The professional caregivers must have professional attitude
All together	The P.W.D. act differently from their caregivers ( not the family) the connection is not so strong	The socialization of the team as one body is very difficult

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

For:	Description
People with disability (TBI or SCI)	When those persons have the opportunity to participate in sports they are ready to participate in safety
Caregivers	The family is ready to do whatever is needed to help – the professionals keep distances from the need of the PwD
All together	All together are a very difficult task , they need a lot of work
Operators	The luck of experience is obvious to the operators – they need training and official recognition of their professional ability

## 11.NOT PREDICTABLE ACHIEVED RESULTS – (please describe)

For:	Description
People with disability (TBI or SCI)	Improve Self esteem as well as they improve their organized skills
Caregivers	<p>More responsible and appreciate more athletics and sport activities</p> <p>They improve strongest bond and cooperation with the people with disabilities</p>

<b>For:</b>	<i>Description</i>
<b>All together</b>	<b>Some members of our team ask for a continuation of the socialization activities</b>
<b>Operators</b>	<b>A lot of our volunteers as operators show the interest to assist possible new activities in 2017</b>

## **12. PLEASE DESCRIBE THE ACHIEVED RESULTS (please describe)**

<b>For:</b>	<i>Description</i>
<b>People with disability (TBI or SCI)</b>	<b>Better health, and improvements in the psychological behavior in socialization and cooperation with the experts</b>
<b>Caregivers</b>	<b>We earn the family trust – and their interest to work with their PwD The professionals learn how to participate and work with their PwD</b>
<b>All together</b>	<b>They respect the ERASMUS PROGRAMME and E.U. for their interest</b>
<b>Operators</b>	<b>They respect also the ERASMUS PROGRAMME and E.U. for their interest and express interest for new projects</b>

