



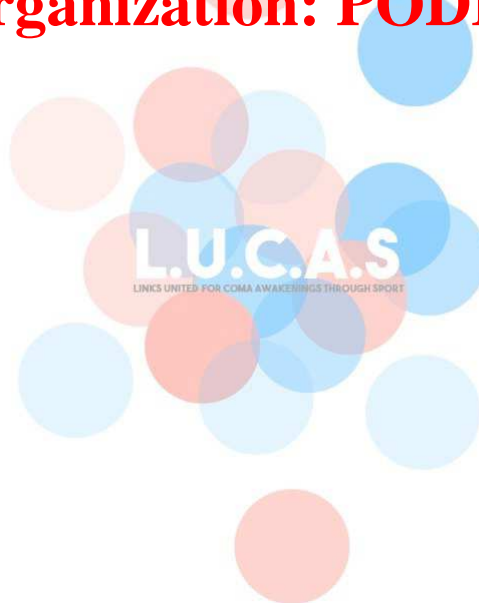
# *LUCAS*

*Links United for Coma Awakenings through Sport*

**PILOT ACTIONS**

**Country: Portugal**

**Organization: PODES**



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## 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>	8	adults	<i>People that suffered head traumas</i>	3
<b>Caregivers</b>	7	adults	<i>Average health (some physical problems that outcome from taking care of their families)</i>	3

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

LINKS UNITED FOR COMA AWAKENINGS THROUGH SPORT

<b>For:</b>	<b>Educational qualification</b>	<b>Specific training</b>	<b>Professional experience</b>
<b>People with disability (TBI or SCI)</b>	<u>Adapted Yoga / Water / Adapted Outdoor Fitness / Adapted Boccia / Adapted Dance:</u> Managed by the volunteer Inês Teixeira - Masters in Psychomotor, Rehabilitation and Adapted sports by the University of Lisbon  <u>Adapted Surf:</u> Managed by the technicians from Aqua Carca Association, specialized in adapted		<u>Adapted Yoga / Water / Adapted Outdoor Fitness / Adapted Boccia / Adapted Dance:</u> Work with elderly and disable people through the implementation of sport and physical activity in the municipality of Oeiras  <u>Adapted Surf:</u> Implement adapted surf/bodyboard classes since 2009  <u>Hypotherapy:</u> Implement

<b>For:</b>	<b>Educational qualification</b>	<b>Specific training</b>	<b>Professional experience</b>
	<p>surf/bodyboard classes</p> <p><u>Hypotherapy:</u> Managed by the technicians for AHT, Association of Hypotherapy of Cascais, specialized in physical therapy and occupational therapy</p>		<p>hipotherapy activities since 1989.</p>
<b>Caregivers</b>	<p><u>Yoga / Water / Fitness / Boccia / Dance:</u> Managed by Filipe Gomes, Masters in physical condition and health in sport by the Santarém 's Polytechnic Institute.</p> <p><u>Adapted Surf:</u> Managed by the technicians from Aqua Carca Association, specialized in adapted surf/bodyboard classes</p> <p><u>Hypotherapy:</u> Managed by the technicians for AHT, Association of Hypotherapy of Cascais, specialized in physical therapy and occupational therapy</p>		<p><u>Yoga / Water / Fitness / Boccia / Dance:</u> University of Rio Maior teacher in Health and Physical Condition in Sports; Sports instructor in several gyms; personal trainer</p> <p><u>Adapted Surf:</u> Implement adapted surf/bodyboard classes since 2009</p> <p><u>Hypotherapy:</u> Implement hipotherapy activities since 1989.</p>

### 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)	Social worker	Social Technician	Selected families to be involved
	Event producer	Project coordinator	Schedule activities, venues and team
	Secretary	Project Assistant	Contact with participants (call for activities and confirmation of attendance)
Caregivers	Social worker	Social Technician	Selected families to be involved
	Event producer	Project coordinator	Schedule activities, venues and team
	Secretary	Project Assistant	Contact with participants (call for activities and confirmation of attendance)

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

N. volunteers	Role in the project
3	Assistance to the activities

## 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)	24 weeks	2	42 %
Caregivers	24 weeks	2	24%
All together	24 weeks	2	33%

## 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)	Y	<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>	Y
Caregivers	Y		Y
All together	Y		Y

## 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
<b>People with disability (TBI or SCI)</b>	1 <sup>st</sup> – Relax –gym studios 2 <sup>nd</sup> – Water – swimming pool, beach 3 <sup>rd</sup> – Outdoor –park, marina, horseback riding ring 4 <sup>th</sup> – Targets – gym studios 5 <sup>th</sup> – Rhythm – gym studios
<b>Caregivers</b>	1 <sup>st</sup> – Relax –gym studios 2 <sup>nd</sup> – Water – swimming pool, beach 3 <sup>rd</sup> – Outdoor –park, marina, horseback riding ring 4 <sup>th</sup> – Targets – gym studios 5 <sup>th</sup> – Rhythm – gym studios
<b>All together</b>	1 <sup>st</sup> – Relax –gym studios 2 <sup>nd</sup> – Water – swimming pool, beach 3 <sup>rd</sup> – Outdoor –park, marina, horseback riding ring 4 <sup>th</sup> – Targets – gym studios 5 <sup>th</sup> – Rhythm – gym studios

## 8. PERFORMED PROGRAM (type of activity)

For:	Physical activity / motor activity (indicate whether with aids)	SPORT
<b>People with disability (TBI or SCI)</b> <i>[Please provide information about the organized activities: individual or group activity, adapted sport]</i>	1 <sup>st</sup> – Relax – Adapted yoga Relaxation technics, facial yoga, mental yoga (memory exercises), guessing games using the body  2 <sup>nd</sup> – Water – Adaptation to aquatic environment, Adapted Surf Walks on water, breathing exercises, floatation technics, introduction to swimming, watso (relaxation on water), ball games on water; Adapted Surf and Bodyboard  3 <sup>rd</sup> – Outdoor – Outdoor Fitness, Adapted Sailing, Hipotherapy Walking, Pedi paper, cross country; adapted sailing and canoeing; hipotherapy, horse petting	

<b>For:</b>	<b>Physical activity / motor activity</b> <i>(indicate whether with aids)</i>	<b>SPORT</b>
	<p>4<sup>th</sup> – Targets – Adapted Boccia (<u>1h - patients</u>) Warming exercises, adapted boccia, competition on Teams</p> <p>5<sup>th</sup> – Rhythm – Adapted Dance (<u>1h - patients</u>) Warming exercises, practice on adapted dancing routine, stretching</p>	
<p><b>Caregivers</b> <i>[Please provide information about the organized activities: individual or group activity, adapted sport]</i></p>	<p>1<sup>st</sup> – Relax – Yoga (<u>1h - caregivers</u>) Yoga, Body and Mind, relaxation techniques</p> <p>2<sup>nd</sup> – Water – Indoor Fitness, Hidrogym, Surf (<u>1h - caregivers</u>) Gym exercises on fitness machines, stretching; ball games on water, swimming; introduction to surf and bodyboard</p> <p>3<sup>rd</sup> – Outdoor – Outdoor Fitness, Horseback ridding (<u>1h – caregivers</u>) Walking, jogging, Pedi paper, cross country, aerobics; horseback ridding and horse petting</p> <p>4<sup>th</sup> – Targets –Boccia (<u>1h - caregivers</u>) Warming exercises, boccia, competition on teams</p> <p>5<sup>th</sup> – Rhythm – Dance (<u>1h - caregivers</u>) Warming exercises, practice on dancing routine, stretching</p>	
<p><b>All together</b> <i>[Please provide information about the organized activities: individual or group activity, adapted sport]</i></p>	<p>1<sup>st</sup> – Relax – Yoga (<u>30min – integrated</u>) Pairs relaxation techniques, Stretching</p> <p>2<sup>nd</sup> – Water - Hidrogym, Surf (<u>30min – integrated</u>) Watso (relaxation on water), ball games on water, Stretching</p> <p>3<sup>rd</sup> – Outdoor – Fitness, Horseback ridding (<u>30min – integrated</u>) Stretching, horse petting</p> <p>4<sup>th</sup> – Target – Boccia (<u>30min – integrated</u>) Competition on teams</p> <p>5<sup>th</sup> – Rhythm – Dance (<u>30min - integrated</u>) Practice on integrated dancing routine, stretching</p>	

## 9. ARISEN CRITICAL POINTS AND SOLUTIONS

<b>For:</b>	<b>CRITICAL POINTS ARISEN</b>	<b>SOLUTIONS FOUND</b>
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<b>For:</b>	<b>CRITICAL POINTS ARISEN</b>	<b>SOLUTIONS FOUND</b>
<b>People with disability (TBI or SCI)</b>	Due to the different disabilities from each of the participants we found some challenges in getting them motivated during some of the activities.	In order to engage and interest all the participants, we organized a total of 10 different activities (yoga, hydro gym, surf, outdoor fitness, sailing, horseback riding, seated volleyball, boccia, dance) – it's important to listen to the needs and expectations of the participants in order to adapt the programs and guarantee the attendance
<b>Caregivers</b>	The caregivers were as involved as possible but we found a lot of resistance on their part to do the activities mainly because they were on the mind set that the only important thing was the well being of the pwd.	We didn't push too much for the caregivers and allowed them to go in a slower pace. We adapted some of the activities in order to be more appealing for them (fitness and relaxation techniques instead of hydro gym, surf and horseback riding). During the second part of the group work the caregivers could participate or just watch. – we believe that the caregivers should be invited to participate but not obligated
<b>All together</b>	We found difficulties on the registration and attendance of the participants.	we contacted an association that works with people that went through trauma and their families and they got some of their beneficiaries to register to our pilot action. - the key is to involve as much stakeholders as possible (associations, policie makers, hospitals,...) in order to get registrations

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

<b>For:</b>	<b>Description</b>
<b>People with disability (TBI or SCI)</b>	People with disability were able to get more independent from their caregivers
<b>Caregivers</b>	The caregivers learned the importance of taking care of themselves
<b>All together</b>	All of them had the chance to experience things they hadn't tried before, which gave them a feeling of accomplishment
<b>Operators</b>	



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

<b>For:</b>	<b>Description</b>
<b>People with disability (TBI or SCI)</b>	We got a more insightful view over the difficulties and limitations that people with disability go through and the fact that people w/ acquired disability a lot of times doesn't feel like they fit in either the category of people with or without impairments
<b>Caregivers</b>	We saw the toll that the responsibility of taking care of their loved ones had on the caregivers and how their physical and mental health were affected. Their social skills were also affected by the change on their life, that mainly revolved around their children/husbands/friends. The activities allowed them to get to know different people, focus on themselves, get the strength to take care of them as individuals
<b>All together</b>	Friendships were developed
<b>Operators</b>	

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

<b>For:</b>	<b>Description</b>
<b>People with disability (TBI or SCI)</b>	<p>During the pilot actions we saw an improvement of motor aspect on the pwd, as they grew confident on their abilities to do new and different activities.</p> <p>Due to the sport activities, new experiences, team building exercises and social experiences we organized, we saw an improvement of the quality of life, psychophysical well-being and social integration of the pwd we were working with</p> <p>We also witnessed the improvement of the relationship between the person with acquired disability and his/her family / caregiver</p>
<b>Caregivers</b>	<p>Some of the caregivers that participated on our pilot actions live entirely dedicated to his/her relative, this means they were socially isolated. Through the pilot actions they had a reason to get out, be active and meeting new people with similar backgrounds. These improved their social integration, lower the emotional burden on the caregiver and helped on the improvement of the perception of quality of life.</p> <p>We also saw a higher trust on his/her relative ability to be independent.</p>
<b>All together</b>	
<b>Operators</b>	<p>Through the testing of this new methodology we were able to teach on site a group of volunteers and trainers on how to work with people with acquired disability.</p> <p>We provided guidelines and recommendations to other institution on how to implement sport activities for people who awakened from a coma and their caregiver(s) and/or family member(s).</p>