



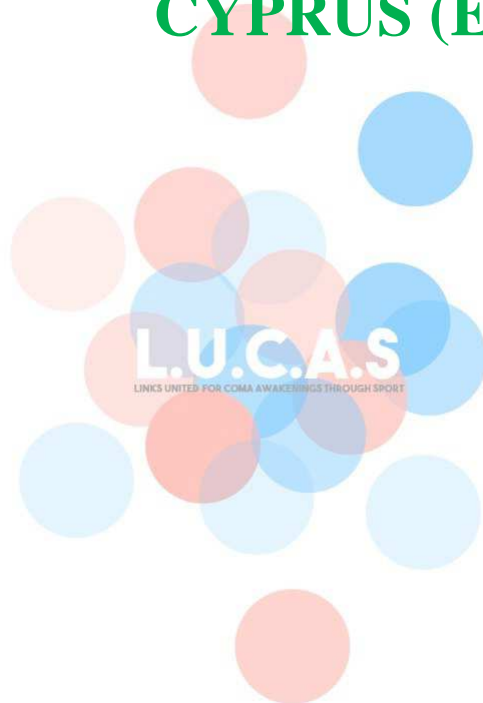
LUCAS

Links United for Coma Awakenings through Sport

CASE HISTORY

Country: CYPRUS REPUBLIC

**Organization: EUROPEAN SOCIAL FORUM
CYPRUS (ESFC)**



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A case history in applying/testing the LUCAS' process and methodology

A story of the experience of people involved that can be an highlight as a significant case study as far as the use of the LUCAS' methodology is concerned

1) **Description of the case history** (*lessons organisation + sport applied/movement activities/physical activities as tools and means to achieve the expected objectives and results*)

One significant and successful case story that came out through LUCAS Project was a young paraplegic boy who at age 17 had a spinal cord injury. This occurred 2 years ago by a car accident. The boy suffered from depression and refused to continue school. He isolated himself from his friend and girlfriend. His family was desperate to help him but they didn't know how or in what way.

At the beginning of the project, when our scientific team first arrived to the young boy's house, he was very negative and a bit aggressive. As a result he did not like to participate in any sport activities. His father, who was his primary caregiver, agreed to start exercise at our center via the Lucas Project. The team convinced the boy to visit our center for a health and fitness evaluation. Our staff along with other young paraplegics at the center accepted him with open arms and a lot of warmth all together (group with 4 people with disability and 4 care givers) We introduced them to each other and they immediately started joking, that resulted to breaking the ice. After that we started the adapted exercise program, ending with a competitive balance game with a stick. The paraplegic boy was the winner and as a result became an active member of the group.

2) **Beneficiaries** (*beneficiaries of the case history indicating type, and type of disability etc.*)

The boy slowly started to make new friends, come out of his house, and learn ways at our center on how to be more independent.

3) **Involved Organizations**

- *EUROPEAN SOCIAL FORUM CYPRUS (ESFC)*
- *Pancyprian Organization of Persons with Disability (POAA)*
- *Nico-Med Rehabilitation Centre*
- *SE S Educational Solusions-Educational Systems*
- *Periklis Dimitriou – Cyprus Runners Club*
- *Morot Cycles Rights Club*
- *Social club of St Antonis High School Lemosos*

4) **Outcomes** (*Indicating the results that have been achieved at the end of the activity*)

- Improved self esteem
- More independent in his daily activities
- Reduced and slowly eliminated depression
- Became an active member of society
- Improved health condition
- Satisfaction of the caregiver, resulting in them spending more pleasant and quality time together

5) **Success and Challenges** (*positive aspects and critical points*)

We faced and succeeded the following challenges.

1. Transportation: Offered a specially adapted car driven by a trained individual.
2. After researching our city we enlisted all accessible buildings, roads and other means to ensure that our patient would not face any problems.
3. We insured that the places we visited were ready and prepared to accept pwd by offering accessibility, and the proper behaviour was met in order to avoid any kind of discrimination against pwd.
4. We improved their social relations. By patients getting out of their home and/or close relatives socialization takes place, which in part increases self – esteem. Through the preceding method offered, a variety of social activities can be accomplished; such as visiting his bank , shopping , visiting cinema and participation of local traditional activities (wine festival, carnival etc)

In addition to this, the treatments and all exercise programs are organized in groups, therefore assisting and making it easier and more accessible for the participants to create new relationships and become friends with one another.

In conclusion it is noteworthy to mention that our organization has 2 schools; one is a school for the training of volunteers for the assistance of pwd and the second is the school for professional care givers.

6) **Photos**

7) **Contacts**

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