



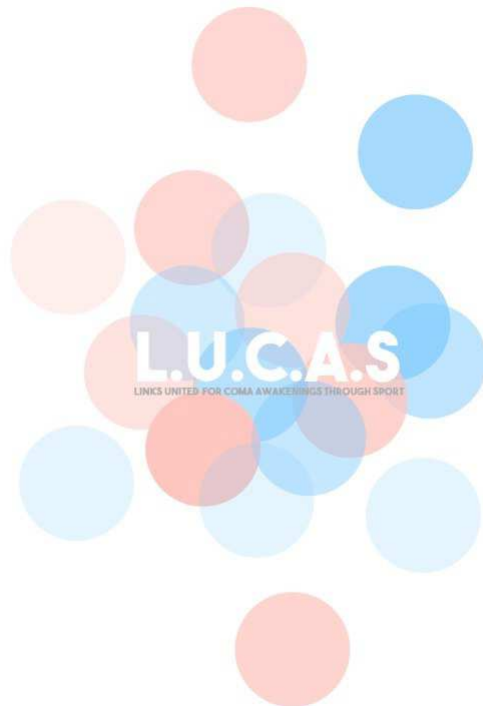
LUCAS

Links United for Coma Awakenings through Sport

CASE HISTORY

Country: Italy

Organization: CSI



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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*)

Flavia and Giuseppe / Daughter and Father / Caretaker and Caregiver

Flavia participated at the wheelchair fence and sportive dance with the fear to not being able to return as before. It is worked on achieving a greater number of autonomies both during the physical activity both in the daily activities.

Giuseppe has followed the course of postural gymnastics. He is an older person with back problems. The main objective was to reduce muscle pains and let him learn the right postures to improve his quality of life.

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

Patient – Flavia T., 50 y.o., because of a vascular event loss of partial sensitivity of the limbs. Psychologist signals a depression linked to the desire to recover lost motor skills.

Caregiver –Giuseppe T., Flavia's father, 81 y.o., He suffered from back pain.

- 3) **Involved Organizations**

We got in touch with Flavia and Giuseppe through the Association “Amici di Luca”.

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

Flavia despite a balance difficulty she has been the assistant in the course of the dance classes claiming to encouraging other patients and guiding them in the learned steps .

At the end of the project she has been able to fence standing, performing adequately both the progress that those back using the regulatory iron weapon.

Giuseppe participated in the gymnastics classes without any prior claim as its purpose was to accompany her daughter to the gym. As a result of postural exercises proposed, started to take care of the housework.

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

Giuseppe when the daughter was absent, for few lessons, still participated in the activities and he was well integrated in the group.

- 6) **Photos**