

# “LUCAS-PROJECT” FINAL NEWSLETTER

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## EDITORS LETTER

Dear Partners & Friends,

## We wish a "HAPPY NEW YEAR 2017"

It has now been two years since the 1st of January of 2015 that we started our program, «LUCAS Project» (Links United for Coma Awakenings through Sport) »under the umbrella of" ERASMOUS PLUS" in which all partners have applied tactics and innovative methods both to improve the health of people recovering from coma, and their social integration, along with their caregivers.

Below we present the final results of this effort which translated into all the languages of our partners and will be issued at a national level, for recovery at the level of formal state health policy.

Our main conclusion is that the sports and gymnastics (customized or not) has a positive effect in general, both in health (physical and psychological) as patients and their careers, and that depending on the intensity, frequency and scheduling of stakeholder involvement in sports programs.

Our pilot actions as analytically presented in «LUCAS METHODOLOGY» covered a wide range of sports and fitness custom, with the classical methods as innovative fitness machines, which are presented and therapeutic characteristics greatly..

We hope and expect to a third attempt to promote and develop our results from a new group of stakeholders and the kind of coverage by the European «PLUS ERASMUS» program.



## OUR RESULTS

87 participants (49 patients with TBI or SCI and 38 caregivers) completed a 24 week physical activity program consisting of 48 training sessions with separate and combined activities.

A comparative analysis of patient and caregiver characteristics across all partner countries indicated that an overall pre- versus post-intervention comparison was allowed. This means that the characteristics between patients and caregivers, but also between the partner countries were similar. Consequently, all data were pooled into one large data-set. As such, the effect of the 24 week physical activity programs was analysed for all participants.

An additional analysis on the effect of the intervention on patients and caregivers separately was completed to provide a more complete understanding of the results.

Statistical analysis (Pearson  $\chi^2$  with significance level  $p < 0,05$ ) revealed the following findings:

**Quality of Life (SF-36)**

- **Physical Functioning:** No significant improvement
- **Role Limitations due to Physical Health:** Significant improvement for patients, not for caregivers
- **Role Limitations due to Emotional Problems:** Significant improvement for patients, not for caregivers
- **Energy/Fatigue:** Significant improvement for patients and caregivers
- **Emotional Well-Being:** Significant improvement for caregivers, not for patients
- **Social Functioning:** Significant improvement for patients, not for caregivers
- **Pain:** No significant improvement
- **General Health:** Significant improvement for patients, not for caregivers

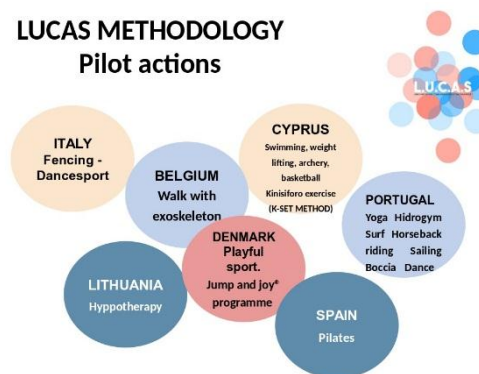
**Competency (PCRS):** • No significant improvement

**Community Integration (CIQ)**



- **Home Integration:** Significant improvement for patients and caregivers
- **Social Integration:** Significant improvement for patients and caregivers
- **Integration into Productive Activities:** No significant improvement

**LUCAS METHODOLOGY  
Pilot actions**



**“7TH OF OCTOBER, 2016 THE EUROPEAN DAY OF AWAKENING”**

In 2016 we had several events in all the members countries of the cooperation LUCAS - PROJECT ([www.lucasproject.eu](http://www.lucasproject.eu)), as part of the effort to establish a Pan-European Day dedicated to people recovering from coma.

Countries activities actions:

## ITALY

In **Italy** the European Day of Awakenings took place with initiatives from 1 to 10 October, reiterating the idea of strengthening the international alliance around people with coma or vegetative states from Italian model of House of Awakenings Luca De Nigris, an excellence recognized by the Council of Europe as a best practice to be disseminated, based on a care's

philosophy that enhances the role of family. The program opened on 1 October in San Pellegrino

Terme with the renewal of "The Charter of San Pellegrino and the protection of vulnerable people", an initiative promoted by the NETWORK of Italian associations to seven years after its birth, in order to protect the dignity, freedom and rights of people in vegetative state and minimal consciousness state.

In Rimini on October 5th, in collaboration with the University of Bologna, it was held the conference *"The body and soul. The expressiveness and movement through experiences in the various marginalities"*. As the European Observatory on Health Systems and Policies cities, the conference had as its core theme the vast field of Quality of Life, as a complex element that considers the well-being based on "state of emotional, mental, physical, social and spiritual support that enables people to reach and maintain their personal potential in society".

On October 7th it was held the feast at the House of Awakenings Luca De Nigris in Bologna, organized by "Gli Amici di Luca" Association along with Futura and the CSI Italian Sport Centre, with the aim to emphasize the importance of sport as a factor for social reintegration and rehabilitation. Sport activities taken from typical games of LUCAS partner countries were conducted by CSI for children and teenagers, then people out of coma realized theater and musical performances. The launch of balloons with "messages for awakening" with the testimonial Alessandro Bergonzoni occurred simultaneously with other Italian cities under the slogan "It's worth it".



### ***2nd European Day of Awakenings in Italy***

On the evening of October 7th, at Duse Theatre in Bologna, "Gli Amici di Luca" and Teatro dell'Argine presented the national premiere "You are my breath," written and directed by Mimmo Sorrentino, the result of a permanent theater workshop conducted with people after

coma. Love, desire and sexuality have been faced with courage to tell how love often is limited by person with a disability.

Finally, on October 10th at the House of Awakening Luca De Nigris it was conducted the seminar "Between family and professionals: the responsibility to assist" . It was an opportunity to reflect on the alliance between professionals, family members and associations during rehabilitation of the outcomes of people with serious disabilities after acquired brain injury.

IT - [https://www.youtube.com/watch?v=mHGAqjeL8\\_8&feature=youtu.be](https://www.youtube.com/watch?v=mHGAqjeL8_8&feature=youtu.be)

EN - <https://www.youtube.com/watch?v=AMjzA5vrPtQ>

<https://www.facebook.com/linksunitedcomaawakenings/?fref=ts>

**FACEBOOK: LUCA and LUCAS** <https://www.facebook.com/linksunitedcomaawakenings/?fref=ts#>

## CYPRUS REPUBLIC

Our activities according the Lucas Project included:

- **On 23/4/2016 The European Social Forum of Cyprus with collaboration with other associations within the Project Links United for Coma Awakenings through Sport LUCAS. They organize and support the event Meet The Superhuman in order to promote 5 different sports (wheelchair basketball, archery, swimming and running with prosthesis ) for people with disabilities and simultaneously awake the society.**
- Also we organize the 4th meeting of the steering team of the European "LUCAS PROJECT Program", from the 13th to the 16th of September in the "Odyssey" hotel, in Lemesos 2016

### *2nd European Day of Awakenings in Cyprus*

The project referent of European Social Forum - **Cyprus**, Chrysis Michaelides, writes: "On the 8th of October we organize here in Cyprus – Lemesos our First March in order to sensitize the population of our city on the needs of the persons that are awakening after coma. Our march was composed of two parts, the wayfarers and the motorcycles, the first part implemented in the center of Lemesos and at the same time we circulate 1500 leaflets about our aim. The second part with the motorcycles was implemented in the country cite of Lemesos, we visited seven big villages were we circulate the same leaflet. At the same time we have the Mayor of Lemesos with us and he saluted the march, and also three other NGOs supported our activity.



We had a very good dissemination through the T.Vs (by two big channels – STV and the CAPITAL TV) also a lot of radios and newspapers informed their customers about our activity at the beginning and after the end of it by our final prerelease."

Also LUCAS PROJECT volunteer section participated in several others activities connected with disabilities, in the name of Lucas – project

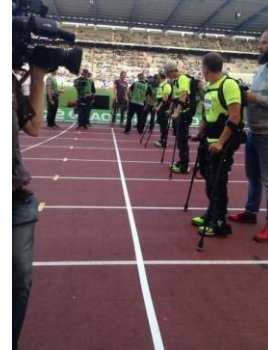
- [http://www.cybc-media.com/vod2/index.php/component/jmsmusic/?view=song&song\\_id=9309](http://www.cybc-media.com/vod2/index.php/component/jmsmusic/?view=song&song_id=9309)
- <http://www.cyprusalive.com/en/thing/european-coma-awakenings-day>

- <https://drive.google.com/a/kinisiforoltd.com/file/d/0B52RQmN0tK0wQmVadIBVNTV2akU/view>

## BELGIUM

In **Belgium**, on 9 September 2016, the To Walk Again Post-rehabilitation action Center organized a 20m Eksosuit Run during the IAAF Diamond League AG Insurance Memorial Van Damme, which was held in the King Baudouin Stadium in Brussels.

Previously one of the IAAF Golden League events, the AG Insurance Memorial Van Damme is now part of the IAAF Diamond League, attracting number of world class athletes, Olympic medal winners and world champions. The event is attended by approximately 45000 spectators and receives attention from almost all national television channels and newspapers, thereby reaching 100s of 1000s of Belgians. Among the various track and field events that were organized, the 2016 meeting included for the second consecutive year a special race "20m Exo Suit". Three clients of the To Walk Again Post-Rehabilitation Center competed in a 20m robot assisted gait race using the Eksoskeletons, with the aim to promoting the Post- Rehabilitation Center, and increasing the awareness of post-rehabilitation opportunities for persons with lower extremity impairments. *2nd European Day of Awakenings in Belgium*



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## DENMARK

Following on from last years successful LUCAS awakening day held in Esbjerg, Denmark's 5<sup>th</sup> largest city – in 2016 the Awakenings day **Denmark** event was hosted in two locations in Aalborg, Denmark's 4th largest city. Aalborg University's waterfront downtown campus hosted under AD:MT and synchronously a LUCAS Awakenings Day event was hosted at the main campus outside of the city by Institute for Learning and Philosophy.

*2nd European Day of Awakenings in Denmark*



## LITHUANIA

In **Lithuania**, on 7th October, second time in Europe there was mentioned people woke up after a coma day. To this initiative contributed and the Education Sciences and Social Welfare faculty (ESSWF) of Šiauliai University, which participating in ES project "Links United for Coma Awakenings through Sport (LUCAS)". *2nd European Day of Awakenings in Lithuania*



## PORTUGAL

At the 5, 6 and 7 October 2016 the social integration through sport of people with disability was celebrated in **Portugal** with the commemoration of the European Day of Awakenings and the Interregional Event INSPORT+. The organised activities took place in Oeiras and Cascais, cities on the outskirts of the Portuguese capital Lisbon. During the 3 days,



the participants had the chance to get to know in firsthand the best Portuguese practices in the theme of adapted sport through a seminar and a series of study visits to centers of excellence in the field of Inclusion of people with disability. At the 7th October, PODES together with Associação Novamente ([www.novamente.pt](http://www.novamente.pt)) - Association that works with people with acquired disability - organised a dissemination event in Cascais, with a clarification session over the 2nd EU Day of Awakenings, distribution of balloons and flyers on the streets and with a balloon launch as a big finale.

## SPAIN

In **Spain**, ADACEMA (Acquired Brain Injury Association of Malaga), the Seventh of October, celebrated the "Second European Day of Awakenings" with the slogan "WORTH IT!".

To do this, they made a flash movie with the users as volunteers reflecting the importance of this day, awareness and recognition for people with acquired brain injury. This flash-movie was circulated through social networks. It was conducted the workshop "The practice of sport for people with acquired brain injury". With this workshop, it has been tried to support the bases that promote the sport with people with ABI, especially those coming out of the coma. Identify what resources are best appropriate for health professionals, sports technicians and the general public, to maximize the benefits of sport for improving health and quality of life of people with acquired brain injury (especially those who awaken from the coma).

