



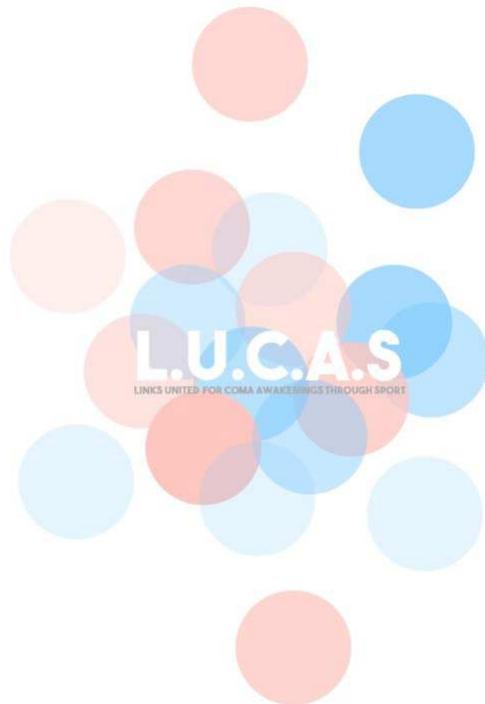
LUCAS

Links United for Coma Awakenings through Sport

CASE HISTORY

Country: Portugal

Organization: PODES



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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*)

Gabriela and Raquel / Mother and Daughter / Caregiver and Caretaker

Gabriela and Raquel where the first couple to sign up to the pilot action.

Gabriela thought it would be good for Raquel, but mostly, it would be good for her.

We arranged a way to go pick them up at home for each class in order for them to attend as much classes as possible.

The first activity we had was yoga, something that Gabriela practiced for years in Macau. It was a good way to have her interested in the project and engaged in the activities. Gabriela excelled at this activity.

The class was divided in two parts: 1st part caregivers and caretakers worked separately for one hour and 2nd part they worked together for 30 minutes. This method allowed Gabriela to focus on her ability, Raquel to work on her individuality and together to respect each other outside their relation and respect the way each one relate to outsiders.

By the middle of the 6 months of the pilot actions we felt something was different about Gabriela. After a few conversations we realized that she had been struggling with the depression. In June, Gabriela's mother (Raquel grandmother) died and Gabriela started to drink, ended up being hospitalized for about 1 month to recover from her addictions. Meanwhile Raquel started a new job and kept working on her independence, taking care of her home and her father while her mother was hospitalized.

During the hospitalization period we made sure Raquel was accompanied, and socially integrated. She kept on going to the pilot action activities and, as soon as Gabriela felt good, she also returned, now with a new attitude and a more positive outlook into her life.

During the dance classes we tried to rebuilding the group, maintaining the structure of the Yoga classes (1st part separated, 2nd part together).

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

Patient – Raquel Patricio, 28 y.o., difficulty in moving the right side of her body, some mental impairment, suffered a head trauma when she was 18 y.o, was in coma for a few weeks

Caregiver – Gabriela Baldaia, Raquel's mother, 57 y.o., no physical problems but suffer from depression

3) **Involved Organizations**

We reached Raquel and Gabriela through the Association Novamente that work with people with acquired disability and their families.

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

Although all the problems, we saw a social reintegration with both of Raquel and Gabriela and a consistent increase on the perceived quality of live. Friendships were made or strengthened during the pilot actions, Independence was achieved and physically both Raquel and Gabriela are more confident on their abilities.

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

The main challenge was to maintain them interested in participating in our activities when everything in their life was changing and the priorities where shifting. We were successful with this task, due to the support group that formed around them on the toughest times and the facilities we gave them, mainly arranging their transportation to all the activities.

6) **Photos**

