

PROJECT OVERVIEW

«Active Rehabilitation Camp»

A comprehensive program for people with spinal cord injury that strengthens their independence, mobility, and social participation through the internationally recognized peer-to-peer approach and knowledge exchange with rehabilitation professionals.

12–18

people with SCI in each Active Rehabilitation Camp

2

major Active Rehabilitation Camps per year

1–3

smaller recreational camps per year

100%

of participants are people with disabilities (SCI)

PROBLEM / CHALLENGE

Due to the full-scale war, the number of people with spinal cord injury (SCI) in Ukraine has risen sharply. After discharge from medical rehabilitation, many struggle to regain independence, mobility, and social participation.

GOAL

To strengthen the independence, mobility, and community participation of people with SCI through Active Rehabilitation Camps based on the peer-to-peer approach and knowledge exchange with rehabilitation professionals.

KEY OBJECTIVES

- motivate people with SCI to seek new meaning in life through the living example of leaders with similar injuries;
- improve participants' practical skills in wheelchair use and independent living;
- increase self-confidence, self-efficacy, and readiness for active community participation;
- strengthen peer-support networks among people with SCI;
- enhance the capacity of rehabilitation professionals to apply Active Rehabilitation principles.

FORMAT & FREQUENCY

Each year the program runs 2 major Active Rehabilitation Camps and 1–3 smaller recreational camps. Each camp hosts 12–18 participants, depending on the level and complexity of injury.

BENEFICIARIES

All beneficiaries are people with disabilities (spinal cord injury); each camp involves 12–18 participants depending on the level and complexity of injury. Rehabilitation professionals, rehabilitation centers, and organizations adopting Active Rehabilitation practices benefit indirectly.

ACTIVITIES

- Active Rehabilitation Camps;
- peer-to-peer mentoring;
- training in independent-living and wheelchair skills;
- adaptive sports and physical activity;
- capacity building for rehabilitation professionals.

EXPECTED RESULTS

- improved independence and mobility of participants with SCI;
- increased confidence and self-efficacy;
- enhanced competencies of rehabilitation professionals;
- wider application of the Active Rehabilitation methodology in Ukraine.

PARTNERS

The program has been supported by various partners over time. Among the most recent are the World Health Organization (WHO), Prytula Foundation USA, and the «League of the Strong» NGO.

IMPACT

People with spinal cord injury gain the practical skills and confidence to lead independent, active lives, while professionals strengthen their capacity to deliver person-centered services. The project contributes to building a more inclusive and effective rehabilitation system in Ukraine.

Duration: 24 months**Budget:** €90,000

All projects online

