

PROJECT CONCEPT

Active Rehabilitation for Children

Ukraine's first active-rehabilitation programme for children and adolescents with spinal cord injury, based on the experience of Poland's Fundacja Aktywnej Rehabilitacji (FAR): training a Ukrainian team, identifying and engaging families, and running camps and activities for children and parents on a peer-to-peer basis.

4–16

age of child participants (years)

30+families identified and engaged
(target)**10+**

instructors in the Ukrainian team

2

pilot events (camp + workshop)

PROBLEM

Ukraine has no active-rehabilitation programme aimed at children and adolescents with spinal cord injury (SCI). The war is increasing the number of such children, yet families remain without systemic support, independence skills, or a supportive environment. Children face isolation early, while parents lack knowledge about care, mobility, and developing their child's independence.

GOAL

To create Ukraine's first active-rehabilitation programme for children and adolescents with SCI by adapting the proven model of Poland's Fundacja Aktywnej Rehabilitacji (FAR): training a Ukrainian team of instructors, identifying and preparing families, and running camps and activities on a peer-to-peer basis. GAR has over 20 years of experience running active-rehabilitation camps for adults and is deliberately preparing for the specifics of working with children — including developing the necessary policies.

OBJECTIVES

- train a Ukrainian team of instructors in the FAR methodology (with Polish colleagues);
- identify families with children with SCI and prepare them to participate (in person and online);
- run pilot active-rehabilitation camps and workshops for children and parents;
- develop a Ukrainian-language methodology and materials and run a broad communication campaign;
- develop the necessary policies (child protection, safety) and prepare the team and organisation for working with children.

IMPACT

The project establishes in Ukraine a sustainable model of active rehabilitation for children with SCI: children gain independence earlier, families receive support, and the trained team and Ukrainian-language methodology make it possible to scale the programme across the country.

BENEFICIARIES

Direct: children and adolescents aged 4–16 with SCI who use a wheelchair, and their parents and guardians. Indirect: trained Ukrainian active-rehabilitation instructors, rehabilitation specialists, wider communities, and future participants of the programme across Ukraine.

COMPONENTS

- experience transfer and training of the Ukrainian team by FAR specialists (Poland);
- family identification and individual support (in person and online ZOOM sessions);
- workshops (children 4–6 with parents) and a camp (children 7–16) of active rehabilitation;
- parent trainings: care, mobility, self-care, psychology, rights;
- development of methodology and learning materials + a broad communication campaign.

PARTNERS

Fundacja Aktywnej Rehabilitacji (FAR, Poland) — the methodology holder and team-training partner. Engagement of UNICEF, the Ministry of Social Policy and the Ministry of Health, local communities, and organisations of persons with disabilities.

Duration: 12 months**Budget:** up to EUR 100,000

All projects online

