



Julia Andersson

- Coordinator of youths` activities, RG Aktiv Rehabilitering
- Bachelor of Degree, Jönköping University, primary-school and PE teacher with further education in children with special needs
- SCI since 2005



Erik Berndtsson

- Employed peer mentor at the Department of Neurology and Rehabilitation Medicine, Skåne University Hospital
- Board member of Personskadeförbundet RTP
- Peer mentor with RG Aktiv Rehabilitering since 2013
- Teaching Degree, Malmö University
- SCI since 2009

Why go scientific?

RG Aktiv Rehabilitering



What is RG Aktiv Rehabilitating (RG)?

- NPO, run by members
- Started in 1976
- Based on physical activity and peer support

Our vision:

A rich and inspiring life for people living with spinal cord injury and others with similar abilities



RG: the bridge between health care and everyday life

Fundamentals of Active Rehabilitation (AR):

- Peer support
- Focus on opportunities and possibilities
- Everyday living environment
- Use physical training as a tool
- Mental training / spending time together

Our objective is to optimise:

- Physical independence
- Psychological well-being
- Physical activity
- Knowledge on SCI



AR training programs

- Activities are led by peer mentors
- RG AR programs last for 7-10 days and include among other things:
 - Wheelchair and walking technique
 - ADL
 - Evening lectures

“Inspiring and amazing course that change a lot in a short time”

- Participant 2019



Why go scientific?

From anecdotes to evidence!

- Use data to improve the programs and camps
- Inspire peer mentors by showing clear results from their work
- Shape and form expectations and goals for participants
- Present the effects of AR in an evidence-based and structured way
- Show effects to the SCI-community, health-care and society



Inter-PEER

- Standardized questionnaires to evaluate effects on:
 - physical independence
 - wheelchair skills
 - community participation
 - life satisfaction
 - self-efficacy
- Practical wheelchair skills
- Data collection at start, completion and 3 months after program



Preliminary results

- Collected data from 50 participants
- 100% response rate and 100% retention rate at 3-month follow-up
- Improvements in overall physical independence
- Improvements in practical wheelchair skills
- Similar gains in confidence in wheelchair skills were retained at 3 months follow-up



Overcoming challenges

- Survey was shortened and made entirely web based
- Survey and wheelchair skills test completely integrated into the AR program
- Follow-up personalized and participants provided with their results on the wheelchair skills test



2019 and onwards

- Organisation
- Participant
- Peer mentors
- Research



Research team

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