

Nutrition and well-being

Finding a new way to meaning of life

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- Presentation
- Visit
- Discussion
- Conclusion

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Presentation Nutrition and well-being

- Presentation by Kevin Schultess from the Manfred Sauer Foundation

Philosophy and aims on the field of nutrition:

- Investigate the role of food in the facilitation of bowel management
- Use dietary measures to replace the need for medication
- Use the understanding and knowledge of nutrition to prevent weight gain and the risk of diabetes
- Encourage a creative approach to cooking and enjoying a healthy diet:
 - Balanced diet
 - “Five a day”
 - High in fibre
 - Sufficient water

Other topics:

- Awareness of the body (by physical activity)
- Creativity and activity (by workshops to find centres of interest)

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Visit of Manfred Sauer Foundation

Guided tour through the centre's facilities:

- Lodging, rooms and bungalows.
- Seminar rooms and special adapted kitchen to learn the cooking, adapted garden
- Fitness room, bubble bath, sauna, massage, ayurvedic
- Handicraft workshops

The whole is forming a platform to enable people to cope with SCI - both the person who is injured and their families

The centre is open to everybody and there are a lot of people coming to use the facilities and enjoy a beer from the home brewery.

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Discussion on nutrition and well-being

- It was pointed out that the bowel management is, for people living with SCI, one of the greatest challenges. The inability to cope successfully with this problem is highly detrimental to the quality of life, making work and social activities extremely difficult.
- After many years of research into the problems of bladder management, we strongly support that focus is now turning to bowel management and nutrition.
- A large information gathering project in this domain would perhaps help finding the best practice needed for everybody, but some delegates expressed certain reservations due to methodological diversity which led to often to diverging results.

Discussion on nutrition and well-being

- It was also mentioned that the bowel management skills taught and learned during rehabilitation are better suited to the hospital than for everyday life outside the hospital.
- Usually people know what they should do, but they don't do it... why? Response to that question could help finding new ways of motivation.
- Another topic seemed important to many: osteoporosis.
- Generally, in the question of well-being it seemed important to find and develop new skills to work with. To encourage activity that will enable the newly-injured person to find meaning and quality of life, irrespective of whether it is work, sport, creative activities or family and social activities.

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Conclusion of the workshop

- As result of the discussions in our ESCIF meetings and workshops we see that SCI persons and their organisations have a huge experience, high level know-how and a lot of creative ideas.
- We want to use that competence to realise a comprehensive set of projects to analyse the problems we face and highlight our expertise.
- By that ESCIF want to become a strong partner for researcher, rehabilitation professionals, social workers and politicians on the way to improve quality of life of persons living with SCI.