



DWARSLAESIE
ORGANISATIE
NEDERLAND

SCI peer support in NL, organization and developments

**Dutch SCI Association
ESCIF, Prague, 9 August 2018**

DON = Dutch SCI Association



- The only national stakeholder for people with a SCI
- Founded in 1976
- Voluntary organization / some paid support
- Now over 1.500 members
- Three core tasks:
 - Information provision
 - Advocacy
 - Peer support

DON peer support



- Information and peer support from the start in 1976
- Willing volunteers / no training / no real selection
- Meetings throughout the country: meet each other and learn from each other
- Help line / (or) Advise line

8 SCI rehab departments



Peer support in / after rehab



- DON lobby: not only volunteers
- In 2013 national SCI Care Standard: peer support is necessary part of rehabilitation programme
- All 8 centres now have paid SCI peer support staff
- Attention point: coordination and cooperation between staff and DON volunteers active in the centres
- Attention point: follow up peer support after discharge

Changing group newly injured



- 2015 in NL: 35% traumatic – 65% non-traumatic
- 200 traumatic newly injured every year *(remains about the same)*
- Significant increase in number non-traumatic
- 3 categories non-traumatic:
 - Degeneration spine *(will increase due to ageing population in NL)*
 - Due to cancer and better life expectance *(also)*
 - Vascular causes / infections

Developments



- Average age newly injured in 2015 in NL: 60
- First admittance SCI rehab: >50% = 65+
- Significant part of newly injured: incomplete SCI (thus restoring walking function to a certain extent possible)
- Admittance in rehab centre or nursing home?
- Changing need / requirements for peer support
- How to train / support the (older) peer supporters?

Questions? / discussion?

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