

CLIENT RESPONSIBILITY

TEENAGERS WITH INTEGRATION CHALLENGES

WHO ARE WE?

Catarina, Nursing, Portugal

Eva, physical therapist, Netherlands

Inka, Occupational therapist, Finland


Nienke, Nursing, Netherlands

Trine, Nursing, Norway



ASSIGNMENT

'The aim of this project is to develop a client based perspective on the delivering of health care and rehabilitaion, focussing on client responsibility in health care.'

- Escola Secundária de D.João II (secondary schooll)
 - Project “*Vai.Pela Escol(h)a*”
 - Intergration challenges
 - Social backgrounds and/or family problems
 - Age 15/16
 - Seven students, male/female
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Project Vai. Pela Escol(h)a

ACP – ADAPTED CURRICULUM PLAN

- Special program with students who have low grades
- Health problems like ADHD or other
- No difference in low or high social status
- No exclusion from other students
- Professionals:
 - Vasco (Social assistment)
 - Isabel (Psycologic)
 - Nuno (voluntary)
- Goals:
 - Promote general school sucess,
 - Improve their responsibility in theirs works,
 - Improve comunication and language,
 - Include family

DAY ONE

Expectations:

- Difficult client group
- Problems with coöperation
- Keep them concentrated
- Different culture

Our program:

- Ice breaking game
- **Red** and **green** game
- Discussion



OUTCOME

Ice breaking game

- Working together
- Avoiding physical contact
- Enthusiastic

Red and green game

- All like sports
- All like being with friends
- All like to be in school, mostly to socialize

Discussion

- Health: exercising, enough sleep and healthy food
- Improve health: more sport, more sport and more healthy food
- Needs: better food in cafeteria, abilities for physical activities
- Happiness: Family, animals, sport, computer and friends



LEARNING OUTCOME

- Use of different expertise
- Use of different tools
- Focus on different things

- Leading to; same impression
- Leading to; same conclusion after reflection

INTERVENTION PLAN

Three strategies

- Information
- Motivation
- Client responsibility



IMPRESSION OF POSTER ONE

Physical activity

Physical activity is important for our health.

The world health organisation recommends that we should do moderate physical activity for minimum 30 minutes every day to maintain good health.



Physical activities impact your body in many different ways. For example:

- It releases the endorphins in your brain, and that makes you happy.
- It increases your concentration level, so it will be easier for you to pay attention in the class.
- It makes you feel better about yourself.
- It makes you sleep better at night.
- It improves your digestion.
- It prevents physical damages.

Moderated activities can be done in many different ways: just walking fast for 30 minutes is one way, dancing for 30 minutes or playing football for 30 minutes is another way.



We would like to give you some examples of how you can do physical activities at school during your free time or in the lunch break. These are easy activities everyone can do alone or together with friends.



Made by Catarina - Portugal, Eva - Holland, Nienke - Holland, Inka - Finland & Tine - Norway.

ICHCI (International course on health care issues) Portugal 2012.

OUR GOALS

‘Our goal was to empower them to take responsibility for their own health, regarding physical activity’

- As individual
- As a group
- As a part of the project



IMPRESSION OF POSTER TWO

Physical Activities



There's many ways of doing push ups: you can lean on your knees or toes, and your arms open or closed.

You can exercise your arm, back and stomach muscles in a funny way like this.



In this way your legs and tights get stronger – and it's fun!



By pushing your friend's back with your own back like this you exercise your leg, back and tight muscles and your balance.



In this way you can help your friend to exercise the muscles in his stomach and in his legs.



By keeping yourself in this position as long as you can, your stabilisation muscles, back muscles and stomach muscles will get stronger.



With this exercise you can also improve your inner stabilisation muscles in your back and stomach.



Getting a high pulse by running forward or still is good for your heart

Your picture

Your own choice of activity: it can be anything!

Remember that physical activity should always be fun!

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DAY TWO

Expectations:

- Positive energy
- Physical contact
- Increase motivation
- Feeling of self-responsibility

Our program:

- Start discussion
- Introducing poster one
- Introducing activities poster two
- Physical activity and games
- End discussion

OUTCOME

Activities

- Motivation
- Participation
- Group work
- Exercising
- Having fun

Discussion

- Motivation
- Listening
- Knowledge
- feelings

REFLECTION ASSIGNMENT

How can we use this experience in the future?



**THANK YOU FOR
LISTENING!**

Do you think we did a good job?

