

Mats-Erik Bjerkefors









What is RG Active Rehabilitation? (RG Aktiv Rehabilitering)

Non-for-profit members organisation

Start in 1976: recruitment to professional sport. Quick change of track

Method: Active Rehabilitation





RG:s vision:

A rich and inspiring life for people with spinal cord injury and others in similar situations





Mission

- Be aware of physical possibilities and maximize independence through physical training
- Strengthen each individual's courage, willpower and ability to take an active part in society
- Be a pioneer on the method Active Rehabilitation and spread it to other countries





Metod: Active Rehabilitation

- Peers
- Focus on possibilities
- Daily life
- Physical training as a tool
- Mental process.





Why we started to paddle

Outdoor active rehabilitation

Complement to indoor rehabilitation

All year around



Reflections after the first excursion

- Better outdoor gear and proper clothing
- Need to develop an adapted seat
- Learn more about kayaking and safety before going out





Adapted seat

(Company: Anatomic Sit)







Step1
Indoor practice







Step 2
Calm water



Double kayak with an extra cockpit





Adapted seat





Step 3 Day trip





Step 4 Kayaking in the archipelago





Archipelago

- Many small islands
- Smooth rock surface
- Right of public access
- Mix of sweet and salt water
- No tide



Preparations – area for the excursion

Find a suitable area and check out:

- 1. Good launching places with accessible parking, toilets, ramps, jettys etc
- 2. Campground and a plan B. Sheltered and accessible natural harbor, smooth rock surface and enough space for tents and outdoor washroom
- Spots for lunchbreak (smooth rock surface, sheltered paddling route, different wind direction options)
- 4. A solution for outdoor washroom



Preparations- the group/participants

- Well prepared participants training before hike (e g indoor pool exercises and safety training, evening paddling, day trips in archipelago)
- Leaders need to be informed about participants pre-skills, mobility and needs
- Group size depending on needs of participants (participant + leader/assistant) (e g 5 and 5) Invite family mebers and friends





Easy access





Camp ground





Camping





To dine out







Transferering





Outdoor washroom



Steps for a canoe club wishing to start up activities for paddlers with physical disabilities

- Check interest in the club
- Find instructors with different skills
- Invent accessibility and make adjustments when necessary on physical premises (indoor and outdoor)
- Education, e g courses like RGs leadership education
- Canoes, kayaks appropriate for purpose
- Outreach work must let people know about possibilities





Sunset in September 2018

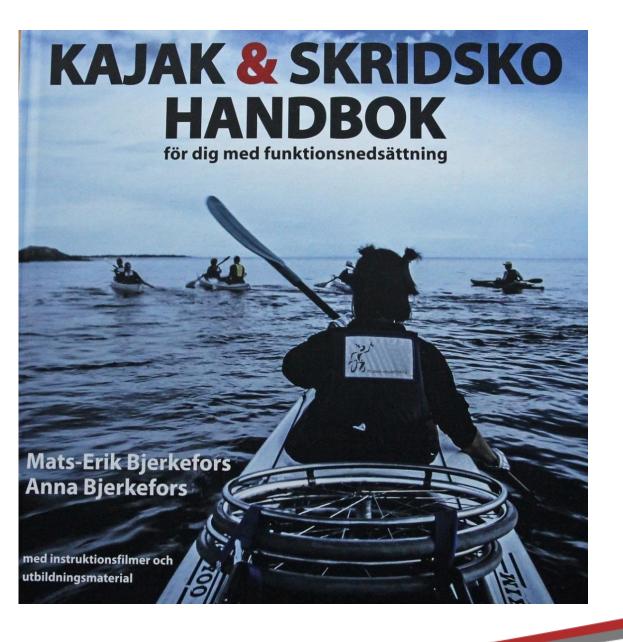


RG outdoor instructor education



Next workshop May 2021





Handbook: kayak and para skating

The book includes an instructional movie: https://vimeo.c om/340150469



Thank you!



Contact

Mats-Erik Bjerkefors

E-mail:

Mats-erik.bjerkefors@rgaktivrehab.se

