

motivation
quality of life



Peer Group Training



PGT: Empowering wheelchair users



- Peer to peer training - critical in contexts where there are limited rehabilitation services
- Challenges people with a disability face:
 - limited education about their disability
 - little or no understanding of potentially fatal health issues such as urinary tract infections and pressure sores
 - poor mobility skills
 - no role models
 - low self-esteem
 - discrimination within society



What is Peer Group Training?



Peer Group Training (PGT) is peer to peer training for wheelchair users in mobility skills, health issues, disability rights and awareness

Why 'Peer to Peer'?



- Active and confident role models can inspire
- Research shows - changes in behaviour more likely if information comes from a peer
- Opportunities to share experiences and learn from each other
- No excuses—participants are less likely to say 'I can't' when the person training them has the same challenges



Training topics



- Mobility
- Health
- Disability rights and awareness



Mobility: Wheelchair skills



Mobility: Transfers



Mobility: Sport



Health

- Bowel and bladder management
- Skin care and pressure ulcer prevention
- Exercise



Disability rights and awareness



- Information about disabilities
- Disability rights
- Sexuality and relationships



Impact



Enos Santos' story:

“After my accident, life was not as good as before. The way people looked at me, they saw me as a burden.

Then I got the invitation for the PGT weekend. When I came there and met all the other people with SCI and realised that other people had the same problems as me, when I realised what they could do, that they could even drive, my life changed.

When I came home, I was not the same person as before.”



Who organises PGT?



Peer group training is normally organised by:

- Local disabled people's organisations
- Rehabilitation hospitals or spinal injuries units
- Local organisations that support disabled people

Motivation's role:

- Support to set up new programmes
- Training of trainers
- Resources for training
- Access to an international network of peer trainers to share experiences

What are PGT activities?



Each organisation that carries out Peer Group Training has different activities depending on their priorities and challenges. Different activities include:

- Week long residential camps
- Home visits
- Hospital visits
- Peer trainers working within a wheelchair service





Thank you