

# DEVELOPMENT OF A TRAINING PROGRAM FOR IMPROVING THE WELLBEING OF PERSONS WITH CEREBRAL PALSY THROUGH INCLUSIVE FEEDING AND PHYSICAL ACTIVITY / CP-WELLBEING

## BACKGROUND

Cerebral Palsy (CP) is a motor disorder accompanied by sensory, communication, behavioural, cognitive and perceptual disturbances, affecting movement and posture. 2 to 2.5 per thousand births in Europe have CP (1 per 500 persons = 1,000,000).

CP cannot be cured, but persons can live a full life with proper care and support, improved movements, intellectual development, level of communication and social relationships. The Convention on the Rights of Persons with Disabilities ensures the enhancement of the Quality of Life (QoL) of Persons with Disabilities.

Feeding and physical activities are closely linked to the QoL of persons with CP (PCP), especially with their physical and emotional wellbeing.

However, inclusive feeding and physical activities are not fully implemented due to a lack of:

- Awareness and knowledge of parents and professionals about the effectiveness of inclusive feeding techniques from the earliest stages of life
- Feeding ability of many adults with CP who have not been adequately supported in its childhood.

The Erasmus+ project CP-WELLBEING is launched with the main objective of increasing the competences (attitudes, skills, knowledge) of Persons with CP, families and professionals about how to implement inclusive feeding and physical activities with a global wellbeing and QoL approach, through an innovative training program supported by an online training platform.

The project partners are CP- Organisations, education and research institutions from five European countries.

## OBJECTIVE AND ACTIVITIES

The project has the specific objectives:

- To raise awareness and motivate the full collective about the importance of inclusive feeding and physical activity as a tool to improve the QoL of PCP.
- To transfer knowledge, tools and guidelines to parents of children with CP and professionals to enable inclusive feeding and integrative physical activity from the earliest stages of life
- To transfer knowledge, tools and guidelines for adults with CP, families and professionals, regarding inclusive feeding and physical activity

### Activities

Co-Creation of a Methodological Guide with the direct participation of end users, with the main objective of determining the key contents, methodologies and tools to be developed.

Development of training materials addressed to persons with CP, families and professionals to facilitate the implementation of inclusive feeding and integrative and adapted physical activities to be used in experiential training activities.

Development of an online training platform, promoting awareness, training content, tailored and adapted Game solutions to support the training.

Creation of four training units in all the CP-Associations of the Consortium in order to ensure the sustainable exploitation of the project contents after the project lifetime.

Development of dissemination actions addressed to the European collective related to persons with CP.

Staff:

Hamburg

Bucksch

## CP-WELLBEING

### DURATION:

01.09.2016 - 31.08.2018

### COORDINATION:

[Ileana Hamburg](#)

## TEAM MEMBERS:

[Kira Rosa Grosch](#)

[Gabriela Lütgen](#)

## THEMES:

[Social, organizational and technological innovation](#)

[Health and quality of life](#)

### **Institute for Work and Technology**

Munscheidstraße 14  
45886 Gelsenkirchen  
Phone: +49 209 1707-0  
Fax: +49 209 1707-110  
E-Mail: [info@iat.eu](mailto:info@iat.eu)

Central research organisation  
of the Westfälische Hochschule  
Gelsenkirchen Bocholt  
Recklinghausen University of  
Applied Sciences in cooperation  
with the Ruhr-University Bochum

