

PEER TRAINING

Led by experienced, role-model wheelchair users, participants with mobility disabilities come together to share and learn knowledge, skills and experience.

Wheelchair users learn about maintaining health, mastering the use of a wheelchair, increasing mobility, building independence, rights and relationships.

Previous participants say that learning from someone who has gone through a similar experience is inspiring and motivational, and that the camaraderie and shared experience of peer training creates a positive atmosphere for change. For many, it is the first time they have been able to see a positive and purposeful future.

WHO IS IT FOR?

Adults (17+ years) who have a mobility disability and:

- Are healthy enough to participate safely;
- Have a (preferably appropriate) wheelchair;
- Are used to being in their wheelchair for at least 50% of their time;
- Can be away from home for four days.

GROUP SIZE

Around 12 participants, with two peer trainers

DURATION

Three to five days training

LEARNING OBJECTIVES

By the end of the training participants will be able to:

- Build greater independence and confidence in managing their daily lives and reducing reliance on family members and caregivers.
- Apply practical health management strategies, including skin care and bladder and bowel management, to prevent complications and maintain wellbeing.
- Develop greater awareness and confidence around sexuality, relationships and personal wellbeing, including making informed choices and communicating their needs.
- Demonstrate improved wheelchair mobility and everyday mobility skills to move safely and independently in different environments.
- Explore the benefits and opportunities of wheelchair sports and physical activity for health, confidence, social participation and community engagement.
- Identify and pursue livelihood and economic opportunities, including relevant skills, services, networks and support available to people with disabilities.

FORMAT

- Presentations
- Experience sharing
- Group work
- Hands-on and practical

KNOW MORE

If you would like more information or to discuss this training, we'd love to hear from you!
Please write to us at: info@motivationindia.org