



# Disability Friendly Homes in China

## – Practical Approach From Danish Therapists



In recent years, Shanghai Disabled Persons' Federation has recruited therapists from Central Denmark Region to equip Chinese caregivers with knowledge, tools and practical approaches to improve the life of disabled persons in their homes in Shanghai. This focus has often been combined with other training courses.

### Learning by Doing

Experienced Danish therapists have been allowed to enter several disabled person's private homes in Shanghai. The therapists have shown how to provide assistive devices and make home modifications by using the 7-step model. The model can help the therapist structure and quality-assure their daily work. The model can be described in these simplified terms:

### Learn

Follow the disabled in their home to learn their daily routines.

### Analyse

Go through the daily routines - step by step - bed, bathroom, eating, sitting, activities and transportation, and ask questions of the disabled person, family members and caregivers.

### Discuss

With the disabled person, family members and caregivers, discuss what is possible to alter using another approach to daily routines and what can be changed with a limited number of assistive devices or home modifications.

### Recommend

After monitoring and discussing, the therapists can give on the spot recommendations that can improve life for the disabled and their caregivers.

### Evaluate

The therapists will visit the disabled again to adjust the assistive devices and make other home modifications if necessary.

### Theory and Practise

Home visits have been video recorded and used afterwards in training courses for Chinese partners. This takes a very practical approach and puts it into a more theoretical framework.

**Get more info at**  
[www.centraldenmark.cn](http://www.centraldenmark.cn)

## Sister City Cooperation

Central Denmark Region and Shanghai Municipality have since 2003 had a sister city cooperation. Several activities have taken place throughout the years. Since 2005, Shanghai Disabled Persons Federation and Central Denmark Region have collaborated in the rehab sector. There has been an exchange of training delegations, speakers and physiotherapists in both regions, and several other fruitful activities for the benefit of both parties.

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## Better Rehabilitation – Better Life

Central Denmark Region – and Denmark in general – ranks among the world's leaders in relation to disability/rehab sector. The combination of 35 years experience developing disability-friendly public regulations, well-trained personnel and advanced assistive devices makes Central Denmark Region a strong partner in the area of better rehabilitation – better life.

**Central Denmark Region**



# 中国的残疾人友好家居环境

## — 丹麦治疗师的实践方法



最近几年上海市残联聘请了来自丹麦中部大区的治疗师来指导中国的残疾人看护和照料人员，提升他们的知识、技能和实践操作方法，从而让残疾人在自己的家里生活得更好。这种指导通常和其他的培训课程结合在一起。

### 在实践中学习

具有丰富经验的丹麦治疗师切身走进上海的残疾人家里，展示如何使用7步法/模型来为残疾人提供辅具和如何改造家居环境。这种模型可以使治疗师保证他们工作的结构化 and 高品质，它可以简化为以下几个步骤：

### 考察

跟随和了解残疾人在家中的日常生活习惯。

### 分析

分解残疾人生活习惯的各个步骤，包括每一个细节：床、浴室、进食、坐、活动、交通等，并通过询问残疾人及其家庭成员和看护人了解更多信息。

### 讨论

与残疾人及其家庭成员和看护人讨论改变某些生活习惯的可能性，以及在有限的辅具和家居改造条件下能够做出的改变。

### 建议

在讨论后治疗师就能现场给出能改善残疾人和看护人生活的意见和建议。

### 评估

在一段时间后，治疗师会再次拜访残疾人家庭，看是否需要再调整辅具或改造家居环境。

### 理论与实践结合

对残疾人家庭的访问和评估被拍摄成短片并在之后的中国培训课程上使用。这样就使得如何改造残疾人家居环境的理论能够在实践中被学习，当然也被用来改善残疾人家居方案。

了解详情，请访问：

[www.centraldenmark.cn](http://www.centraldenmark.cn)

## 丹麦中部大区与上海的姐妹城市合作

丹麦中部大区与上海市自2003年起就开始了姐妹城市合作。至今双方在不同领域都有合作活动。从2005年起上海市残联开始与丹麦中部大区在康复领域展开合作。双方派出培训代表团互访，邀请对方专家作为会议发言人，聘请物理治疗师进行培训等各种富有成果的活动为双方都带来了好处。

## 更好的康复 — 更好的生活

在残疾人/康复事业领域，丹麦中部大区或者说丹麦，在世界上处于领先地位。丹麦中部大区有超过35年的经验制定有利于残疾人的公共政策，培训高素质的专业人员并提供先进的辅具，这些都使得丹麦中部大区成为上海发展康复领域的有力的合作伙伴，更好的康复 — 给残疾人更好的生活。