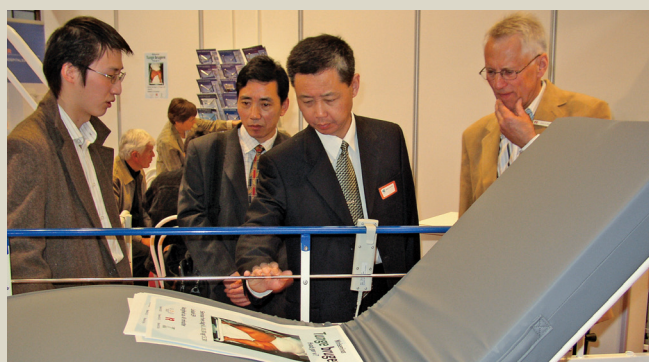




# Rehab Study Tours

– Visits to Rehab Institutions in Central Denmark Region



In recent years, Central Denmark Region has provided rehab study tours for Shanghai partners. The duration of these trips lasts between one and three weeks. Trips entail visits to relevant institutions and hospitals, as well as meetings with doctors, nurses and therapists. Arrangements need to be agreed upon between the partners, and trips could include visits to:

## **The Danish Health and Social Support System**

A general introduction to rehabilitation within the Danish health and social support system by experienced leaders from rehabilitation departments in Central Denmark Region.

## **Marselisborg Centre**

Marselisborg Centre is a centre for rehabilitation, research and development. Marselisborg Centre strives to develop better rehabilitation services – across sectors, professions and institutional frontiers. A trip to the centre could include a visit with and talk to the leaders of:

- The Rehabilitation Centre for persons with acquired brain damage.
- The Orthopaedic Training Centre.
- The Appliance Centre.

## **Hammel Neurorehabilitation Centre**

The centre is a highly specialised rehabilitation hospital for patients with moderate to severe acquired brain injury. These injuries include traumatic brain injury, stroke, infectious/metabolic brain injury, cerebral palsy and anoxic brain injury. The centre treats adults and children.

## **Dementia Café**

Day activity centre for younger adults with dementia.

## **Day and Night Centre, Høskoven**

The centre provides care and activities for adults with brain injuries and physical disabilities.

## **Egmont Social Folk High School**

The school specialises in education for disabled youths.

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

*“One rehabilitation centre offered rehabilitation 24-7. All the patients live in the hospital. All daily activities will be intervened by treatment. After having followed rehabilitation of many patients, we finally understood: Rehabilitation is not only the training for body function, but to adapt patient to study again for his life which was changed by disease. To a patient of coma, the dialogue of therapists and relatives is also treatment. To a patient that has awareness, just an action like opening mouth is treatment, too.”*

**Shen Min, therapist of Shanghai Rehabilitation Center**

## **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.

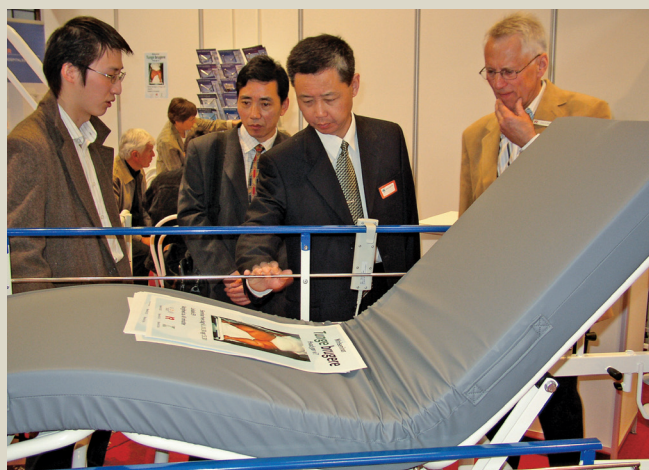
## **Better Rehabilitation – Better Life**

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.



# 康复调研

## — 访问丹麦中部大区的各种康复机构



最近几年，丹麦中部大区为上海的合作伙伴提供了对康复事业进行实地调研的协助。上海代表团在丹麦的停留时间为一周到三周不等，包括访问相关的福利机构、医院并与医生、护士和治疗师会面。调研的具体行程由合作伙伴之间商定，但可以包括：

### 丹麦的医疗和社会支持系统

由丹麦中部大区管理康复部门的负责人对丹麦的医疗体系和社会支持系统中康复领域的情况进行介绍。

### 访问Marselisborg 中心

Marselisborg 中心是一个康复、研究和发展中心，意在开发更好的康复服务 — 包括与政府和企业合作、与不同的专业人员和不同机构的领先研究相结合。

对该中心的访问可以包括参观和与这些机构的负责人会谈：

- 后天脑损伤康复中心
- 骨科培训中心
- 辅具中心

### 访问Hammel神经康复中心

该中心是一个专业为中度到重度脑损伤病人服务的康复医院。针对的脑损伤包括：脑外伤、中风、感染性/代谢性脑损伤、脑瘫和缺氧性脑损伤，并同时治疗成人和儿童。

### 访问痴呆症活动室

这是一个针对患有痴呆症的青年人的日间活动中心。

### 访问Høskoven的日夜中心

这个中心为有脑损伤和肢体残疾的成年人提供照料和活动。

### 访问Egmont特殊高中

这所学校专门负责残疾学生，为残疾青少年提供教育。

了解详情，请访问：

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

“在我们访问的一个康复中心里，他们提供365天每天24小时的康复服务。所有的病人都住在医院/中心里。从他们起床到睡觉，所有的日常活动都与治疗有关。一开始，我们觉得有些难理解康复是如何与病人的休息结合的，在亲眼见证许多病人的康复活动后，我们最终明白了：康复不仅仅是身体功能的训练，也是让病人重新适应因为疾病而改变了的生活；对于一个昏迷中的病人，治疗师和亲属的谈话也是一种治疗；对于一个有意识的病人，像张嘴这样的一个动作也是一种治疗。”

Shen Min, 治疗师, 上海康复中心

## 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。