15400m2
840da

Beitostølen Healthsport Center

- The center is an official part of the national specialist health care system in physical medicine and rehabilitation
- Funded by National Health Service
- No cost for users
- Admittance requires application from a medical doctor
- 700 users per year, aged 6 years or more, with mainly physical disabilities

FACILITIES - indoor

- Hall
  - **international**
- Swimming pool
  - **25m competition**
  - **Therapi-pool (34°)**
- Gymnasium
- Weight room
- Horse-stable
- Climbing wall

Facilities- outdoor

- athletics
- lake
- Ice rink
- Off-road cycling path
- Downhill / sledge
- Horsebackriding facility
- Climbing wall
- Trails / tracks Jotunheimen
- cabin
- 25km own prepared ski tracks

Staff

- Physician
- Social worker
- Physical therapist
- Nurse
- Sports pedagog
- Occupational therapeut
- Riding physical therapist
- Teacher

BCH

Professionals at BHC constitutes a multidisciplinary team

A Stay at BHC

- Children 2-3 weeks
- Youth 3-4 weeks
- Adults 4 weeks

+ follow up stay
+ life span in focus

BHC has 3 main functions

1) Clinical rehabilitation practice

2) Education and information

3) Research and developmental activities

“Focus on the potential”

RATHER:

What's the matter with you?

THAN:

What matters to you?

(Anders Vege, PhD, Kunnskapssenteret for helsetjenesten)

Function

rarther than

Diagnosis / age / groups

- School
- Employment
- Volunteer work
- Social / leisure
- Community
- Health care systems

BEITOSTØLEN HELSESPORTSENTER

aktivitet og deltakelse gjennom livet

Beitostølen helsesportsenter
N-2953 BEITOSTØLEN
www.bhss.no

Participation – the ultimate goal

Model coherence –

- what do others with the same gender and age do?
- What is the goal?
- What are the personal resources?
- How can the social and physical environment and the activity be adapted?

“I can participate”

1) what children prefer to do
2) what they actually do
3) what they feel about it”

Giving the children possibility to express their own point of view

Cultural validation of The Children's Assessment of Participation and Enjoyment (CAPE) and The Preferences for Activities of Children (PAC) in Norway

A. Nyquist MSC, A.Hoberg PT, H.Nordtorp PT, R. Jahnsen PT PhD
Beitostølen Healthsports Centre; Norwegian School of Sport Sciences, Oslo; Oslo University Hospital, Rikshospitalet, Section for Child Neurology

The Children's Assessment of Participation and Enjoyment (CAPE) and the Preferences for Activities of Children (PAC) are two companion measures of children's participation. Both are self-report measures of children's participation in recreation and leisure activities outside of mandated school activities.

Participants

- 300 children
- 6 – 17 years
- Primarily physical disabilities
  - 45 % CP
- Equal numbers of girls and boys
- Their parents
- All attended stays at BHC

Results

- Improve skills
- More satisfied with their own skills
- Courage - try new activities
- Experience enjoyment in activities
- Peer experiences
- Increasing the feeling of safety for the parents is the most important benefit

The interviews highlight that the children use individual strategies for optimizing their own possibilities for participation – these individual strategies include the tuning in of own prerequisites and skills, and the need for adaptations in the actual situation.

Physiotherapy and physical activity

n=406 Jahnsen et al 2003

- 92% had physiotherapy during childhood until 15 years
- 45% learnt to understand the relationship between physical activity and health and fitness, and/or enjoyable adapted sports
- 46% were regularly physically active as adults

Fitness, fun and friends – the meaning of life

Activity and participation through life

EQUIPMENT AND FITNESS

ENJOY
FUN

Friends
Be active
with peers

Learn – with the others

Activity with lots of pleasure

It's worth the hazzle

Want to do more!

Ridderweek – Knights week

The worlds largest annual winter-sports week for people with visual impairments and other disabilities

Therapeutic horseback riding at Beitostølen

Goal: Improve function, mobility, balance and posture

Performed by trained riding instructors and assistants, administered by health professionals

Some patients (mainly CP) receive more specific Hippotherapy, administered by specially trained physiotherapist.

Also elements of recreational horse riding.

Special selected groups of patients can continue Hippotherapy at home with a requisition from the doctor, provided there are riding facilities, and a licensed physiotherapist in their community

Balance
Coordination
Concentration
Strength
Light fitness training

We believe in:

- Building and developing possibilities for each child
- Giving the possibility to work towards a goal chosen by the child – inner motivation
- An accepting and safe environment with positive role-models and peers
- Contributing to the use of the facilities at BHC in an environment with a high standard of competence in adaptation, instruction and education