

WHEELCHAIR SKILLS WORKSHOP

SOSCO REHABILITATION CENTRE

18/7/2016 – 23/7/2016

Date	Time	Tentative
18/7/2016	8.00am-9.00am	Registration
	9.00am-10.30am	Theory session: Wheelchair adjustment & Methodology of wheelchair skills training
	10.30am-11.00am	Tea/Coffee Break
	11.00am-12.30pm	Practical session: Wheelchair adjustment in practice, wheelchair folding/unfolding, posture in wheelchair, wheelchair propelling, moving forward
	12.30pm-2.00pm	Lunch
	2.00pm-4.30pm	Practical session: Basic wheelchair skills (self-protection in case of falling backward, moving backward, turning, back-wheel balance)
	4.30pm-5.00pm	Tea/Coffee Break
	5.00pm	End session
19/7/2016	8.00am-8.30am	Daily Registration
	8.30am-10.30am	Theory session: Teaching methods & Training cycle
	10.30am-11.00am	Tea/Coffee Break
	11.00am-12.30pm	Practical session: Wheelchair plays & games
	12.30pm-2.00pm	Lunch
	2.00pm-4.30pm	Practical session: Advanced wheelchair skills (overcoming kerbs, thresholds, ramps)
	4.30pm-5.00pm	Tea/Coffee Break
	5.00pm	End session
20/7/2016	8.00am-8.30am	Daily Registration
	8.30am-10.30am	Theory session: Functional abilities following spinal cord injury & Activities of daily living training
	10.30am-11.00am	Tea/Coffee Break
	11.00am-12.30pm	Practical session: Advanced wheelchair skills (overcoming stairs with assistance and independently)
	12.30pm-2.00pm	Lunch
	2.00pm-4.30pm	Practical session: Outing – testing wheelchair skills in natural environment (Treasure hunt game)
	4.30pm-5.00pm	Tea/Coffee Break
	5.00pm	End session
21/7/2016	8.00am-8.30am	Daily Registration
	8.30am-10.30am	Theory session: Other issues important for people with spinal cord injuries (sexuality & fertility)
	10.30am-11.00am	Tea/Coffee Break
	11.00am-12.30pm	Practical session: Teaching skills demonstrated by workshop participants (preferably teaching people with spinal cord injuries)
	12.30pm-2.00pm	Lunch
	2.00pm-4.30pm	Practical session: Teaching skills demonstrated by workshop

		participants (preferably teaching people with spinal cord injuries)
	4.30pm-5.00pm	Tea/Coffee Break
	5.00pm	End session
22/7/2016	8.00am-8.30am	Daily Registration
	8.30am-10.30am	Theory session: Other issues important for people with spinal cord injuries (prevention of pressure sores, prevention of urinary tract infection)
	10.30am-11.00am	Tea/Coffee Break
	11.00am-12.15pm	Practical session: Teaching skills demonstrated by workshop participants (preferably teaching people with spinal cord injuries)
	12.15pm-2.45pm	Lunch
	2.45pm-4.30pm	Practical session: Teaching skills demonstrated by workshop participants (preferably teaching people with spinal cord injuries)
	4.30pm-5.00pm	Tea/Coffee Break
	5.00pm	End session
	23/7/2016	8.00am-8.30am
8.30am-10.30am		Theory session: Sport opportunities for people with spinal cord injuries
10.30am-11.00am		Tea/Coffee Break
11.00am-12.30pm		Wheelchair skills test
12.30pm-2.00pm		Lunch
2.00pm-4.00pm		Wheelchair skills test and/or Wheelchair sports competition
4.00pm-4.30pm		Tea/Coffee Break
4.40pm-5.00pm		Certification and Photo Session
5.00pm		End session

Important note: The organizers reserve the right to make changes to the event program.