

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.

LEARNING OBJECTIVES

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

- Feel more comfortable with their disability
- Demonstrate an understanding of their basic human rights
- Demonstrate an understanding of the health issues related to their disability
- Demonstrate basic mobility skills
- Have increased self-esteem
- Feel motivated towards greater independence and participation in society

GROUP SIZE

Around 12 participants, with two peer trainers

DURATION

One day arrival/departure, three days training

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.in