

Press release

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Basic information

Name: Louise Sofia Madsen Email: lmaden@rm.dk Phone: 61688074

Department of: Public Health

Main supervisor: Claus Vinther Nielsen

Title of dissertation:

Prospects and contributions of extending future rehabilitation practices to urban green spaces and community-based rehabilitation: Experiences and perceptions of people with disabilities and health professionals

Date for defence: 28.10.2021 at (time of day): 13.00 Place: P.P Ørumsgade 11, bygning 8

Press release (Danish)

Potentialer ved at udvide rehabilitering til at omfatte grønne områder og lokale fællesskaber i byen – oplevelser og perspektiver fra personer i rehabilitering og sundhedsprofessionelle

I et nyt ph.d.-projekt fra Aarhus Universitet, Health undersøger Louise Sofia Madsen, hvordan sundhedsprofessionelle og personer i rehabilitering oplever det, at rammen for rehabilitering udvides til at omfatte grønne områder og lokale fællesskaber i byen. Projektet tager afsæt i SPARK (Sundhed, Park, Aktivitet, Rehabilitering & Klima), som er en ny grøn by- og rehabiliteringspark i Aarhus, placeret ved MarselisborgCentret, der skal tilbyde innovative omgivelser for udvikling af nye rehabiliteringsløsninger.

Resultatet fra projektet viser, at når rehabilitering udvides til at omfatte grønne områder og lokale fællesskaber i byen, opstår der naturlige læringsmuligheder, som relaterer sig til et varieret hverdagsliv. Endvidere tyder meget på, at når grønne områder i byen inddrages i rehabilitering, så påtager personerne i rehabilitering sig en mere aktiv rolle i sit eget forløb, og kan opleve igen at være en naturlig del af sine omgivelser. De sundhedsprofessionelle spiller en grundlæggende rolle for, at dette kan opnås. Dertil kommer sundhedsfaglige dilemmaer, hvor strukturelle bestemmelser og krav om effektivitet og dokumentation ofte vejer tungere end de naturlige læringsmuligheder og sundhedsfremmende fordele, der er ved at inddrage grønne områder og lokale fællesskaber i byen. Resultatet fremhæver altså kompleksiteten forbundet med at udvide rehabilitering til disse settings, men også potentialet for at understøtte personer i at leve deres daglige liv under og efter rehabilitering.

Titlen på projektet er "Prospects and contributions of extending future rehabilitation practices to urban green spaces and community-based rehabilitation: Experiences and perceptions of people with disabilities and health professionals".

Forsvaret af ph.d.-projektet er offentligt og finder sted den 28/10 kl. 13.00-15.00 på MarselisborgCentret, Fællesfaciliteterne, P.P. Ørums Gade 11, byg. 8, Aarhus C.

Efter forsvaret indbydes der til en reception samme sted.

Forsvaret foregår på dansk.

Alle er velkomne.

Yderligere oplysninger: Ph.d.-studerende Louise Sofia Madsen, e-mail: lmaden@rm.dk, tlf. 61688074.

Bedømmelsesudvalg:

Aslak Steinsbekk, Professor, PhD, Sociologist
Department of Public Health and Nursing, Faculty of Medicine and Health Sciences, Norwegian
University of Science and Technology, Trondheim, Norway

Søren Andkjær, Associate professor, PhD, MA
Department of Sports Science and Biomechanics, University of Southern Denmark, Odense, Denmark

Loni Kraus Ledderer, Associate professor, PhD, MPM, RN
- Chairman of the assessment committee
Department of Public Health, Aarhus University, Aarhus, Denmark

Press release (English)

Potentials for expanding rehabilitation to encompass urban green spaces and local communities – experiences and perceptions of people with disabilities and health professionals.

In a new PhD project from Aarhus University, Health Louise Sofia Madsen examines how health professionals and people with disabilities experience and perceive expanding the frame of rehabilitation to encompass urban green spaces and local communities. The project is embedded in SPARK (Sundhed, Park, Aktivitet, Rehabilitering & Klima), a new urban rehabilitation park under development in Aarhus, placed at the MarselisborgCenter, which has the contextual surroundings to be a potentially unique example of innovative rehabilitation solutions.

The result of the project show, that by expanding rehabilitation to encompass urban green spaces and local communities, then natural learning opportunities emerges, which relates to a varied everyday life. Moreover, the results indicate that the varied outdoor experiences seem to empower people with disabilities to take on a more active role in their rehabilitation and provides them with experiences of being a natural part the local community. In these initiatives, the health professionals play a fundamental role. The result of the project demonstrate how the health professionals are in a dilemma, where structural regulations as well as demands of effectiveness and documentation often come to overshadow the natural learning opportunities and health promoting benefits from including urban green spaces and local communities. Lastly the result highlight the complexity related to expanding rehabilitation to these settings, but also the potentials for supporting persons on how to proceed with their daily life during and after rehabilitation.

The title of the project is "Prospects and contributions of extending future rehabilitation practices to urban green spaces and community-based rehabilitation: Experiences and perceptions of people with disabilities and health professionals".

The defence is public and takes place on 28/10 kl. 13.00-15.00 at the MarselisborgCenter, P.P
Ørumsgade 11,
building 8, Aarhus C.

After the defence there will be a reception at the same place.

The defence will be held in Danish language.

Assessment committee:

Aslak Steinsbekk, Professor, PhD, Sociologist
Department of Public Health and Nursing, Faculty of Medicine and Health Sciences, Norwegian
University of Science and Technology, Trondheim, Norway

Søren Andkjær, Associate professor, PhD, MA
Department of Sports Science and Biomechanics, University of Southern Denmark, Odense, Denmark

Loni Kraus Ledderer, Associate professor, PhD, MPM, RN
- Chairman of the assessment committee

Department of Public Health, Aarhus University, Aarhus, Denmark

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