



ALIGNING INTERPROFESSIONAL EDUCATION AND COLLABORATION IN PRACTICE

using promising regional experiences for international exchange

DISCUSSION TOOL

Rehabilitation Centre Revalidatie Friesland

It is not easy to ask all the information to fill in the ICF framework. Some people have difficulties asking personal questions or are having troubles to discover together with a client what their values are, what and who is important for them, what motivates them and what their needs are. This tool is developed to help discover these questions together with the client.

This document includes questions you can ask during your conversation with the client and an example of an answer you can get.

You can find the documents on the INPRO website: <https://www.inproproject.eu/>

Authors

E. van Lingen, physiotherapist, Rehabilitation Centre Revalidatie Friesland, The Netherlands

T. van der Schaaf, physiotherapist, Rehabilitation Centre Revalidatie Friesland, The Netherlands

I. Otten, occupational therapist, Rehabilitation Centre Revalidatie Friesland, The Netherlands

With the INPRO consortium:

- AP University of Applied Sciences and Arts Antwerp, Belgium
- Coronaria Rehabilitation and therapy services (Coronaria Contextia Ltd), Finland
- Hanze University of Applied Sciences, Groningen, The Netherlands
- Jamk University of Applied Sciences, Jyväskylä, Finland
- Moorheilbad Harbach Gesundheits- & Rehabilitationszentrum, Austria
- Rehabilitation Centre Revalidatie Friesland, The Netherlands
- St. Poelten University of Applied Sciences, Austria

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Discussion tool English (Otten, I. 2022. Personal communication)

Discussion tool - What is important for you?

(Otten 2022)

There are the questions and examples of answers.

Values

What is important in your life? What is of **value**? Why exactly these activities?

*I think it is important to be **independent**. I do not want to be dependent of others to do activities.*

*I like to meet **friends** when I am not at work. I enjoy this highly. Also the **contact** with my **kids and grandchildren** are important to me. Secretly, I enjoy my youngest living at home, although I tease her with that sometimes. It is also a great pleasure that the other girls are living nearby. Therefore, I can see my grandchild Stijn often. Stijn and my are close. I have contact with the grandchildren daily with What's app. I am well informed about their lifes.*

Relations and people-to-people contacts

Who are important for you? And why exactly these people?

*My **husband**, Karel, My three doughters; Thirza, Esmee, Sylvia, my **grandchild** Stijn, my **best friend**, Karen, my colleagues. This is my family. Me and my husband are together for 26 years. I **knows me better than I do sometimes**. Ever since Karel and I are married, we haven't missed sleeping a night together. It is strange that that is the case now suddenly. My daughters are also important for me. Thirza is the only one living at home. The others live in Friesland fortunately. I have a grandchild, Stijn. He is 2 years old. He means everything to me. I babysit weekly and **that gives me much energy**. When I feel down and I see Stijn, I feel better immediately. I **enjoy most walking with Stijn and with our dog Joris**.*

Motivation

What are you **proud of**? And what **motivates** you?

*I am gleaming with proud to my children and grandson. I find it difficult to define what motivates me. I think **other persons** motivate me. I love to be in contact with others. / At work it motivates me to work **together** with colleageus or create something together. I do find it important to see **results** or notice what we are doing.*

Important places

Which **places** are important? Why these in particular?

*My **work**. I work at the Leeuwarder Lyceum as a teacher of English. I work here now for 5 years.*

*The **wood**. I love walkin in the wood with my grandson and dog. This is really relaxing for me. Too bad that I can not walk to the wood but have to take the car first. Of course, our **home** is important. Karel and I moved in in 1996 and Thirza and Sylvia were born here.*

Success

What already goes **fine**? Or what **improves** better than before?

*In hospital I couldn't do anything. Now, I can not do a lot, but I realise I can sit at the **edge of the bed more easily**. I am also **less frightened** to transfer from bed to wheelchair. I can also **sit a little bit longer** in the wheelchair.*

Strategy

How did you manage this? How could you apply this more?

With the help of the PT and the nurse. And also because I do this everyday. Then, you will become better. This will probably also apply to other things.

Question for change

What do you want to **change**? What still obstructs you?

I want to go home again. Walk. Speak better. Use my arm again. Get independent.

Needs for support


How do you want to start with this? **Who** can support you? **How** can others support you?

Get treatment. Practice intensively. I know that my husband and children will bet here for me at all times. They can also support me.




Discussion tool Dutch (Otten, I. 2022, Personal communication))


Wat is voor *jou* belangrijk?




Waarden




Relaties en contacten




Succes




Verandervraag




Motivatie



Belangrijke plekken





Strategie




Ondersteunings-
behoefte

Wat is belangrijk in je leven? Wat is van waarde? Waarom juist deze activiteiten?







Waarden

Wie zijn belangrijk voor je?
 En waarom juist deze mensen?



Welke plekken zijn belangrijk?
 Waarom juist deze?



Waar ben je **trots** op? En wat **motiveert** jou?



Wat gaat er alweer **goed**? Of wat gaat **beter** dan eerst?



Hoe is je dat gelukt?
Hoe zou je dit vaker kunnen toepassen?



Wat wil je **veranderen**? Waar loop je nog tegen aan?



Op welke manier wil je hiermee aan de slag? Wie kan je ondersteunen? Hoe kunnen anderen jou het beste ondersteunen?

