



## Future Now ! Technology Based Social Inclusion Center

**Category :** Futute Tech, Disability, Tegnology

**Target Group :** Young people with spinal cord injury between 17-30 years old.

### **Project Aims :**

Spinal cord injury is the one of the most important kind of disability. A spinal cord injury (SCI) is damage to the spinal cord that causes changes in its function, either temporary or permanent. These changes translate into loss of muscle function, sensation, or autonomic function in parts of the body served by the spinal cord below the level of the lesion. Injuries can occur at any level of the spinal cord and can be classified as complete injury, a total loss of sensation and muscle function, or incomplete, meaning some nervous signals are able to travel past the injured area of the cord. In the majority of cases the damage results from physical trauma such as car accidents, gunshots, falls, or sports injuries, but it can also result from nontraumatic causes such as infection, insufficient blood flow, and tumors.

Aim of the project; to establish an international center that create, implement and transfers innovative practises by "combining technology and sport" to make tangible contribution for social integration of people with spinal cord injury.

Mission of this center will be producing technology based physical acitivity / sport programmes, implementing these programmes with participation of spinal cord injury, to overcome "immotility" problem which is a vital fact for people with spinal cord injury and to help them live a healthy life. Also it aims creating tailor made informal training programmes for spinal cord injury to contribute their self development

**Outputs :**

- 1 - Need Research for People with Spinal Cord Injuries
- 2 - Virtual Reality Based Home Strength Training Programme for SCI  
"VR PRO SCI"
- 3 - Specialized Non-Formal Training Programme for People with Spinal Cord Injuries

**Activities :**

- 1 - Creating Contents of Outputs
- 2 - Best Practice and Technology Transfer Visits
- 3 - Pilot application of VR PRO SCI and Specialized Non-Formal Training Programme
- 4 - Future Now! - Technology Based Social Inclusion Center Dissemination Summit