



Engagement in meaningful activities of patients with chronic spinal cord injury in the home environment

Delooz, E.¹, Logist M.¹, Piskur B.^{1,2} (PhD), Vanrie J. ¹ (PhD), Bonnechère B.^{1,3}(PhD),
Spooren A.^{1,2} (PhD)

¹ Research Center REVAL, Hasselt University, Diepenbeek, Belgium

² Zuyd University of Applied Sciences, Heerlen, The Netherlands

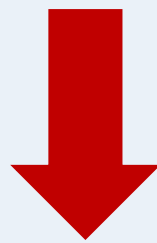
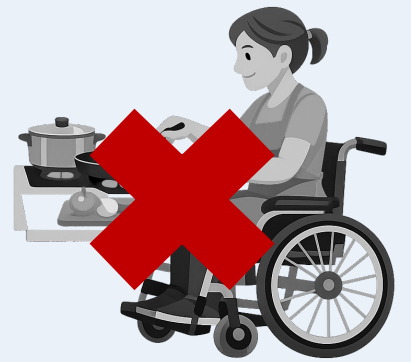
³ Centre of Expertise in Care Innovation, Department of PXL-Healthcare, PXL University of Applied Sciences and Arts, Hasselt, Belgium

No conflict of interest to declare.

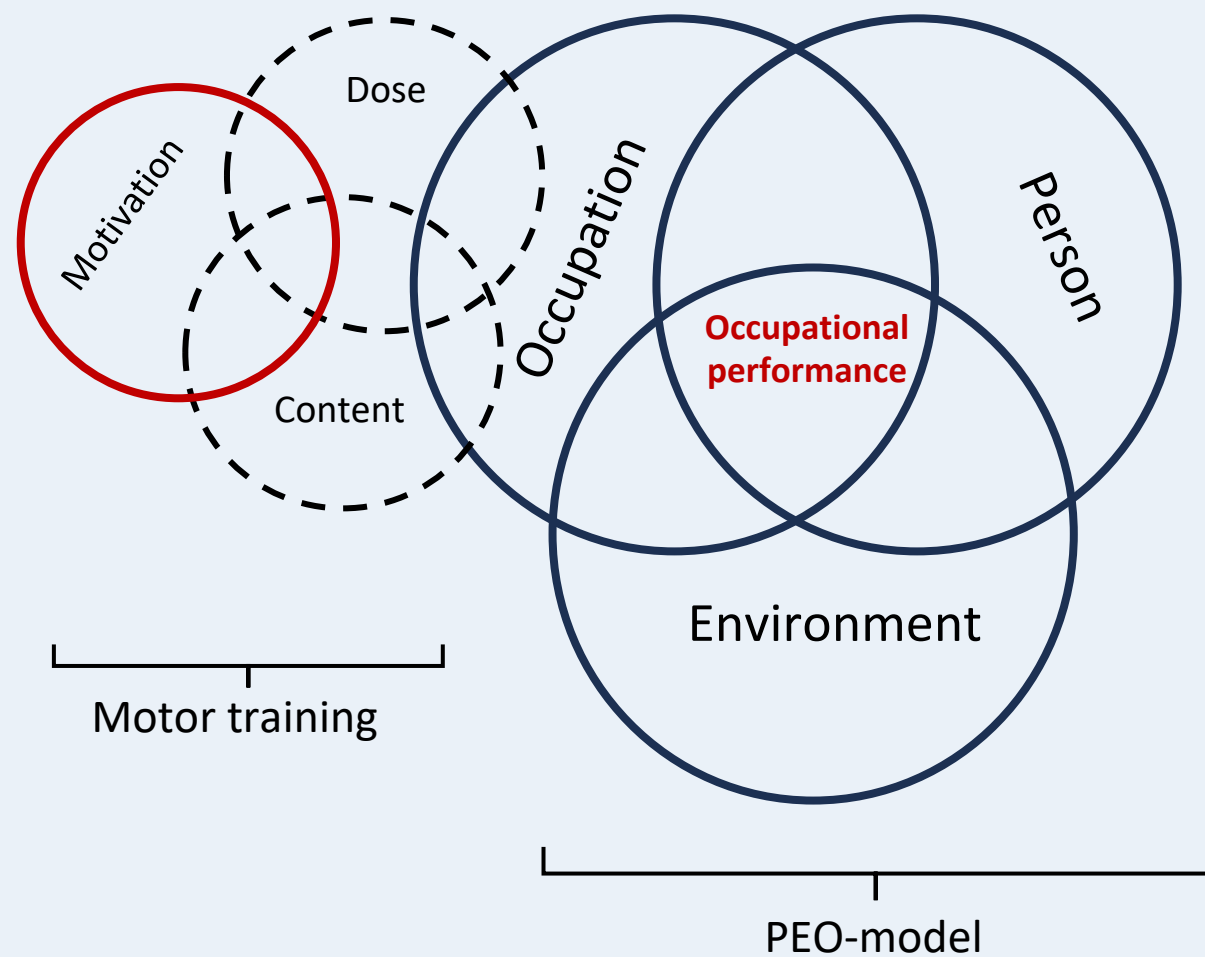


Spinal cord injury

- Unable to perform meaningful activities
- Loss of motivation



Rehabilitation is necessary



Home

- Patients report **transition to home is often difficult**
- Environmental barriers and limited home modifications hinder skill transfer to daily life
- **Intention Behavior Gap (IBG)**



Objective

- Exploring the **presence of an IBG** for c-pwSCI in the home environment
- Identifying **key barriers and facilitators** affecting the **engagement in meaningful activities**.

Method

Rapid ethnography within the population of c-pwSCI:

- Observations during meaningful activities
- Semi-structured interview
- Collection of photographs of the activities and/or environment.

Thematic analysis was used to identify key themes.

Results



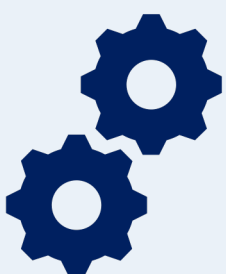
Unique situation

- Person, environment, and occupation are misaligned
- Environment and meaningful occupations no longer fit
- Motivation to participate remains, but cannot always be realized → tension



Confrontation

- Misalignment becomes visible
- Experience of loss and increased dependency
- Gap between what matters and what is possible



Processing

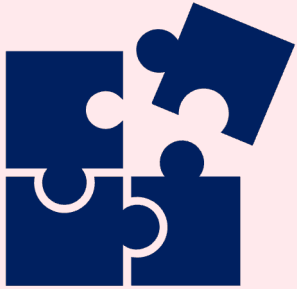
- Emotional impact is acknowledged
- Coping and adjustment begin
- Exploration of new possibilities





Acceptance

- Acknowledging the new condition
- Redefining what participation means
- Acceptance enables engagement

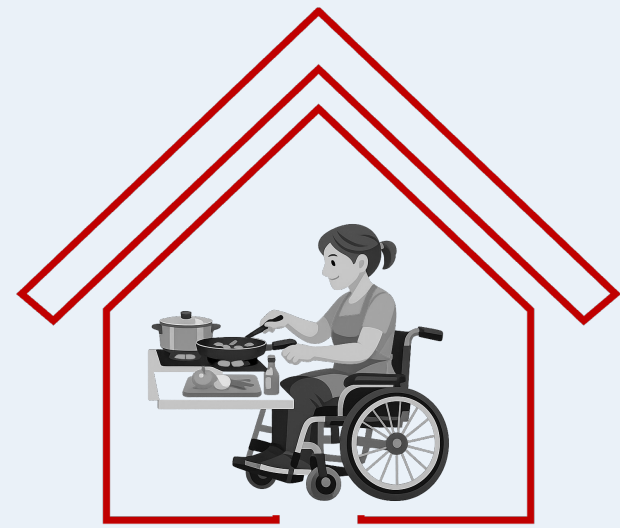


Change of perspective

- Shift from limitations to possibilities
- Adaptations and alternative roles emerge
- Motivation sustains participation over time

Conclusion

- A **dynamic interaction** between person, environment, occupation and motivation
~ alignment and misalignment
- Increased **alignment through processing and acceptance**
- The home can evolve into an **enriched environment** with fewer barriers and stronger facilitators
- An enriched environment **may support sustained participation** and helps to bridge the intention–behaviour gap



Want to know more?

Eva Delooz
eva.delooz@uhasselt.be
LinkedIn: Eva Delooz

