

## **Dolgotrajna rehabilitacija za osebe s pridobljeno možgansko poškodbo v Sloveniji – razlogi, potrebe in ponudba storitev**

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Pridobljena možganska poškodba (PMP) je okvara možganov, do katere pride po rojstvu in ni posledica genetskih sprememb, degenerativnih procesov, kot je staranje, ali nezgode pri porodu. Dolgoročne posledice možganskih poškodbje težko napovedati. Razlikujejo se od posameznika do posameznika in segajo od blagih do zelo težkih.

Za zagotavljanje kakovosti življenja po možganski poškodbi je nujna celovita oskrba, ki zagotavlja kontinuiteto ukrepov in postopkov od trenutka poškodbe skozi akutno obdobje do celovite obravnave v post-akutnem obdobju. V primeru dolgotrajnih posledicna posameznikovo življenje lahko govorimo o dolgotrajni potrebi po psihosocialni pomoči oz. o dolgotrajni psihosocialni rehabilitaciji.

Dolgotrajna psihosocialna rehabilitacija oseb s PMP je večplasten, občutljiv in zahteven proces. Vsi njeni deli so strokovno osmišljeni in načrtovani. Zahteva individualizirano, usklajeno, kontinuirano strokovno pomoč in podporo uporabniku storitve ter njegovim svojcem. S tem mu omogoča ponovno obvladovanje svojega življenja in maksimalno participacijo v skupnosti.

Prispevek bo osvetlil razloge, potrebe in ponudbo tovrstnih rehabilitacijskih storitev v Sloveniji, kjer trenutno obstajajo trije specializirani dnevni centri ter trije specializirani programi institucionalnega varstva oz. celodnevne bivanja, kar pa zdaleč ne pokriva potreb po tovrstnih storitvah. Obstaja namreč velika vrzel pri zagotavljanju enakomerne razpršenosti storitev in predvsem pomanjkanju bivalnih kapacitet za osebe s PMP na območju celotne Slovenije.

Ključne besede: pridobljena možganska poškodba, kakovost življenja, dolgotrajna psihosocialna rehabilitacija

## **Long term rehabilitation of persons with ABI in Slovenia - grounds, needs and offer of services**

An acquired brain injury refers to any type of brain damage that occurs after birth, which is neither due to hereditary disposition nor to degenerative processes, such as ageing, nor to a birth trauma. Long-term consequences of brain injury are difficult to predict. They differ from person to person and range from mild to very serious.

To ensure the quality of life after brain injury, there is a need for comprehensive care that guarantees the continuity of actions and procedures from the moment of injury through the acute period to complete treatment in the post-acute period. In the case of long-term consequences on an individual's life, we can talk about the long-term need for psychosocial assistance or about long-term psychosocial rehabilitation.

Long-term psychosocial rehabilitation of persons with ABI is a multifaceted, sensitive and demanding process. All its parts are professionally planned and meaningful. It requests individualized, coordinated, continuous technical assistance and support of users of services and their relatives, and thus allows them to once again control their life and enable them to participate in the community.

The contribution will shed light on the grounds, needs and offer of this type of rehabilitation services in Slovenia, where currently there are three specialized day care centres and three specialized programs of institutional care, which is far from covering the needs for such services. There is a huge gap in providing an equal dispersion of services and particularly the lack of accommodation facilities for people with ABI in the whole of Slovenia.

**Key words:** acquired brain injury, quality of life, long-term psychosocial rehabilitation