

Peer support in Norway

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Illustrations: Eldbjørg Ribe

It is better to bring light than to curse the darkness

Momentum

- Founded in 1996
- Nationwide user association for amputees and their families
- 700+ members
- 50 Peer supporters
- Activities for amputees and relatives
- Hub of communication regarding living with prosthetics

-- Sharing experience--



Peer Support

- A crucial part of Momentums work
- Valuable sharing of personal experience
- Inspiring and motivating to see others master their destiny
- Focus on human contact with amputees and their next of kin
- A vital part of rehabilitation and a supplement to the health services

-- Sharing experience--

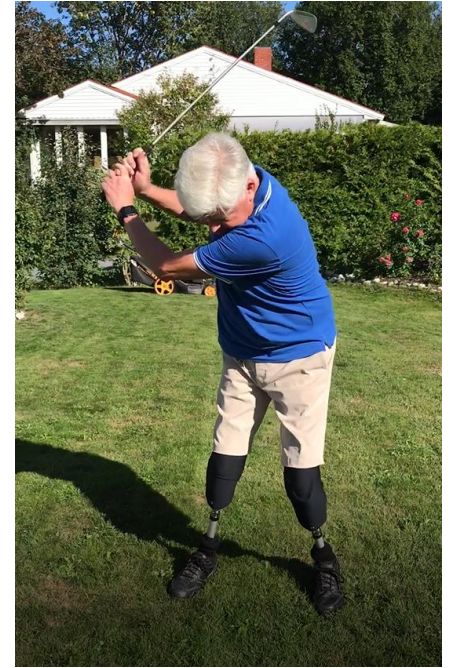


Det å kjenne seg igjen i andre . . .

Peer Support

- Based on using volunteers, unpaid
- Training and certification is provided
- Expenses are reimbursed
- Peer support expenses are funded by The Norwegian Health Directorate

-- Sharing experience--



Vision

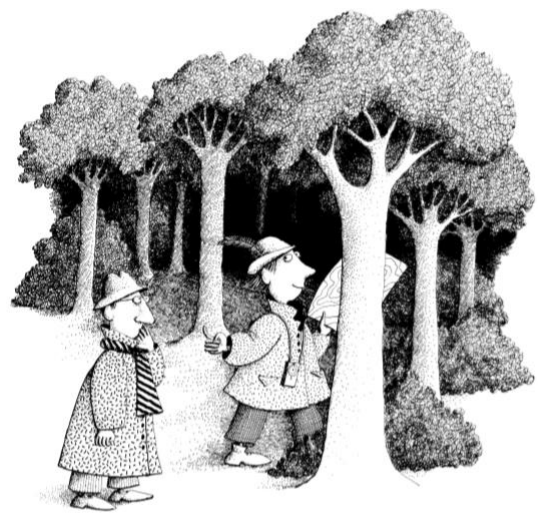
Momentum shall be the best place for amputees and their relatives and helpers to find information about everyday life with prosthetics

Accessible through:

- Peer support
 - Face-to-face or via telephone
 - Group sessions
- Web and the internet
- Newsletters
- Organised activities



Peer support in Norway Q1 & Q2 2019



Region	Events	People
Rural	30	64
East	38	122
North	13	23
West	7	16
South East	14	25
South	4	5
Central	16	104
Totals	122	359

**Total number of certified
Peer supporters: 50**

Total 2018	185	406
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Written agreements

- Rehabilitation institutions
 - Mainly group sessions
- Hospitals
 - Mainly 1:1
- Limb-fitting centres
 - Mainly evening events with specific themes
 - Goal setting
 - New materials in prosthetics
 - Training and activities
 - Ankles & knees



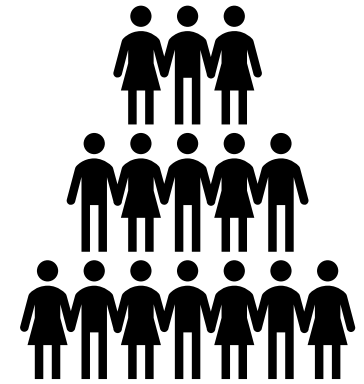
Strategy for Peer Support

- Peer support training course to become certified 1 day
- Mentor roles
- Written agreements with fixed days
- Cooperation with limb-fitting centres
- Support surgeons and personnel in the health services
- User representation in communal services



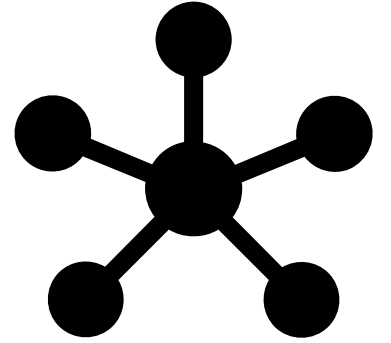
Organisation

- Certified peer supporters (approx. 50)
- Regional coordinators (7)
- Certified peer supporter work group) (4)
- Board



Communication

- Central contact point – 80% of all personal requests
- Direct contact with coordinators
 - Choose the right person
 - Match age, gender, amputation, interests and hobbies
 - Follow-up



Peer support material

- The “Envelope”
 - Welcome letter from Momentum
 - Brochures
 - Training material
 - Advice for next of kin
- Appropriate information to the user
 - Amputee
 - Relatives
 - Health service personnel

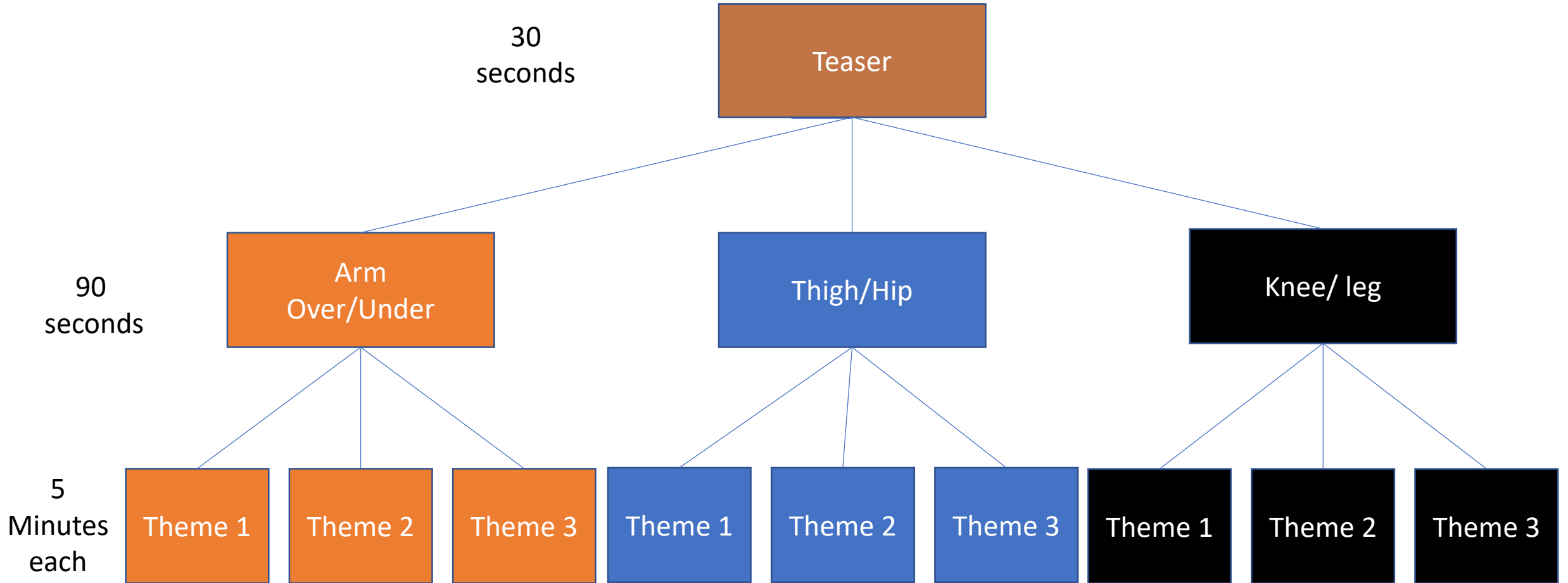


Peer support video project

- 3 year project start 2020
- 12-14 amputees with different:
 - Amputation
 - Reason for amputation
 - Use of prosthetics
 - Gender and age groups
 - Geographical area
- 3-4 films from everyday life with prosthetics
- The films will be edited for use— Follow-up/ Presentations/ Web



Structure



1 theme is about prosthetic use the rest are individual

Quality of Service

- We need active role models
- We all have days when it is not appropriate to be a peer supporter
- There is no shame in saying - no
- Combine experienced PSs with inexperienced (Mentoring)
- Simplify reporting and give feedback
- Match the provider of peer support with the recipient



Good ideas are always welcome