

Trade Fair and Congress, 14 - 17 October 2015



# REHACARE

M A G A Z I N E

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Travel for wheelchair users

**Unrestricted and  
personalised**

Adapted clothing

**Niche with  
potential**

Getting around on wheels

**New forms  
of mobility**



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# Integration.

## Life.

## Society. 2016

INTEGRATION



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6<sup>th</sup> exhibition of rehabilitation equipment and technologies

Rehabilitation / Integration / Prevention / Care / Nursing / Sport / Life style



Mobility / Accessibility / Inclusivity / Universality

27-29 April 2016  
EXPOCENTRE, Moscow

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VIII International Conference  
of Moscow Government

Equipment for rehabilitation  
and care

Programme in parallel

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# Editorial/Contents

## Dear Visitors and Exhibitors,

In just a few weeks, the spotlight of the Düsseldorf trade fair programme will again be on people with disabilities and care needs, and on the elderly. 750 exhibitors from 36 countries will be presenting a current overview of aids and the latest findings for independent living at REHACARE 2015 from 14 to 17 October.

One thing is already certain: anyone who wants to find out what the rehabilitation and care market has to offer on the international level cannot go wrong at REHACARE 2015. With individual solutions for virtually all disabilities, an array of products and services second to none on the global market awaits experts and the disabled.

At around 380 exhibitors, more than half of participants come from outside Germany. The list of exhibiting nations runs from Belgium to Vietnam. National pavilions from Denmark, France, the United Kingdom, Poland, China, Korea and Taiwan are supplementing the exhibits of individual companies. A convincing endorsement from the industry of REHACARE's reputation and its ability to open up new markets. A big thank-you for this to all our customers and partners at home and abroad!

REHACARE gets things moving. And people with restricted mobility can take this claim literally. The manufacturers of wheelchairs and other vehicles will be here in Düsseldorf with a wealth of new and improved products, ranging from a rollator with an electric drive to motor vehicles for the disabled.

Our trade fair also gets things moving in many other areas in the lives of people with disabilities and care needs. Whether you are an active sports enthusiast or want to travel barrier-free, wish for greater safety and comfort within your own four walls or are looking for aids to nursing at home or to communication at home and at work – let yourself be inspired by the opportunities for experiencing barrier-freedom and for maintaining your independence with the aid of innovative rehabilitation technology and services!

I look forward to seeing you at REHACARE 2015 in Düsseldorf!



*Joachim Schäfer*

Joachim Schäfer  
Managing Director Messe Düsseldorf

Page

6

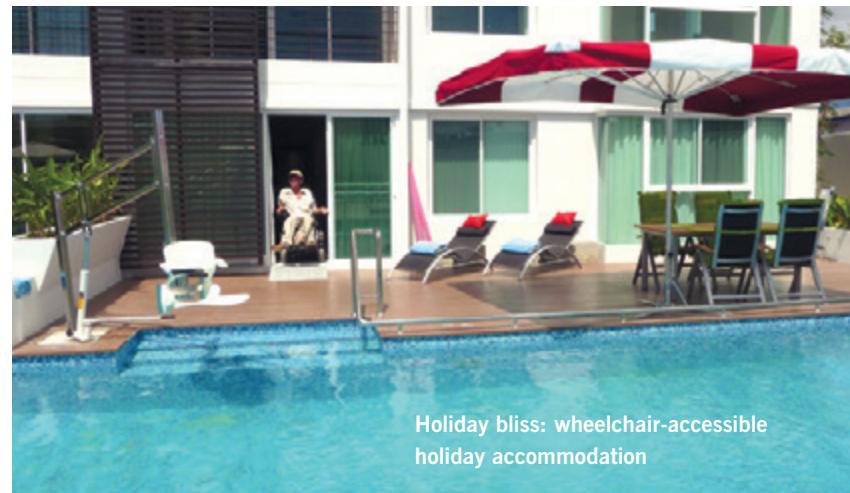


Getting around in comfort: the things that move people with disabilities



Award-winning app:  
how-to tips for everyday care in the home

Page 9



Holiday bliss: wheelchair-accessible holiday accommodation

### ABOUT US

Integration.Life.Society., Moscow

Firmly established 4

REHACARE from A to Z

All you need to prepare your visit 5

City guide

Experience accessible Düsseldorf 5

### INNOVATION & TECHNOLOGY

Getting around on wheels

New forms of mobility 6-7

Functional conversions

Motoring pleasure for everyone 8

Award-winning app

Guide to everyday care 9

### LIFE

Sports in late life

You're never too old to keep fit 10

Living at home in old age

Tips for greater safety and comfort 11

Disabled Sport

Defying fate 12

Travel for wheelchair users

Unrestricted and personalised 13

Adapted clothing

Niche with potential 14

### INFORMATION AT A GLANCE 15

### SITE MAP 16

# About us

FIVE YEARS OF INTEGRATION.LIFE.SOCIETY.

# Firmly established

**Integration.Life.Society. has established itself in Russia among people with disabilities. The trade fair is growing steadily despite the difficult conditions in the country.**

**THRIVING MARKETPLACE** – From 22 to 24 April, the Moscow Expocentre was the venue for the fifth time for the disabled and their families and a thriving marketplace for 172 international exhibitors from such countries as Germany, Russia, South Korea, Lithuania, Slovenia and Austria. 4,000 visitors congregated around the stands and the action areas of Integration.Life.Society. in order to find out about innovations and the latest developments in the fields of everyday assistive technologies, mobility, safety

and monitoring systems, orthopaedic aids, physiotherapy and care as well as leisure and sport.

The event impressively underscores Russia's efforts to meet the demand for solutions that enable disabled people to lead largely independent lives.

**OPENING WITH DÜSSELDORF DIGNITARIES** – The opening of the trade fair attracted high-ranking visitors from Germany. Düsseldorf's Lord Mayor Thomas Geisel, who together with

Werner Matthias Dornscheidt, President and CEO of Messe Düsseldorf, was part of a delegation visiting Moscow, cut the traditional blue ribbon together with his Moscow opposite number Vladimir Petrosjan.

**EXTRAORDINARY PARTNERSHIP** – Trade fair CEO Dornscheidt underlined the importance of Integration.Life.Society.



Bringing people together: essential information platform for the disabled in Russia



particularly in terms of accessibility. “Moscow and Düsseldorf are pulling together in their goal of making Moscow a barrier-free city by 2020. I am delighted with the extraordinary partnership of our cities that stands firm in difficult times and will enable us to achieve a great things in times to come.”

Held in parallel with the trade fair was the traditional, two-day International Moscow Government Conference “Equal Rights – Equal Opportunities”. The 800 participants discussed here the current needs and interests of the disabled and aspects of barrier-free living in Russia.

**INSPIRED BY REHACARE** - Organised by Messe Düsseldorf and its subsidiary Messe Düsseldorf Moscow, Integration.Life.Society. is modelled on REHACARE Düsseldorf. However, the product portfolio of the Russian subsidiary is geared especially to the needs of the home market. The next fair, Integration.Life.Society. 2016, is taking place in Moscow from 27 to 29 April 2016. ●

**Celebrity visit:**  
**Düsseldorf's Lord Mayor Thomas Geisel (left) at the opening of Integration.Life.Society. 2015 in Moscow**

## Further information

Anyone wishing to know more about the fair is welcome to visit the Integration.Life.Society. stand on the ground floor of Hall 7 (hall/stand 7.0/A 06) at REHACARE 2015. Information is also available on the Internet at [www.integration-russia.com](http://www.integration-russia.com) and from Messe Düsseldorf: Andreas Schweißinghaus, SchweißinghausA@messe-duesseldorf.de, Tel. +49 (0) 211 45 60 - 7797

## REHACARE A TO Z

# Preparation at the click of a mouse

**FACTS, TICKETS AND DATES** – The Internet portal REHACARE.com helps you to prepare your visit to the fair effectively so that you can see and experience as much as possible. From the homepage you have direct access to all information and services of relevance for your trade fair visit.

Under Visitor Service you can find a list of all dates, facts and figures for REHACARE 2015. Admission tickets are available at the online shop at REHACARE.com. And you save money here: the day ticket costing EUR 7 is EUR 5 cheaper than over the counter.

**CUSTOMISED INFORMATION** –

Looking for a certain exhibitor? Just click

on Companies & Products to call up the extensive exhibitor database. With MyOrganizer, the electronic trade fair notebook, you can also conveniently put together your own personal tour of the fair on the Internet. MyCatalog in PDF format makes it additionally possible to print out all the information on exhibitors and products in a personal catalogue.

**WELL-INFORMED ALL YEAR ROUND** – REHACARE.com has plenty more to offer – all year round as well. On the main page, a colourful assortment of current information, news, reports and interviews awaits you. Over 270,000 people with care and assistance needs, and their family members, made eager use of these



resources last year, visiting the Internet portal in 380,000 sessions and recording about 1.64 million page views.

Plan your trip to the fair effectively at the Internet portal REHACARE.com.



Tactile street maps help people to find their way around Düsseldorf.

The leaflet "Düsseldorf without barriers" helps mobility-restricted people to explore the city with ease. "It is a great help to all those who have to plan their trips more meticulously than others," says Dr Eva-Maria Illigen-Günther, Managing Director of Düsseldorf Marketing und Tourismus GmbH (DMT). The informative guide to accessible Düsseldorf, published this year in its third, updated edition, contains information among other things on hotels, arrival and departure, public transport, eating & drinking in and around the Altstadt (Old Town) and accessibility at the numerous museums, sights and leisure facilities.

## EXPERIENCE ACCESSIBLE DÜSSELDORF

# Guide to the trade fair city

**"Tourism for all" is a theme not only in the exhibition halls of REHACARE, but also in the trade fair city of Düsseldorf.**

**TACTILE STREET MAPS** – A special service in Düsseldorf is its tactile street maps of the city. The first one was installed at the Marktplatz square in the Altstadt in 2010, followed by another in the Königsallee boulevard in 2013. Written information on the maps is in Braille and tactile Latin lettering. The most important sights are indicated as well as the underground railway entrances, accessible toilets and much more besides.

**BARRIER-FREE SERVICES** – Making use of trained guides, DMT also organises disabled-friendly tours of the town for wheelchair visitors, in sign language and for the visually impaired. In addition, many institutions offer barrier-free

services. One example of this is Kunstsammlung Nordrhein-Westfalen (museum of art) in the K21 Ständehaus (former parliament building) which has disabled parking spaces inside and courtesy wheelchairs. Another is Deutsche Oper am Rhein (opera house) which has four wheelchair seats in the stalls and an inductive loop system offering wearers of hearing aids excellent acoustics for enjoyment of the performance.

The brochure is available in German and English free of charge at the two accessible Tourist Information offices at the Central Station and in the Altstadt and can be downloaded at the accessible DMT website: [www.duesseldorf-barrierefrei.de](http://www.duesseldorf-barrierefrei.de)

# Innovation & technology



GETTING AROUND ON WHEELS

## New forms of mobility

**REHACARE stands for mobility. In Düsseldorf, the industry devoted to everything that gets people moving is presenting new and improved products that enhance quality of life in everyday living, leisure and at work.**

### MODELED ON THE GOLF TROLLEY

— According to Deutsche Seniorenliga e. V., a charity devoted to the needs of the elderly, over 1.6 million rollators are purchased in Germany each year. But getting around with a conventional walking aid is not always easy. “What do people with a walking disability do when they have to walk uphill with a rollator?” Siegfried Hermann, Managing Director of Bemotec asked himself. And he went ahead and developed the electric and variably controllable “beactive” rollator. The e-rollator not only makes it easier to overcome uphill gradients, but also has a battery range of up to 25 kilometres (or a maximum of 10 hours of

operation). The speed can be individually set. The “beactive” grips have integrated sensors that protect the hands from pressure points. The electric drive can be started and stopped without physical effort. Safety is ensured



The “beactive” e-rollator has a battery range of up to 25 km and helps users to walk uphill.

## Innovation & technology



The new recumbent tricycle Lepus makes riding a breeze even on rough surfaces.

by ergonomically designed brake levers and an intelligent automatic braking system. "The rollator literally gets people with limited mobility moving in a totally new way," Hermann assures us. The idea for his innovation, incidentally, came to the golfing enthusiast from his electrically powered golf trolley.

### MORE MANOEUVRABLE AND FLEXIBLE

There are also new products for wheelchair users. The S3 and U3 active wheelchairs of the Panthera brand score with improved manoeuvrability, flexibility and handling. The front wheels have been given a new tread that lets them swivel more freely. Ergonomic, individually height-adjustable push handles enhance comfort and safety. The side elements have been optimised. They are very strong and firmly support the user's weight while being soft and flexible enough to enable the wheelchairs to be transported and stowed away comfortably. Both models are available with seat widths of 33 to 50 cm and for body weights of up to 150 kg. The active wheelchairs are on show at Volaris Deutschland GmbH.

**ALL-TERRAIN** – Unlimited pleasure on the move is offered by the Freeee F2 electric wheelchair on the Segway principle. The goal of manufacturer Freeee Mobility is to give people with paraplegia or impaired mobility greater freedom of movement and hence a new zest for life. Whatever the terrain – sandy beaches, cobbles, forest floors, meadows or up- or downhill slopes – the wheelchair with two independently controlled electric motors takes everything in its stride. It has a range of

up to 38 km with a top speed of 10 km/h. A complete battery recharge takes eight hours.

The F2 is a self-balancing vehicle with electronic control. In its development, great importance was attached to safety. The dynamic stabilisation technology with five gyroscopes measures the terrain and body position 100 times per second and balances the wheelchair continuously. Integrated parking supports at the front and rear are electronically controlled, extend by pushbutton and firmly support the vehicle. Thanks to removable seat cushions, adjustable steering rod, backrest and footrest, the F2 can be individually adapted to the driver's needs. Holders are provided so that walking aids can be transported.

**RIDING IN SAFETY** – Safety on three wheels is provided by the Lepus Comfort trike. With its various features, this model from Hase Bikes is an excellent choice for older or disabled people. The fully cushioned frame, independent wheel suspension and adjustable seat heights make riding a breeze even on rough surfaces. The recumbent tricycle is also easy to fold up and, thanks to its minimal diameter of about a metre, can be stowed away in practically any compact car.

For people with back complaints or rheumatism, the Solo and Primo mobility scooters from Dutch manufacturer Life & Mobility are a solution. "Particularly worth mentioning is the scooter's unique, patented Indego suspension system," says Michael Schmitz of Volaris. It has three settings: Active, Comfort or Xtra (for extra cushioning).

**AT EYE LEVEL** – Almost any wheelchair user can stand passively even if his or her active ability to stand or walk is impaired or non-existent. And this is precisely where the principle of the Tek RMD takes its cue by enabling the user to stand upright and ride independently. The innovation by the US manufacturer Matia Robotics creates much more scope for activities both within one's own four walls and in other indoor areas (in the office or at school, for instance). Users are able to access cabinets, shelves and bookcases, among other things, that are beyond the reach of seated wheelchair users or that would require adaptation. In the Tek RMD standing wheelchair, the user can engage with others at eye level. The innovative model is designed for people 1.4 to 1.9 metres tall and weighing 40 to 120 kilos.

The electric scooter Solo features a new kind of suspension system.



The Grand Tourneo Connect makes getting aboard easy for active wheelchair users who have tired themselves out.



### FUNCTIONAL CONVERSIONS

# Motoring pleasure for everyone

In Hall 4, visitors to REHACARE can see how innovative vehicle converters are today in enabling mobility-restricted people to live independent lives.

**WORLD PREMIERE** – Motoring pleasure for everyone is promised by the innovations of the automotive sector on show at REHACARE. The specialists in

vehicles for the disabled are demonstrating what independence means today for people with disabilities. Visitors to REHACARE can look forward to the first self-parking disabled vehicle with a fully electronic steering and driving system from Paravan – a vehicle celebrating its world premiere in Düsseldorf.

The Swabian manufacturer is also presenting its “Grand Tourneo Connect” Ford model that has a spacious interior, voice control, a lowered floor and an extendable underfloor ramp enabling active wheelchair users with little residual strength to board the vehicle by themselves. The driver's and front-seat passenger positions can be used interchangeably. A useful feature is that the vehicle's docking station recharges the wheelchair batteries during the trip.

**THE LATEST FOR CAMPING ENTHUSIASTS** – The innovative “Reha Camper” strategy of Automobile Sodermanns and HRZ Reisemobile is said to cover 90 per cent of individual customer wishes. The vehicles serving as the basis for conversion into camper vans are the Mercedes-Benz Sprinter, the VW Crafter and the Opel Movano, which are equipped with a lifting platform, a wheelchair-accessible



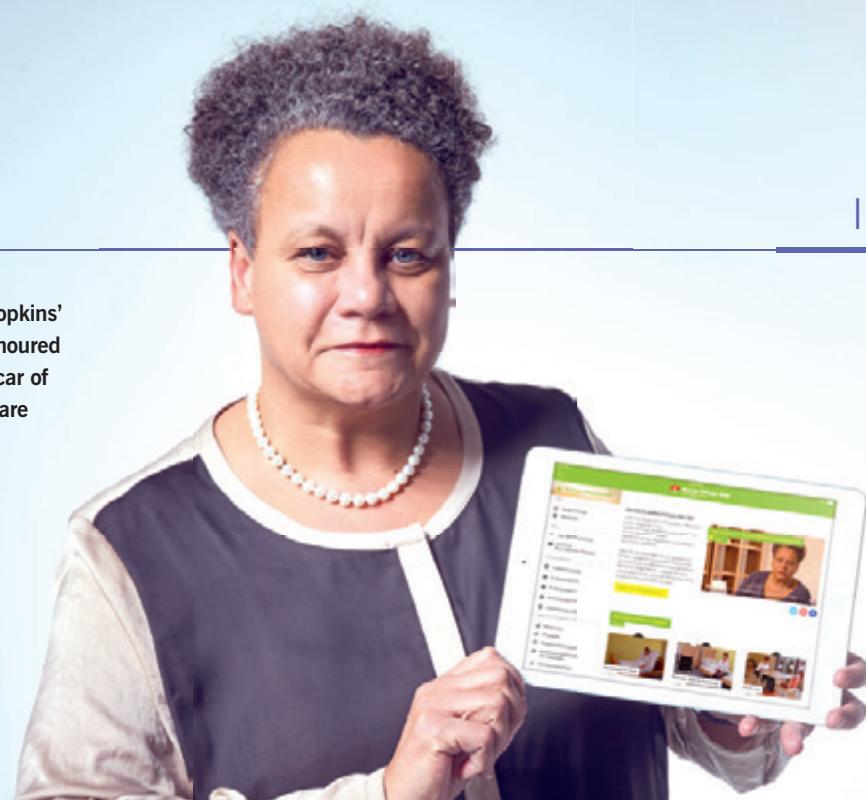
Well equipped: the Reha Camper conversion concept creates functionality and space in the vehicle

bathroom, swivelling driver's and front-seat passenger seats, a broad passage with grip handles and a large sofa bed.

For an active life, you don't have to sit at the wheel yourself – this is the principle embraced by AMF-Bruns in its new Volkswagen Caddy complete with an XXL rear entry cut-out and EasyFlex ramp. The vehicle's ramp is easy to operate and ensures comfortable wheelchair access, while permitting rapid conversion back into loading space. The converted Volkswagen T6 is based on a similar approach. Concealed beneath the side of the vehicle, the ultra-slim, fully automatic K90 cassette lift does not encumber the passenger compartment and contains an automatic roll-on/roll-off flap that works even on bumpy or snow-covered road surfaces.

At REHACARE, Mobilcenter Zawatzky is presenting numerous conversions on a demonstration vehicle. They cover everything from the simple mechanical installation of a steering wheel spinner knob that makes single-handed steering of the vehicle possible right through to the high-tech joystick solution. “The voice control system for the vehicle's secondary functions is totally new,” says a proud Marketing Manager Bernd Schulz. “Yet another milestone of ours in conversions for the disabled.”

**Henriette Hopkins'**  
app was honoured  
with the Oscar of  
the health care  
sector



### AWARD-WINNING TRAINING APP

## Guide to everyday care

**Care at home poses a multitude of problems for family members. Former nurse Henriette Hopkins has sought a remedy – and developed Kinaesthetics Care, an award-winning app.**

**ESTABLISHED ONLINE** – In fact, she always wanted to become an air hostess. “But my grandparents whom I grew up with were vehemently against it,” Munich-born Henriette Hopkins recalls. And smiles: “They were afraid the plane would crash.” Her aunt was working at the time as a nun in an institution for disabled people, and this is where Hopkins got to know and love this type of work – and decided to train as a nurse. Later, the 52-year-old worked as an administrative and nursing manager in residential homes before finally creating the online platform onpflege.tv, which is targeted specifically at family members providing care at home.

This venture then gave rise to the Kinaesthetics Care app. “This is my main project and accounts for about 99 per cent of my daily work,” says Hopkins. From her own experience, she knows what it means to nurse someone at home. “What prompted me to develop this app was caring for my grandparents. There’s a world of difference between care in a

purpose-built institution and care at home.” According to the Federal Statistics Office, there are 2.63 million people (2013) in need of care in Germany, 71 per cent of whom are cared for at home. Not usually trained in nursing, family members are confronted with a host of problems. And this is where Hopkins’ app takes its cue and offers support.

**MOVING TOGETHER** – Kinaesthetics Care builds on expert knowledge presented in plain language for the layperson. In 3- to 4-minute training videos, the Kinaesthetics exercise strategy is explained. The focus is on actively involving the person concerned in the movements that enable him or her to get up out of bed or out of a wheelchair. “Everyday life consists entirely of movement,” the expert explains. “But we often don’t think about how we move. In Kinaesthetics, we perform these movements consciously with the cared-for person.” Rather than lifting, everything is performed by shifting

weight. “We learn to rethink how we move and apply this knowledge to the other person.” The receiver of care is thus given mobility resources. The gratifying side-effect for the carer is that his or her back is relieved of strain because the person is moved rather than lifted.

**VISION FOR THE FUTURE** – For her innovative app, Henriette Hopkins has been commended with a Health:Angel – the Oscar of the health care sector – at this year’s Health Media Award ceremony in Bonn. Although Kinaesthetics Care is already available (see box), the project is still in its infancy. “We’ve done the groundwork,” says the entrepreneur, “and only now are we really shifting into gear.” New videos are already in the pipeline on such subjects as dementia, aid for the disabled and strokes. Her plans for the future? “I want to close the loop,” says the energetic innovator, “and make sure this training app is put to use in other areas like clinics, old people’s homes and outpatient care.”

### INTERNATIONALLY AVAILABLE

**CARE APP** Kinaesthetics Care, which also contains information on the German Long-term Care Insurance Act, tips on dealings with the care insurance institutions and more, has so far been available in Germany, Austria and Switzerland. Since August 2015 there has also been an international English-language version, with Spanish and Portuguese versions to follow.

The app comprising 11 videos costs EUR 4.99 and can be downloaded from the App Store and Google Play for the iPad and all widely used tablet computer versions. A version for the iPhone and Android smartphones will be developed in due course. The free version comprises 3 training videos.

# Living

SPORT LATE IN LIFE

## You're never too old to keep fit

**You do not have to be young to participate in sports. Scientific studies confirm that regular exercise at an advanced age can even prevent illness.**



**BOOSTING QUALITY OF LIFE** In view of our high average life expectancy, most of us today will enjoy a long life. However, despite this reassuring fact, staying active is essential. Physical and mental performance decline with increasing age – and this is often accompanied by diminished quality of life. Nevertheless, anyone who is active in their later years of life can slow down the decline, improve their quality of life and prevent illness. Even those taking up exercise late in life can triple their prospects of good health in their final years. This is confirmed by research. Professor Heinz Mechling, Director of the Institute of Exercise and Sports Gerontology at the German Sports University in Cologne, says: "There is plenty of sound evidence substantiating the preventive and therapeutic effects of exercise and training on health."

An important finding is that sport also enhances mental fitness. "Exercise and sport," the gerontologist explains, "have a direct effect by boosting the oxygen supply and messenger substance metabolism in the brain. They have an indirect effect by reducing risks of such conditions as high blood pressure or diabetes, which can impair cognitive processes." In other words, regular exercise also diminishes the risk of dementia.

**Nordic walking is excellent cardiovascular exercise that is kind to the joints.**

**MAINTAINING A BALANCE** – Keeping fit does not involve a great deal of effort. "Major beneficial effects on health are achieved with just two to three hours of training per week," says Mechling. The range of suitable sports is almost limitless. Along with classic activities like water aerobics and specialised gymnastics for mobility and coordination, older people also benefit from light strength training in the gym. Even balancing exercises on a slackline are suitable as they train the sense of balance and thus reduce the risk of falls.

### GETTING ACTIVE AT REHACARE –

At the Sports Centre in Hall 7a of the fairgrounds, REHACARE is inviting visitors to try out different sports. North Rhine-Westphalia's Disabled and Rehabilitation Sports Federation (BRSNW) is offering boccia and archery, among others. "Both sports are ideal for older people with limited mobility," says BRSNW press officer Andreas Geist. Other sports activities in Hall 7a: table tennis, which promotes dexterity, and an obstacle course on which everyday obstacles have to be playfully overcome – on foot, with a rollator walker or in a wheelchair. Walking steadily and confidently is also important for the health and fitness of older people. This is facilitated by the "G-Weg", a kind of training carpet developed specifically to improve the gait and prevent falls, which can also be tried out on site.



**Level-access showers even on sloping floors – all possible thanks to the floor drain pump**

## LIVING AT HOME IN OLD AGE

# Tips for greater safety and comfort

**Elderly people who want to lead independent lives within their own four walls should make their home environment barrier-free in good time. Even minor changes can often have a big effect.**

**SAFETY FIRST** – Nearly all people wish to live for as long as possible in their familiar environment, even with the limitations or disabilities that come with advancing years. And in old age, life becomes more focused on the home. With elderly-friendly conversions and innovative technology, the home can be adapted to personal needs.

“To make an independent life possible at home, changes in the areas of mobility and safety are particularly important,” says Martina Koepp, Managing Director of GGT Deutsche Gesellschaft für Gerontotechnik. “Safety first” should be the overriding principle particularly in the bathroom. “To ensure that it does not become an accident blackspot for slipping and tripping, a

level-access shower is recommended,” says the expert. Such a shower can be easily installed even in existing bathrooms. Being presented at REHACARE is a floor drain pump that compensates for the lack of floor depth, as frequently encountered in older buildings, for example.

### CAUTION! RISK OF FALLING! –

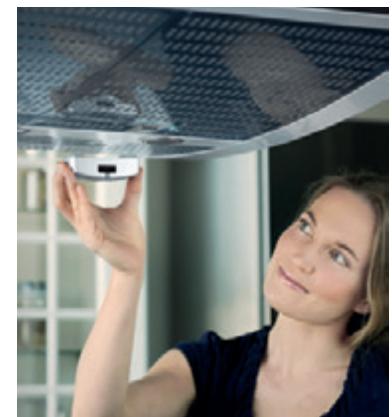
However, obstacles and tripping hazards can lurk in other rooms as well. Ideally, the home should be free of steps and sills and provide sufficient space for unrestricted movement. Because this is only rarely the case, minor but by no means ineffectual measures are often advised. All loose carpets and rugs should be removed or securely fastened down. Too much furniture in the home also increases the risk of falls. Stairs should always have a second handrail. Given enough space, the installation of a stair lift may be advisable.

**HANDY HELPERS** – Also important are good lighting, sufficient grab bars –

particularly in and around the shower and bathtub – and aids to getting up and sitting down. “Owning a rollator walker or powered wheelchair means being able to move around safely close to home,” Koepp explains. She also recommends useful devices like door opener systems and sensors to monitor the stove top.

**INNOVATIVE TECHNOLOGY** – As far as ways of making homes and houses fully accessible are concerned, the sky’s practically the limit. Together with its industrial and craft partners, Deutsche Gesellschaft für Gerontotechnik (GGT), Iserlohn, is presenting an abundance of products from all aspects of living in comfort in Hall 3 at REHACARE 2015.

This year, the main theme at the stand is how functional barriers in buildings can be overcome. An example of this is intercoms exploiting the principle of making use of at least two of the three senses of hearing, sight and touch. These make buildings accessible to and usable for all user groups.



● **Safety module:** the stove-top monitor (left) sounds the alarm when the stove gets too hot.



## DISABLED SPORT

# Defying fate

**Nora Hansel lives for competitive sport. But then the young athlete receives the devastating diagnosis of a brain tumour. With tenacity she has fought her way back – and undergoes a metamorphosis unusual for a sportsperson.**

**OPERATION INSTEAD OF OLYMPICS** – Nora Hansel is afflicted with constant headaches, attacks of dizziness and impairments of her visual field. A year later, doctors examining the young woman discover a brain tumour. “I couldn’t believe it. And I refused to believe it. Only during a visit to the neurosurgeon when he suggested an operation the following day did I realise how serious it was.” Yet Nora Hansel had so many plans for the future. Her big dream was to participate in the 2010 Winter Olympics. But after the major operation in 2004, that seemed out of the question.

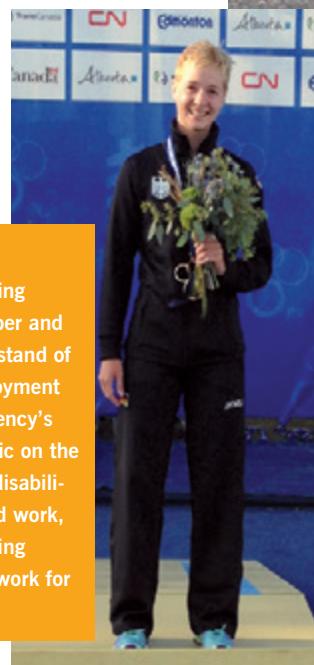
Lasting damage could not be prevented, and ataxia and hemiplegia were the consequences. “With the right side of my body I’m unable to perform coordinated movements,” the now 30-year-old explains. The operation was followed by a total of 20 weeks of inpatient rehabilitation and 5 years of outpatient physio- and occupational therapy. Walking, talking and eating – everything became a challenge.

**STARTING ANEW** – But even during this period, the athlete does not lose her fighting spirit. “The problem was I couldn’t go back to the biathlon. Cross-country skiing is a highly complex sport, and my disability had put it beyond me.” The search for an alternative leads her finally to the paratriathlon with the disciplines of swimming, cycling and running. “I can compensate for a great deal with the healthy half of my body and, thanks to orthoses, I can run again,” she says. In 2011 Hansel takes part in her first competition since her operation. And only

three years later, the paratriathlete wins a whole string of titles, becoming German, European and, finally, World Champion.

Hansel is supported by her employer, the Federal Employment Agency, in Essen. Her 90 per cent job as a customer adviser is easy to reconcile with sport, she says. In addition, the disabled sportswoman works flexitime and can offset overtime with days off. “This leaves me sufficient time for training before and after work and for competitions.”

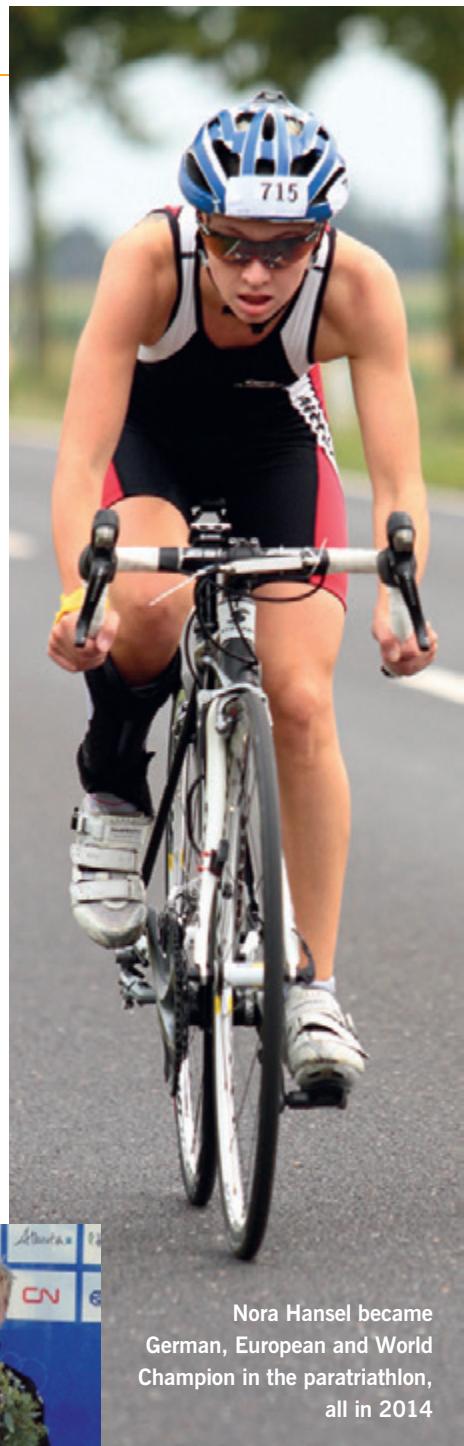
**SIGHTS SET ON TOKYO** – Her next big goal is a place on the winner’s podium at the 2017 European Triathlon Championship in Düsseldorf. The Olympics? The dream still is not over. But because of her series of victories, Hansel has had to accept upgrading into the less disabled class PT3 (medium mobility impairment) which is not included in the Paralympic



**Nora Hansel became German, European and World Champion in the paratriathlon, all in 2014**

#### **Nora Hansel at REHACARE**

The paratriathlete will be attending REHACARE on 14 and 15 October and will be available for talks at the stand of her employer, the Federal Employment Agency, in Hall 3 / D84. The agency’s experts will be advising the public on the following subjects: people with disabilities in the context of training and work, disabled workplace design, funding instruments and the legal framework for employers.



programme. This means the 2016 Games are off the agenda. All the same, “My really big goal now is participation in the Paralympics in Tokyo in 2020.” This notwithstanding, the reigning World Champion has already celebrated her biggest success. For a metamorphosis as achieved by Nora Hansel is very rarely encountered in top-level sport. ●

TRAVEL FOR WHEELCHAIR USERS

# Unrestricted and personalised

**Jan van der Linde and his wife Hanneke offer wheelchair-accessible holiday accommodation worldwide. The idea came to the Dutchman, himself disabled, after his own disappointing holiday experiences.**

## VACATION WITHOUT FRUSTRATION –

Enjoying a romantic stroll on the beach, savouring the exotic flair of foreign climes or simply unwinding far from home – for people with disabilities, it is often difficult to make such holiday dreams come true.

Jan van der Linde has experienced this himself. Born with spinal muscular atrophy (SMA), the Dutchman has been dependent on an electric wheelchair all his life. But this limitation has never prevented him from travelling – although he has often faced with a dilemma.

"Either there was a suitable holiday flat in a place I didn't want to visit, or a wonderful travel destination that didn't have any accessible accommodation for wheelchair users," the 57-year-old relates.

From such experiences, van der Linde developed a business idea that he has put into practice with his wife Hanneke. Under the business name of "Gehandicapten.com", the couple offer holiday accommodation worldwide

equipped and furnished to suit wheelchair users.

## BY WHEELCHAIR TO THE BEACH –

In addition, they also make sure that the location has suitable infrastructure and opportunities for activities for wheelchair users. "From our holiday home in Canet Plage in the South of France, our guests can go by wheelchair to the beach and along the boulevard," says van der Linde. "On the beach there are blue mats that wheelchair users can ride along. There are also special beach wheelchairs enabling accompanied users to enjoy the pleasure of bathing in the sea," he enthuses.

**POPULAR THAILAND –** In addition to the South of France, the van de Lindes also have accommodation in Hua Hin in Thailand, a holiday flat in Velence, Hungary, and an apartment in Amsterdam. "We've

chosen holiday destinations we've been to ourselves," van der Linde explains. In

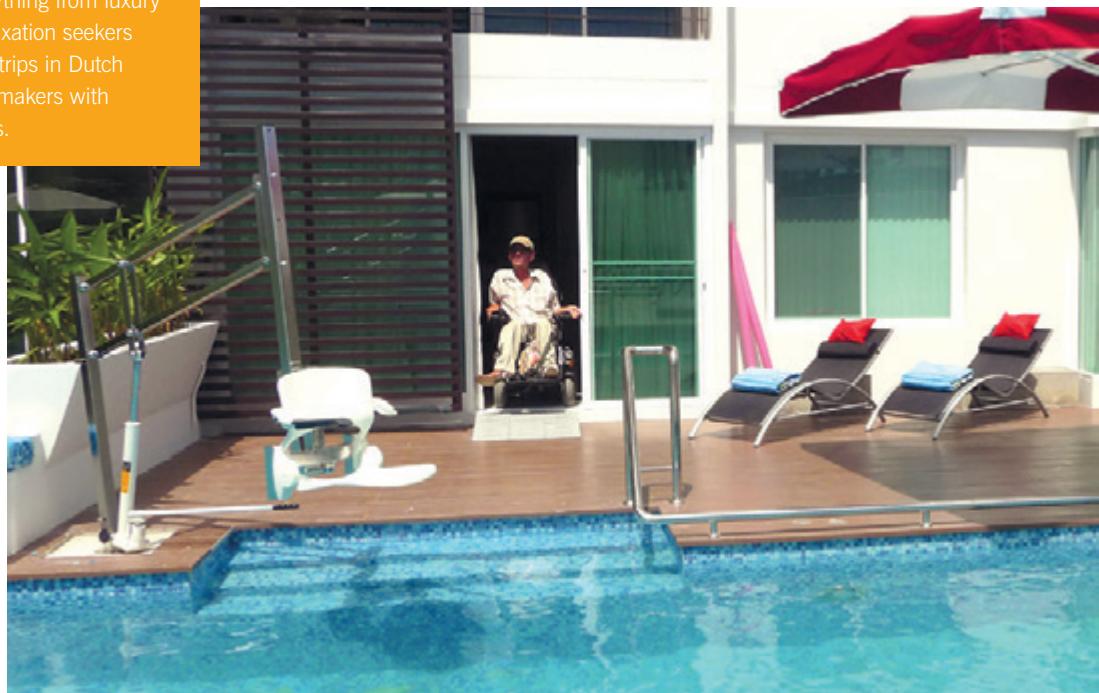
Thailand he feels particularly comfortable, as the climate has a beneficial effect on his health. In Hua Hin, a summer residence on the Gulf of Siam, the couple have converted two large houses with a terrace and pool and an apartment for wheelchair users, plus a studio for family members or other carers. Further services, such as a people carrier that can be hired with or without a driver, can also be organised on request.

**PERFECTLY EQUIPPED –** The basic amenities of all of their accommodation include a wheelchair-accessible shower, tiled floors without door sills, a fold-down shower seat, a shower wheelchair, a hoist and a nursing bed. Further aids can usually be provided without difficulty if required.

**Gehandicapten.com** works together with travel agencies specialising in trips for the disabled. At the website ([www.gehandicapten.com](http://www.gehandicapten.com)), would-be travellers can find out about accommodation prices and availability directly – and even to book on the spot.

**In Thailand, the Van der Lindes offer accommodation with a terrace and pool.**

**WHERE TO ON THE NEXT TRIP?**  
Suggestions and ideas are available at the travel market in REHACARE's Hall 5 – covering everything from luxury hotel stays for relaxation seekers through to sailing trips in Dutch waters for holidaymakers with sporting ambitions.



Fashionwear for wheelchair users is a niche carved out by micro and small businesses.

## ADAPTED CLOTHING

# Niche with potential

**The market for adapted fashionwear is specialised and demanding. But there is a glimmer of hope on the horizon: the international Smart-Fit-In network project aims to accelerate development and production with new ideas.**

**SHOPPING WITH A CHIP** – Britta Zinger wants to buy a new winter jacket. So she goes with her sister Anna to a fashion boutique in town. After rummaging through the shop's collections, she finds a popular model that she likes. When paying at the till, the 30-year-old, who lost an arm in a road accident, shows a chip card on which her 3D measurements are stored. Her sister has chosen a pair of adapted jeans for herself – and presents her own chip card at the cash desk. A week later, the made-to-measure clothing is delivered to the sisters' home. This may be a vision, but, "This is my dream: fashion for everyone – chic, comfortable and affordable," says Kathleen Wachowski of the international Smart-Fit-In

network project ([en.smart-fit-in.de](http://en.smart-fit-in.de)). "In the future, we want everyone to benefit from adapted clothing."

**BUILDING UP A LOBBY** – So that such a vision becomes reality, the club founded in Elxleben, Thuringia, in March 2014, is serving as a rallying point for researchers, manufacturers, experts in the disabled sector and users of innovative, adapted products. "Having set up Smart-Fit-In, I want to start off by establishing an international communication platform and a lobby for disabled people," says its chairwoman. She is currently working with others on new forms of production, distribution and marketing for companies so that adapted clothing can be produced and sold better in the long term. "What we are attempting in the clothing sector has been in existence in the automotive industry for a long time," says the network founder. "This is something we can learn from."

**INDIVIDUALLY ADAPTED** – A market for adapted clothing undoubtedly exists. In the EU

Kathleen Wachowski wishes to drive ahead the market for adapted clothing with her network Smart-Fit-In.



alone, there are currently 50 million people with disabilities. The problem, however, is the need for individualisation, which is very costly, as Brigitta Schürmann is only too aware. "About 80 per cent of the garments we make are bespoke, and only 20 per cent ready-to-wear," the manager of Schürmann Rehamode explains. The business in Gehrde in Lower Saxony makes clothing for people with disabilities and is presenting its collections at REHACARE.

**MAKING THE MARKET VISIBLE** – Berkay Dogan sees plenty catching-up to do particularly when it comes to spreading the word. "It's difficult to reach all customers and urge them to appreciate the benefits of fashion produced especially for them," says the manager of Rolli-Moden in Eberbach-Igelsbach. For wheelchair users, he and his team developed new outer garments with functional features like a hook closure that makes dressing and undressing easier. This new collection will be premiered at REHACARE.

On the subject of spreading the word, Wachowski can only endorse Dogan's sentiments. "Many people still aren't aware of the existence of micro and small businesses that will make adapted clothing for them." And this market has to be made visible.

# Information at a glance

## BARRIER-FREE FACILITIES

### Wheelchair rentals (free of charge):

North and South Entrances

**Guidance systems for the blind:** From the North Entrance to Hall 5

**Ground-level restaurants:** Halls 3, 4 and 5

**Rest room:** Hall 4

**Barrier-free toilets:** In all Halls, in CCD South, North Entrance, open space outside Hall 5, 7a and between Halls 3 and 4

**Sanitary changing room:** Hall 4

## USEFUL PHONE NUMBERS

**Visitor hotline:** +49 (0)211/4560-7614

## Room reservations:

Düsseldorf Marketing & Tourismus GmbH

Tel. +49 (0)211/17 20 28 51

## Airport information

Düsseldorf Airport, Tel. +49 (0)211/4 21-0,  
Fax +49 (0)211/421-6666

## Düsseldorf taxis

Tel. +49 (0)211/3 33 33 or +49 (0)211/9 99 99

## Deutsche Bahn AG (German Railway) information:

Tel. +49 (0)1806/996 633 (calls charged)

## Deutsche Bahn AG mobility centre:

Tel. +49 (0)1806/512 512 (calls charged)

## OPENING HOURS

14 - 16 October 2015: 10 am - 6 pm

17 October 2015: 10 am - 5 pm

## eTICKET: EUR 7 instead of EUR 12

Reduced eTickets and redemption of vouchers at  
[www.rehacare.com/2130](http://www.rehacare.com/2130)

## TICKET PRICES AT THE BOX OFFICE

**Day ticket:** EUR 12

**Day ticket for disabled persons, students, pupils, apprentices, pensioners, people on voluntary military or civilian service and unemployed persons (within Germany only): EUR 7**

Persons accompanying disabled people (with classification "B" and/or "H") gain free entry.

All admission tickets and eTickets are also valid for free travel to and from the exhibition grounds on the day of the trade fair visit using all VRR transport, price category D, south (DB/German Railway 2nd class, supplement-free trains only).

## CATALOGUE

(+ postage and packing): EUR 9

At the online shop at [www.rehacare.com/2130](http://www.rehacare.com/2130) or in writing to:

A. Sutter Fair Business GmbH,  
Bottroper Straße 20, 45141 Essen  
E-mail: [katalogorder@sutter.de](mailto:katalogorder@sutter.de),  
Fax +49 (0)201/8316-239

**ARRIVAL:** [www.rehacare.com/arrival](http://www.rehacare.com/arrival)

**UP-TO-DATE INFORMATION:** [www.rehacare.com](http://www.rehacare.com)



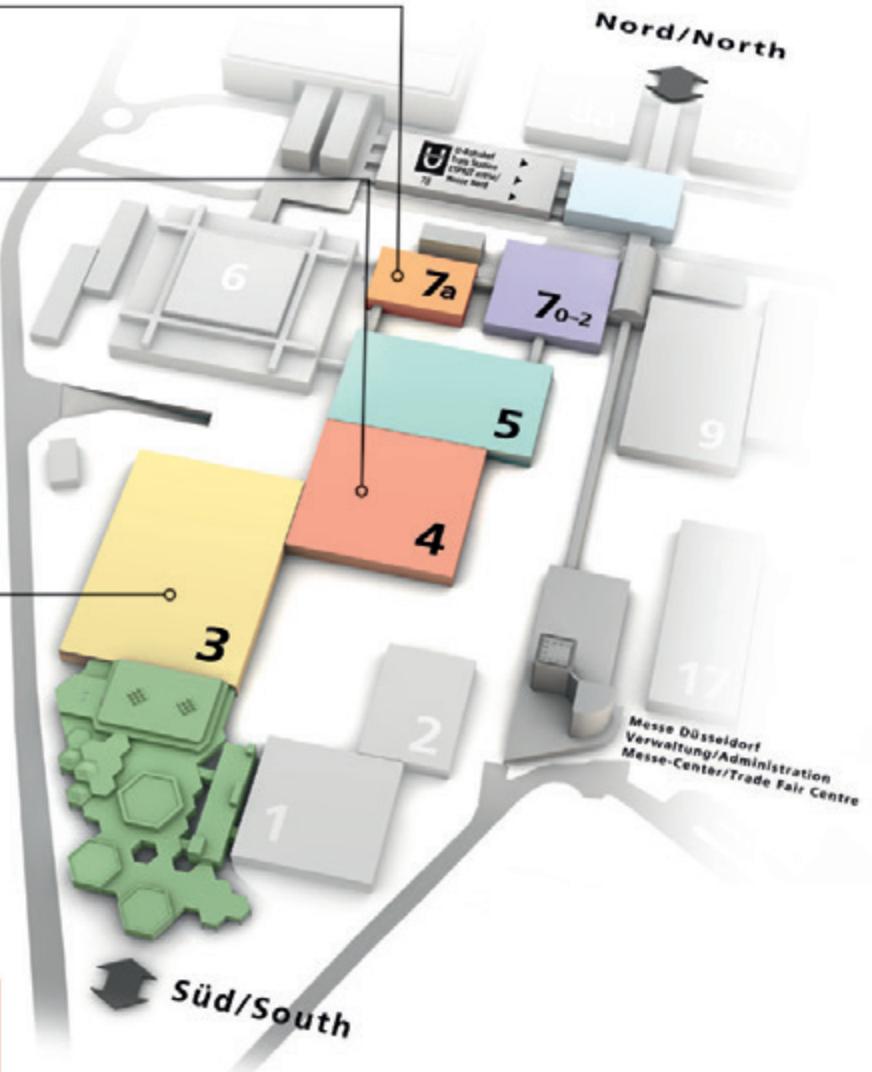
# Site map



Düsseldorf,  
14. – 17. Oktober 2015  
[www.rehacare.de](http://www.rehacare.de)

Öffnungszeiten:  
14. – 16. Oktober 2015:  
10 – 18 Uhr  
17. Oktober 2015:  
10 – 17 Uhr

Opening Times:  
14 – 16 October 2015:  
10 a.m. – 6 p.m.  
17 October 2015:  
10 a.m. – 5 p.m.



## CCD Süd/CCD South

Aussteller-Vorträge und -workshops  
Exhibitor Lectures and Workshops

## Halle/Hall 3

Barrierefreies Wohnen  
Barrier free living  
Themenpark Menschen mit Behinderung und Beruf  
Special Park People with disabilities at work  
Marktplatz Gehirn – Hölle für Menschen mit erworbenem Hirnschaden  
Market Place Brain – Support for People who have suffered Brain Damage  
BAG Selbsthilfe  
REHACARE Forum  
Leben mit Pflege @home  
Living with care @home  
Internationale Gemeinschaftsstände  
International Joint Stands  
Ergo- und Physiotherapie  
Ergotherapy and Physiotherapy  
Orthopädie, Fahrgeräte, Rollstühle, Rollstuhzlzubehör  
Orthopedics, Mobility Aids, Wheelchairs, Wheelchair Accessories  
Alltagshilfen  
Aids for Daily Living  
Sport, Spiel und Freizeit  
Sport, Games and Leisure

## Halle/Hall 4

Orthopädie, Fahrgeräte, Rollstühle, Rollstuhlzubehör  
Orthopedics, Mobility Aids, Wheelchairs, Wheelchair Accessories  
KfZ Umrüster  
Car Adaptation  
  
Halle/Hall 5  
Gemeinschaftsbereich für blinde und sehgeschädigte Menschen  
Joint Area for the Blind and Visually Impaired  
Hilfsmittel für Gehörlose und schwerhörige Menschen  
Aids for the Deaf and Hard of Hearing  
Elektronische Hilfsmittel und Kommunikation  
Electronic Aids and Communication  
Medizinische Versorgung  
Medical Care  
Orthopädie, Fahrgeräte, Rollstühle, Rollstuhzlzubehör  
Orthopedics, Mobility Aids, Wheelchairs, Wheelchair Accessories  
Alltagshilfen  
Aids for Daily Living  
Pflegehilfsmittel  
Nursing Aids  
Mobilität und Reisen  
Mobility and Travel

## Halle/Hall 4

Kid's World – Integrative Kinderbetreuung  
Kid's World – Integrative childcare  
Internationale Gemeinschaftsstände  
International Joint Stands  
Hilfsmittel für Kinder  
Aids for Kids  
Alltagshilfen  
Aids for Daily Living

## Halle/Hall 7a

Sport-Center  
Sports Center  
  
Halle/Hall 7o  
Kunst im Studio 111 / Öffenes Atelier  
Art from Studio 111  
Internet Lounge

## MASTHEAD

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