

The Coping and Learning Centre (CLC) at Sunnaas Rehabilitation Hospital

Is open to anyone who has an interest in the centre, or who wishes to share thoughts and experiences concerning disability and chronic illness.

At the centre, patients, relatives and health-care professionals meet on an equal level.

CLC aims to help users to cope better with everyday life and its challenges.

Goals

CLCs primary goal is to help users, their friends and families, to cope with their everyday lives in the best possible manner.

CLC aims to educate health professionals in this field.

CLC aims to provide quality health information.

CLC's main working fields:

Creating a new arena for cooperation between patients, relatives and health-care professionals, based upon a mutual dialogue.

Providing users with the means to take greater responsibility for their situation.

Experienced health care professionals and users as role models create courses together on subjects with the aim of empowering patients so that they can cope more easily with daily life and new challenges.

Helping users to cope better with their injury or chronic illness through meeting others with similar diagnosis.

Four pillars of CLC

Learning:

CLC places equal emphasis on knowledge and users' experience when planning, carrying out and evaluating training programmes with users.

Meeting place:

CLC wishes to be an accessible forum for dialogue between users, relatives and professionals.

Health education:

CLC works with health-care professionals to raise the level of awareness and increase their ability to communicate knowledge and information in the most beneficial way for the patients.

Health information:

CLC produces, gathers and distributes information material on the various diagnoses treated at the hospital. CLC also distributes information from user organisations.

CLC assists users in finding relevant health information on the internet.

To contact us:

Anne-Cathrine Kraby

Leader

Tlf: + 47 6696 9217

annecathrine.kraby@sunnaas.no

Mette Mørken

Tlf: + 47 6696 9218

mette.morken@sunnaas.no

Sunnaas sykehus HF

Besøksadresse Nesodden

1
111 06 96 90 00
Telefaks 66 91 25 76

Besøksadresse Drøbak

111 04 90 77 30
Telefaks 64 93 52 40

Besøksadresse Askim

111 09 88 21 00
Telefaks 69 88 48 91

Sunnaas Rehabilitation Hospital

The Coping and Learning Centre (CLC)
-model for empowerment



Sunnaas sykehus HF