



**Deutsche Cochlea Implantat
Gesellschaft e.V.**

- Self-Help Groups -

**An important partner
for successful aftercare
Why do we need them ?**

Elmar Haake, member of the DCIG-board



Self-help groups have become the fourth important pillar of our healthcare system, alongside outpatient, inpatient and rehabilitative care.

KV North-rhine

WHO: „Health: Complete well-being“



Social

Mental

Physical

Health...?



CI-
Surgery

Medicinal
Aftercare

**Hearing
Under-
standing**



Therapist: That's brilliant,
You're understanding so well! (... 80 %
one syllable words)

CI-User: But yesterday at the
birthday party I didn't understand
anything at all



Confrontation with myself

Hearing/Understanding with CI „in life“

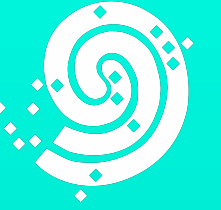
- Training

Failing

- Training
 - Group meetings
 - Weekend-Seminars
 - Personal contacts
 - Important note: Emotional acceptance in the decision-making process for a CI for CI candidates by exchange with CI-Users



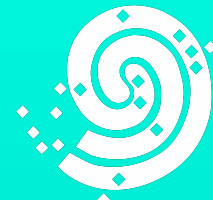
Seminars, joint exchange





I'm not alone

I can work on my
attitude



DeafOhrAlive – Young self-help groups



„For me, DeafOhrAlive means no longer being an outsider, but now being in the centre of a party full of hearing-impaired people

***Community experience ...
that's great!“***

DeafOhrAlive – Young self-help groups



„I meet other hearing-impaired people at the youth camps and realise that I'm not alone in my situation.

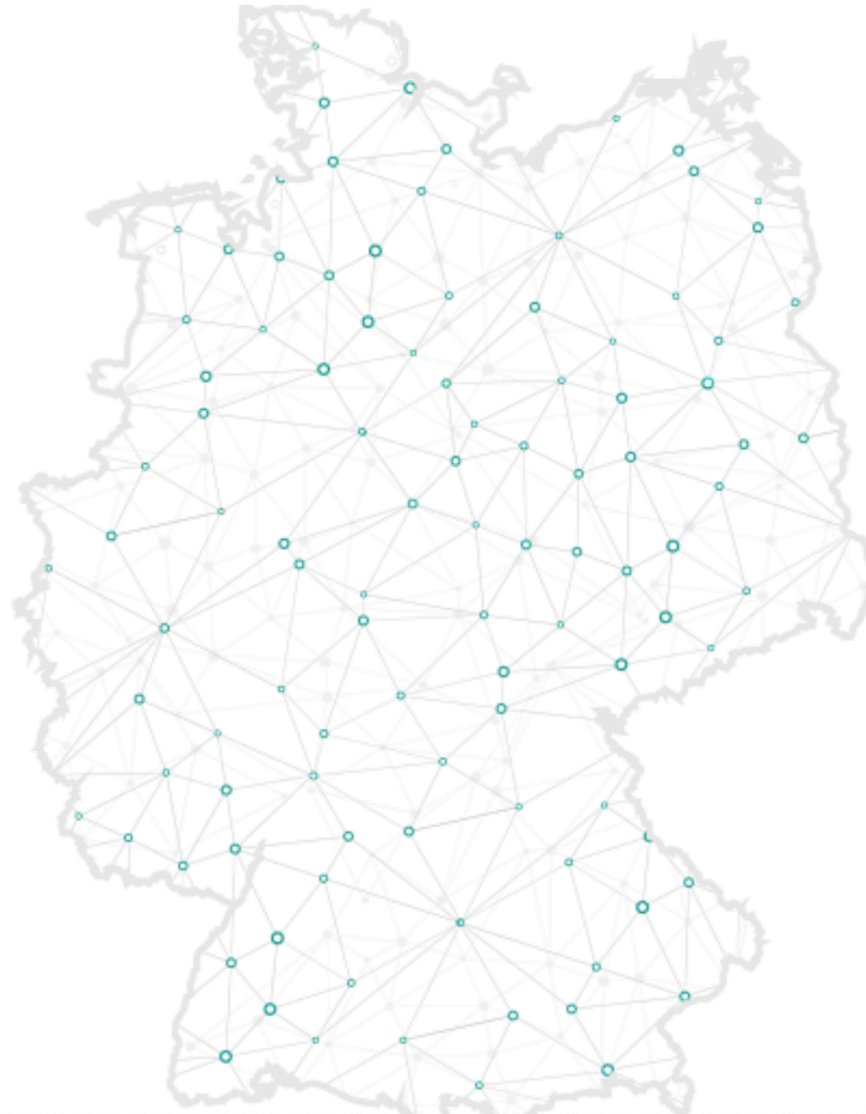
It gave me a lot of courage for school and beyond.

“

→Contacts with other pupils

→exchange, tips, technology

DeafOhrAlive – Young self-help groups



REGIONALE DOA GRUPPEN

WIR BEI DIR

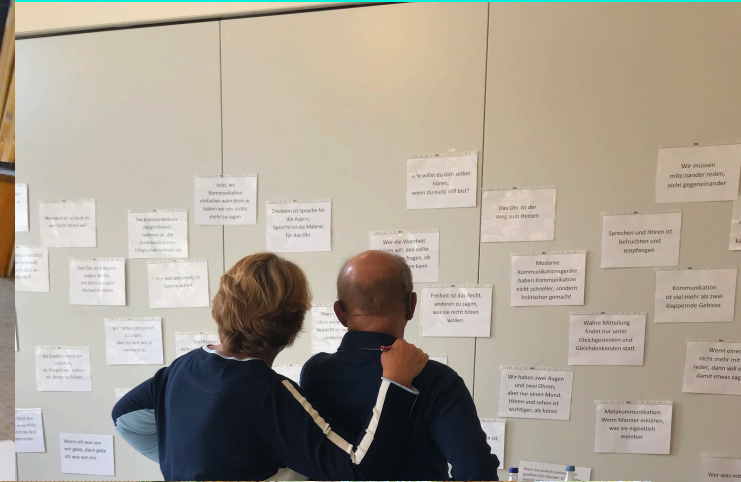
- › [DEAF OHR ALIVE BADEN-WÜRTTEMBERG](#)
- › [DEAF OHR ALIVE BAYERN](#)
- › [DEAF OHR ALIVE HESSEN-RHEIN-MAIN](#)
- › [DEAF OHR ALIVE NORD](#)
- › [DEAF OHR ALIVE NORDRHEIN-WESTFALEN](#)
- › [DEAF OHR ALIVE SACHSEN](#)
- › [DEAF OHR ALIVE NORD-WEST](#)

FREUNDE UND PARTNER

GEMEINSAM SIND WIR NOCH STÄRKER

- › [BUNDESJUGEND](#)
- › Hörenswert

Partner workshops – mutual understanding





Therapist:

„We immediately recognize the patients who are in self-help groups.

We can work much better with them - in a more targeted way.“

Therapy



Breaks

Games

**Restau-
rants**

Pubs

Peers are
important
'therapists' in
everyday rehab
life



**Self-help groups offer
ways to feel healthy**





– **Self-help groups** –

An important partner for a
successful aftercare,
according to the WHO
definition they are essential



– **Self-help groups** –
Because life is not
an one syllable word



SCAN ME

-> Link to self-help-groups
in Germany