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FORUM NEWS

Italy | Rehabilitation

I'll cook tonight! A cooking workshop for the injured at work.

The initiative was carried out in October by the Inail branch in Belluno in collaboration with the Disabled Sports Social Association.



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Breaking down barriers even in the kitchen and finding the most appropriate solutions to manage household equipment are the objectives of the cooking laboratory created by the Inail branch in Belluno in collaboration with the Social Sports Association for Disabled People (Assi) of Sedico for social and occupational reintegration of workplace injuries. The project took place in October and involved a group of six people with upper limb impairments. Under the guidance of chef Massimo del Bon Tajer, the participants were accompanied in the preparation of some seasonal recipes typical of the area.

The laboratory activities were divided into four meetings from 6.00 p.m. to 10.00 p.m., in which some family members and members of the multidisciplinary team were also involved. Learning to use facilitating aids for cooking through the exchange of experiences and sharing diffi-

culties were the ingredients that allowed the injured to discover their own skills as cooks.

The conquest of autonomy is one of the objectives of the project. It was a path that found the levers of learning and the search for autonomy in the group and in the socialization of the participants. After an initial moment of embarrassment, people gradually got along, learned to use the aids, told of themselves, laughed at their efforts and were moved to see a table set with their own products. The conquest of their own autonomy was one of the objectives of this social and occupational reintegration project and a confirmation that with the accompaniment, sharing with other people and adapted equipment, even the barriers of everyday life in the kitchen can be broken down. ●