

SUPPLEMENTARY INFORMATION

Quality criteria for self-help friendly rehabilitation clinics

Five quality criteria for self-help friendliness have been developed through mutual agreement between clinic representatives and self-help organisations, specifically tailored to the particular needs of rehabilitation clinics and their patients. They reflect the most important aspects of self-help friendliness and provide guidance on how cooperation between rehabilitation clinics and self-help groups or organisations can be organised in concrete terms.

1. Self-presentation is made possible

The rehabilitation centre informs patients and their relatives at central locations in its facility, in its rooms and its media about the importance of self-help in rehabilitation and about its cooperation with indication-related self-help groups and organisations.

2. The possibility of participation is pointed out

During the rehabilitation programme, patients and their relatives are regularly and personally informed about the possibility of participating in a self-help group that is suitable for them.

3. A contact person is appointed

The rehabilitation facility appoints a contact person for self-help affairs and makes this person known to patients and staff.

4. Training is provided on the subject of self-help

Employees of the rehabilitation facility are informed about self-help in general and concerning the most common conditions that occur in the facility.

5. Cooperation is reliably organised

Rehabilitation facility and self-help make specific agreements on cooperation and regular exchange.