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Conference Abstract

## Meanings, barriers and facilitators on Community Reintegration of individuals with acquired disabilities: a Singapore perspective

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## Abstract

**Background:** Community reintegration (CR) after a disabling illness/ injury is the ultimate goal in rehabilitation. However, current research on this area is sparse in Singapore and Asia. Little is known about the significance and meanings of CR as defined by these individuals when they are adapting back to the Singapore community.

**Purpose:** This study aimed to understand the definition and meanings attached to CR from a Singaporean perspective and identify facilitators and barriers to CR.

**Method:** A phenomenological qualitative research design was adopted. Semi structured interviews were conducted for eight participants with acquired disabilities; recruited from the discharged patients of a community based rehabilitation programme. Data was analyzed thematically using a Framework approach.

**Results:** Definition of CR amongst participants is consistent with existing literature. Themes derived from analysis are: 'Personal Factors', 'Family and Friends', 'Environmental Factors', and 'Culture & Spirituality'. The greatest facilitators and barriers to CR are the presence and absence of certain personality traits and social support. Cultural and spiritual influences pervaded participants' lifestyles.

**Conclusions:** Research highlighted the significance of self-identity & esteem, and supportive social network in the CR process for individuals with acquired disabilities. Integrating cultural and spiritual components into the CR interventions should be considered.

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