



**National University of Ukraine  
on Physical Education and Sport**



**Co-funded by  
the European Union**

**COOL-APA**



**Kyiv 2025**



- **1. ECONOMIC SPHERE: Huge budget deficit**
- **Decline in gross domestic product (GDP) and industrial production**
- **High inflation and rising consumer prices**
- **Growing unemployment and reduction of workplaces**
- **Loss of investment attractiveness**
- **Decrease in exports and disruption of logistics chains**
- **Destruction of production facilities and critical industries**
- **Expansion of the shadow economy and informal employment**
- **Increased military expenditures limiting social resources**



- **2. SOCIAL SPHERE**
- **Mass internal displacement of the population**
- **Housing shortages and inadequate conditions for internally displaced persons (IDPs)**
- **Decline in living standards and increase in poverty levels**
- **Rising social inequality and polarization**
- **Challenges in the pension and social protection systems**
- **Demographic crisis caused by emigration and declining birth rates**
- **Increase in crime rates and social tension**



### **3. HUMANITARIAN SPHERE**

- **Destruction of educational, cultural, and healthcare institutions**
- **Limited access to education due to remote learning and instability**
- **Overload of the healthcare system and shortage of medical resources**
- **Deficit of qualified medical personnel**
- **Violations of human rights in occupied territories**
- **Loss of cultural heritage and national identity assets**



## **4. PSYCHOLOGICAL AND MEDICAL-SOCIAL SPHERE**

- **Mass psychological trauma, including post-traumatic stress disorder (PTSD) and depression**
- **High levels of anxiety, emotional exhaustion, and burnout**
- **Shortage of psychologists, psychotherapists, and rehabilitation specialists**
- **Stigmatization of mental health problems in society**
- **Growing need for rehabilitation and social reintegration services**



## **5. SECURITY AND MILITARY-POLITICAL SPHERE**

- **Ongoing military threat and active hostilities**
- **Widespread landmine contamination and unexploded ordnance hazards**
- **Destruction of critical infrastructure, including energy and transport systems**
- **Increased risks of cyberattacks and information warfare**
- **Challenges in mobilization and human resource management**
- **Exhaustion of military and civilian reserves**



## **6. ENVIRONMENTAL SPHERE**

- **Pollution of soil, water, and air caused by explosions and industrial damage**
- **Destruction of agricultural land and reduction of biodiversity**
- **Damage to ecosystems and protected natural areas**
- **Technogenic accidents and hazardous waste contamination**
- **Lack of coordinated environmental recovery programs**



## **7. GOVERNANCE AND RECOVERY SPHERE**

- **Corruption risks in the distribution of humanitarian aid and resources**
- **Declining public trust in state institutions**
- **Weak coordination of post-war recovery processes**
- **Shortage of qualified personnel in public administration**
- **Bureaucratic barriers for entrepreneurship and investment**

# 8. DECREASE IN PHYSICAL ACTIVITY AMONG THE POPULATION



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## A. WAR-RELATED CAUSES

1. Restricted mobility due to destroyed infrastructure
2. Evacuation, displacement and loss of access to familiar sports and recreational facilities
3. Closure or repurposing of sports, fitness, and rehabilitation centers due to staff mobilization or constant inspections by military registration and enlistment offices
4. Reduction of PE and extracurricular activities in schools and universities
5. Unfavorable living conditions in shelters or temporary housing that limit movement
6. Psychological stress, anxiety, and trauma leading to avoidance of activity
7. Loss of motivation to participate in sports due to uncertainty, unemployment, or depression, and for the male population, due to the inability to leave the house (mobilization)
8. Insufficient opportunities for APA for people with military injuries or disabilities



- **Insufficient opportunities for Adapted Physical Activity for people with military injuries or disabilities**, including:
- **blast and mine-explosive polytrauma**, often resulting in multiple limb amputations and severe soft-tissue damage;
- **traumatic brain injuries (TBI)** and **concussions** leading to motor, cognitive, and balance impairments;
- **spinal cord injuries** causing partial or complete paralysis;
- **comorbid physical and mental conditions** (e.g., chronic pain, PTSD, depression) that complicate rehabilitation and reintegration;
- **limited availability of specialized programs, prosthetic technologies, and adaptive sports facilities** for veterans and civilians with complex injuries.



# Measures to Improve Access to Adapted Physical Activity (APA) for People with Military Injuries and Disabilities in Ukraine

## 1. Development of Rehabilitation and APA Infrastructure

- Establishment of **regional rehabilitation centers** combining medical, physical therapy, and sports rehabilitation (e.g., in Kyiv, Lviv, Dnipro).
- Creation of **adaptive gyms and sports zones** accessible for veterans and civilians with disabilities.
- Reconstruction of existing facilities with **universal design principles** (ramps, lifts, accessible changing rooms).



## 2. Integration of APA into Rehabilitation Programs

- Inclusion of **Adapted Physical Activity and adaptive sport** in multidisciplinary rehabilitation protocols supported by the **Ministry of Health (MOH) of Ukraine** and **Ministry of Veterans Affairs of Ukraine**.
- Use of APA as a **continuation of rehabilitation** following discharge from hospital
  - linking physiotherapy, ergotherapy, and sport.
- Development of **individualized APA programs** for specific trauma types:
  - mine-explosive and polytrauma,
  - traumatic brain injuries (TBI) and concussions,
  - spinal cord lesions and limb amputations.



### 3. Educational and Professional Training

- Introduction of **APA modules** in higher education curricula (physical therapy, occupational therapy, sports science).
- Training for **coaches, physiotherapists, and psychologists** to work with veterans and individuals with complex trauma.
- International exchange and certification programs in cooperation with **ENPHE, WFOT, and Erasmus+ projects**.



## 4. Support from Public and International Organizations

- Development of **veteran sports clubs and rehabilitation hubs** by NGOs and local communities.
- Implementation of programs such as the **Invictus Games Ukraine**, the **Warrior Games**, and the **United24 Rehabilitation Initiative** with the aim of promoting APA among injured veterans.
- Support from **international partners** (WHO, UNDP, USAID, Red Cross) for training, equipment, and prosthetics.



## 5. Research and Innovation

- Scientific research on **effectiveness of APA and adaptive sports** for physical and mental recovery.
- Introduction of **modern prosthetic and assistive technologies** for movement and sport participation.
- Implementation of **digital platforms and tele-rehabilitation tools** to monitor veterans' progress remotely.



## 6. Social and Motivational Support

- Awareness campaigns to promote the **role of physical activity in recovery and reintegration.**
- Organization of **adaptive sports competitions and festivals** for veterans.
- Development of **peer-to-peer programs**, where veterans who recovered through sport mentor newly injured service members.