

WORLD TABLE TENNIS FOR HEALTH CONGRESS



Shaping the Future Needs of TT4Health Programmes Insights from the SWAN Erasmus+ Project

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An initiative by



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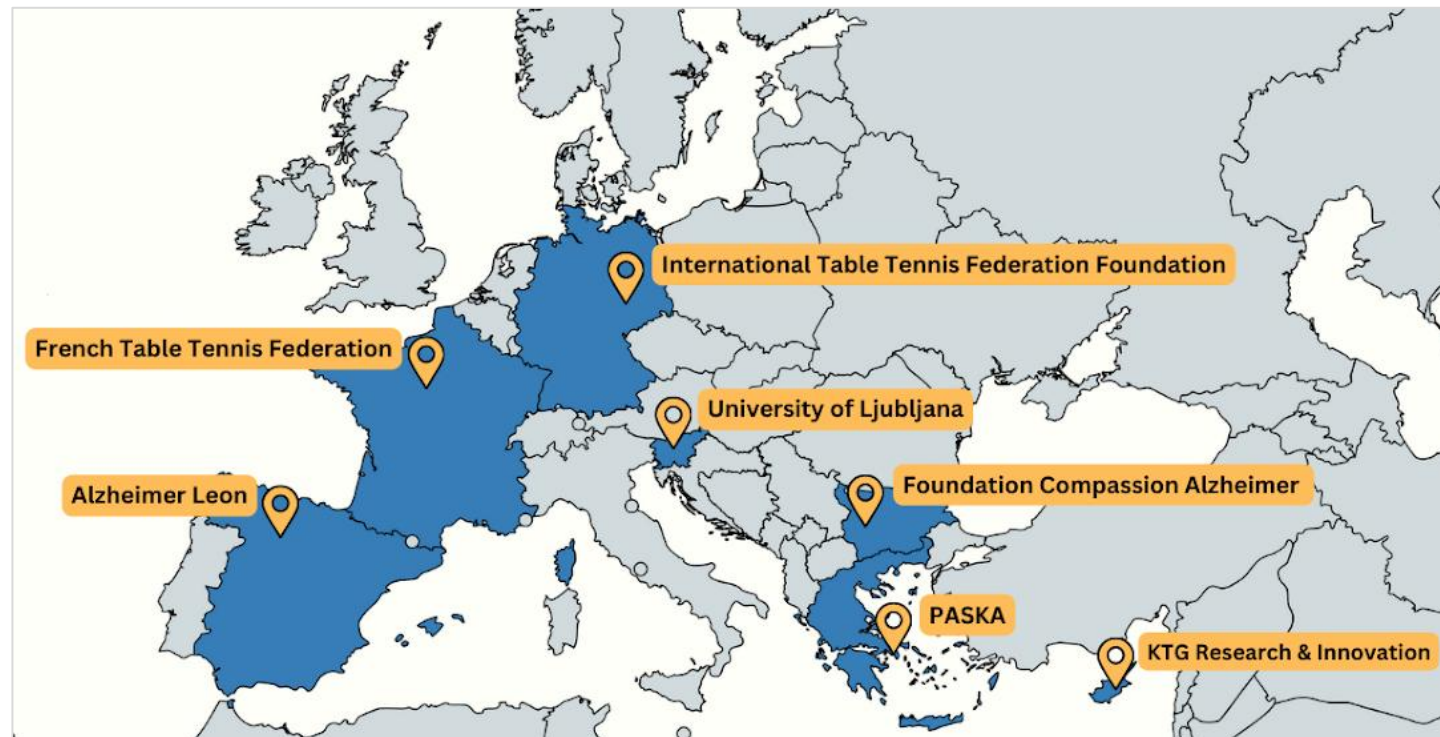


Local Organising Committee:



The SWAN Project

7 partners from
7 different EU countries
1 Common goal



Develop and Evaluate structured table tennis interventions for NDDs



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The SWAN Needs Assessment Survey

- Survey conducted in **June–July 2025**
- We expected *100 responses* (KPI) but received **220 (86.4% from the EU)**

- Survey focused on:

1. **Basic Information**
2. **Knowledge & Training Needs**
3. **Organizational Readiness**
4. **Tools & Resources**



Spain : **32.27%**



Slovenia : **19.09%**



Cyprus : **11.36%**



France : **5.45%**



Bulgaria : **4.09%**



Greece : **3.64%**

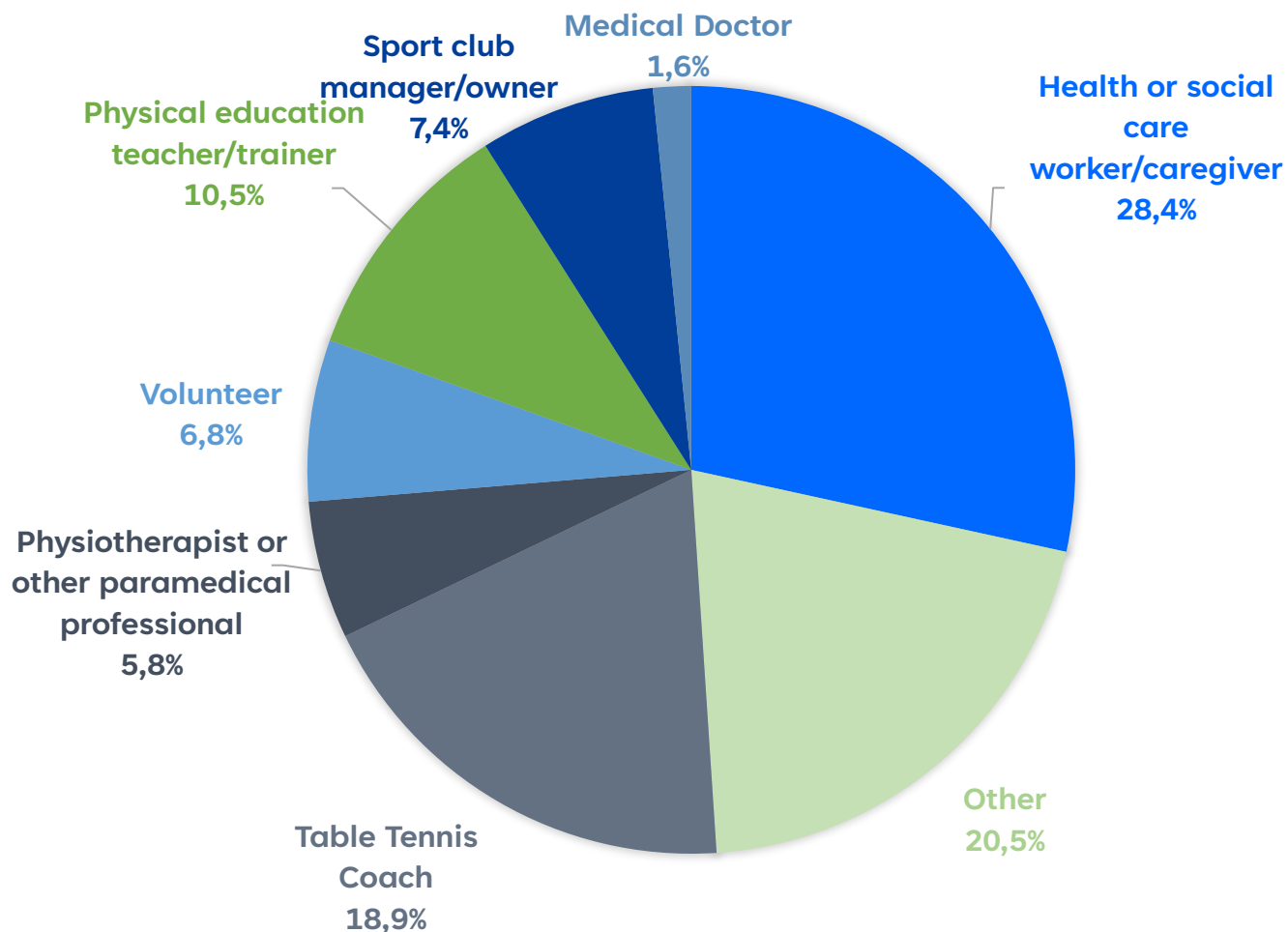


Germany : **2.27%**



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Who Responded?



17 EU COUNTRIES

- Health professional/social care workers/caregivers
- Other sport/clinical roles
- Table Tennis coaches
- Physical education teachers/trainers
- Sport club managers/owners
- Volunteers
- Physiotherapists or other paramedics



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The Core Insight: The Confidence Gap

72%

of organizations are willing
to offer TT4H programs

55%

of professional have “little to no
confidence” in running them

36%

of table tennis coaches feel
unprepared to accommodate the
needs of individuals with NDDs



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Unpacking the Skill Gap

1

Theoretical Understanding of NDDs

- Basic knowledge of Parkinson's, Alzheimer's, dementia, or other types of dementia
- Symptomatology, progression, and how these impact participation in sport

2

TT Techniques & Program Adaptation

- Core table tennis skills and coaching strategies
- Adapting exercises and sessions to meet physical and cognitive needs
- Structuring warm-ups, drills, and individualized training plans

3

Safety & Risk Management

- Fall prevention, injury awareness, and environmental safety
- First aid basics and protocols for vulnerable populations

4

Communication Skills

- Strategies for effective, clear, and compassionate communication
- Adapting language and instructions to varying cognitive abilities

5

Psychological & Social Support

- Encouraging confidence, motivation, and participation
- Fostering inclusion, enjoyment, and social interaction

6

Monitoring & Evaluation

- Tools and methods to track participant progress
- Adjusting sessions based on feedback and observed needs



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Organizational Reality: What Clubs Need

- Trained Staff/Coaches (also **#1 Barrier for adoption**)

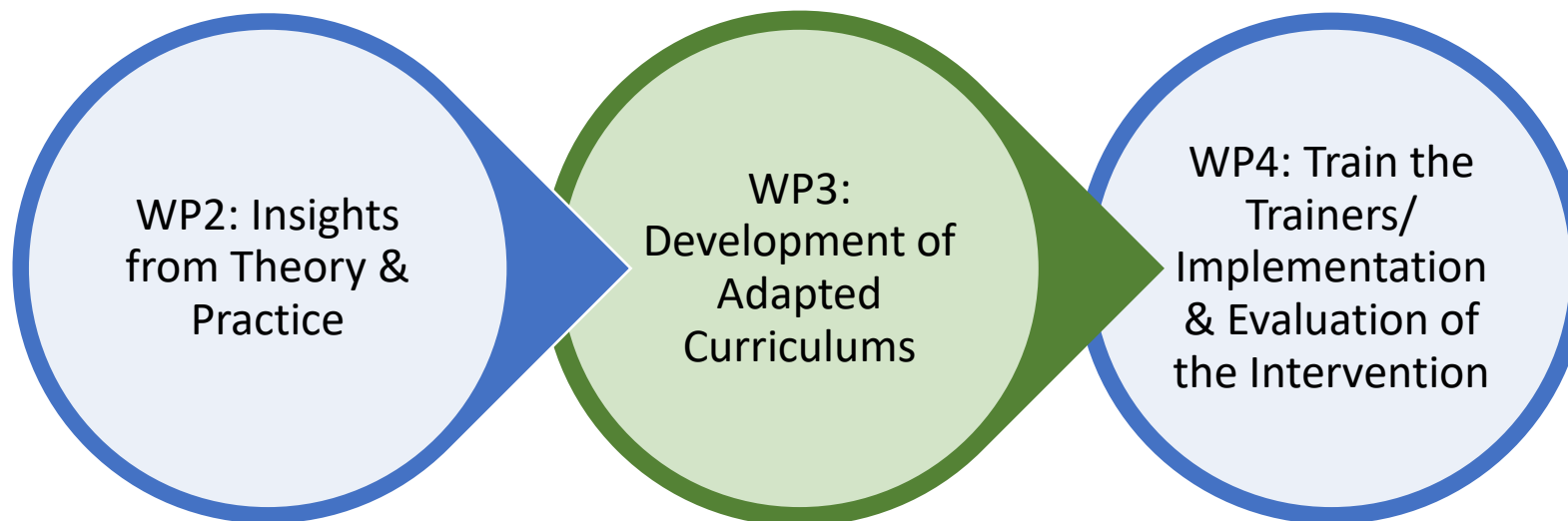
Need to invest in human capital first!

- Funding/Resources
- Adapted Curriculum/Manual
- Equipment/Facilities
- Partnership with Health Professionals



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The SWAN Response & Takeaways



- The community is **ready to act**. The barrier is not lack of will, but lack of skills/training.
- SWAN is building the **necessary tools** to bridge this gap, but scalability is still an issue.



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Thank you

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