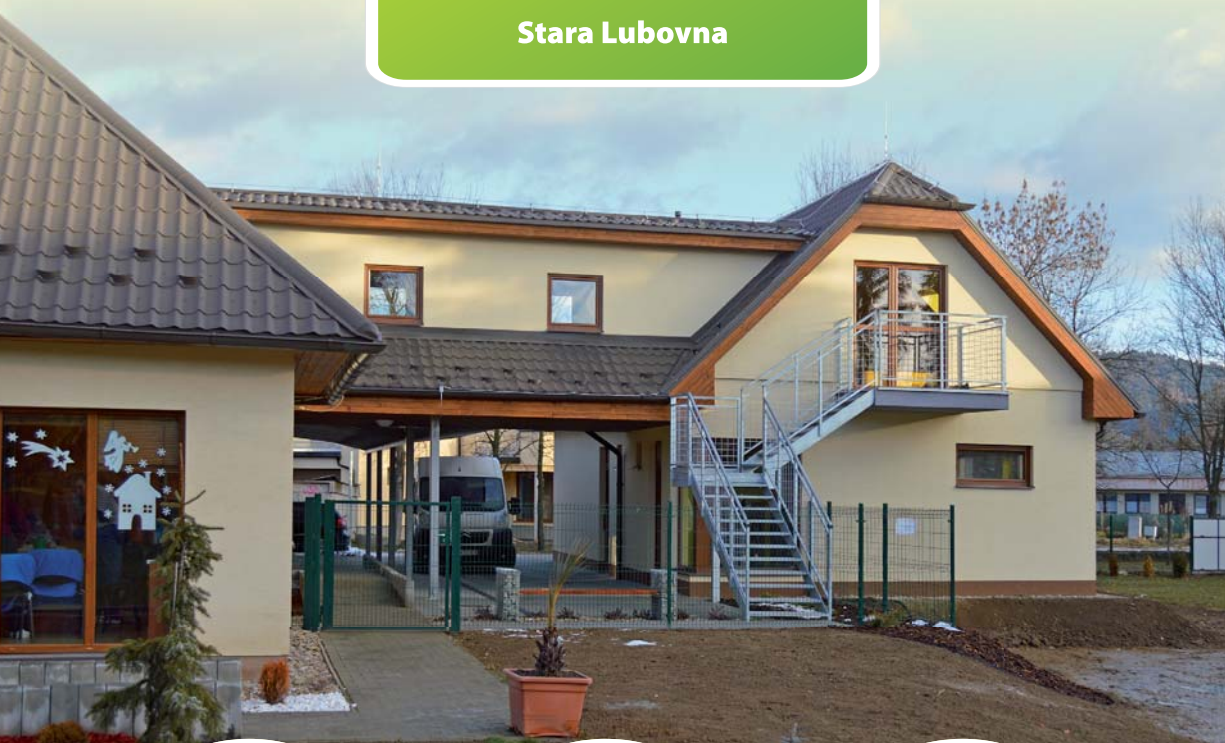


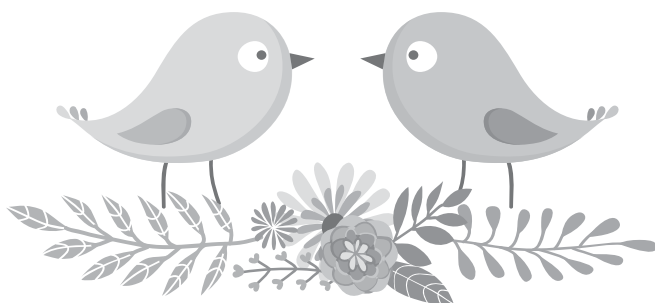


**Full social services for children and youth with disabilities
in the region of Stara Lubovna**

ST. ANN'S HOME
Stara Lubovna



**FULL SOCIAL SERVICES FOR CHILDREN AND
YOUTH WITH DISABILITIES IN THE REGION
OF STARA LUBOVNA**



*Impossible becomes
possible*

This publication has been produced within the project of the „Full social services for children and youth with disabilities in the region of Stara Lubovna“ supported by a grant from Switzerland through the Swiss Contribution to the Enlarged European Union.



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra



Slovenská
republika

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Tento projekt bol podporený prostredníctvom
Programu švajčiarsko-slovenskej spolupráce v rámci rozšírenej
Európskej únie.

Project partners



Mesto Stará Ľubovňa



Name of the project:

**„FULL SOCIAL SERVICES FOR CHILDREN AND YOUTH WITH DISABILITIES
IN THE REGION OF STARA LUBOVNA“**

The Conductor's Project:

PREŠOV GREEK CATHOLIC CHARITY

The autor: employees of Prešov Greek Catholic Charity

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Authors are responsible for the content of their contributions.

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1. INTRODUCTION

Dear Partners, Supporters and Readers,

In your hands you are holding a publication that captures our successes and failures during the implementation of the project “Comprehensive Services for Children and Young Persons with Disabilities in the Region of Stará Ľubovňa” which is close to its completion. The project has been funded by the Swiss Confederation through the Government Office of the Slovak Republic. The grant approved was a real gift from the heavens which we received a month after we completed, consecrated and fully moved the activities of St. Anna’s Home (SAH), the Home of Social Services for Children with Severe Disabilities, from modest premises of four studio flats in Letná ulica to a newly constructed building in Štúrova ulica. The project started after thirteen years of our meticulous and tireless work for the good of severely disabled children and young persons, especially, in the town of Stará Ľubovňa and also a few nearby villages, such as Hniezdne, Nová Ľubovňa, Kamienka and Orlov.

It is particularly symbolic to mention that our Swiss partner stood by when we were taking most of our crucial decisions about providing services for disabled children and young persons in this region. It was the National Swiss Charity playing a role in starting the construction of the new SAH in Štúrova ulica in 2006, the Association of Alessandro Marzano in Pffäikon participating in completing a part of the construction and the Swiss Confederation as an international partner of the project with Stiftung Wagerenhof in Uster taking part in the implementation of this project from 1 February 2012 to 31 December 2016.

What has the project itself brought us? I will mention at least some of the benefits. First of all, through the project we managed to fill the newly constructed building with activities and employees, and the building just after its completion seemed to be huge and we were thinking about how we could gradually fill it and fund it in the future. The project further enabled to extent our assistance to children, young people and also adults with combined disabilities throughout the district of Stará Ľubovňa. At present 24 villages and towns in the Stará Ľubovňa district are involved in the project under the implementation agreement. Through the project we launched and registered new kinds of social services that we had not provided until then within our SAH services, such as rehabilitation centre, early intervention service, subsidised housing, sheltered workshop and the project significantly contributed towards the start of the Special Religious Primary School made by the Greek Catholic Archdiocese in Prešov in the premises of SAH. By purchasing a car modified for transport of physically disabled persons we started their daily transport to and from the facility. From the funds we saved in tenders and operational funds we even managed to build an extension to the building of SAH for the purposes of vocational reha-



bilitation and sheltered workshop, social rehabilitation, parking of official cars and it created a multifunctional space for organizing different social events in the facility. Thanks to the resources and plans of the project, the partnership with our international partner Wagerenhof Uster we managed to improve the staff competences by their participation in different types of education, training courses and traineeships during the project, of which a professional and human value cannot be calculated. The project showed how good and beneficial the cooperation of more sectors of social life – state, local and regional governments, church, charity and non-profit organizations – in cooperation with the business sector can be. The families and their members with severe disabilities were provided with a greater range of services and greater professionalism and, we believe, also hope in solving regular life situations. We managed to do much more activities in terms of organization, human and professional aspects than we expected in the beginning. Through the project we managed to innovatively launch many new activities previously undone here, such as marketing of the organization and public relations or, for example, organize thematically focused open door days in our facilities, but it especially helped us to get together and do a piece of honest work for the good of others.

Therefore, I would like to thank, in the first instance, to benignant God for grace and blessing that we got in our personal lives as well as in the further progress in providing services for children with severe disabilities in SAH.

I would also like to thank especially the following good people around us:

- our founder, the Greek Catholic Archdiocese in Prešov, particularly, Bishop Ján, Prešov Archbishop and Metropolitan, also Bishop Milan, Assistant Bishop, for their personal favour and selflessness during the implementation of the entire project,
- the Extraordinary and Plenipotentiary Ambassador of the Swiss Confederation to the Slovak Republic Mr. Christian Fotsch and his successor Mr. Alexander Wittwer as well as people of the Swiss Confederation for their long-term financial assistance and trust in us, but also effective setting of the conditions for implementing the Swiss Financial Mechanism,
- Mr. Igor Federič, Head of the Slovak Government Office for trust and approval of our project and Mr. Ivan Ivančin, Head of the Swiss Financial Mechanism Management and Implementation Department for highly professional, flexible, effective and also human approach to the management of our project; without this special attitude we would have not been able to achieve that much at all,
- Our international partner of the project Stiftung Waggerenhof Uster and their directors – the former director Mr. Lucius Voigtovi as well as the current director Mr. Andy Duersti and their colleagues, for the opportunity to learn a lot from them, their guidance in many professional activities during the project, I also believe that our cooperation will continue in the future,
- The town of Stará Ľubovňa whose mayor is a permanent member of the steering committee of the project, his predecessor Mayor Dr. František Orlovský, Dr. Valenti Jaržembovský and Dr. Michal Biganič as well as the current mayor Dr. Ľuboš Tomko



and the town councillors for their trust and assistance in all crucial decisions about the construction but also provision of services in SAH,

- The Labour Office, Social Affairs and Family in Stará Ľubovňa, their head, JUDr. Anna Aftanasová, who is a permanent member of the steering committee of the project, SAH's godmother, for continuous assistance in the project implementation and long-term provision of services in SAH,

The Office of the Prešov Self-Governing Region (PSGR), its President MUDr. Peter Chudík and the Head of the Social Department of the PSGR PhDr. Margita Poptrajanovski, a member of the project steering committee for trust and assistance during the project implementation,

- Civic association "No a čo!" in Stará Ľubovňa as a partner of the project,
- The long-term supervisor of our charity organisation Doc. Jozef Kredátus for long-term supervision and cooperation in improving qualifications of our employees, but especially during the start-up of professional activities and services of the project between 2012 and 2015,
- University of Health Care and Social Work, its founder prof. Vladimír Krčméry for being a professional guarantor over the final conference and PhDr. Stanka Hunyadiová, supervisor of the project at our charity since 2015,
- I would especially like to thank my colleagues, Mr. Eduard Malatinec, my deputy and the project manager, PhDr. Soňa Gáborčáková, assistant manager and the head of SAH, Ms. Mária Rajňáková, coordinator of international cooperation, for their tirelessness, dedication and service in our charity, as well as all my colleagues for working for the good of the children and their families, enhancing the reputation of our organization and long-term dedicated work in favour of people in need,
- Mayors of towns and villages in the region of Stará Ľubovňa, our donors and volunteers, sympathisers, people of good will who help us by any means in providing SAH services,
- In the same way we also thank the parents of disabled children for the trust that they continuously maintain and for the fact they give us their children on a day-to-day basis, so that we can together form one family where one's sadness will be lessened by being shared with the others, but one's happiness will be multiplied if it is further spread in the joint spirit and mutual favour.

Finally, let me say that it is a wonderful feeling if we can conclude that far more than we hoped for has become a reality and we all have been involved. SAH services for children with severe disabilities and young people have been significantly improved and expanded. But perhaps what is the most important is that we all jointly have had an opportunity to make a few children and their families happier.

May good God bless all of you and may He rewards you in His divine way. Thank you.

PhDr. Peter Valiček, Head of PGCC



2. PREŠOV GREEK CATHOLIC CHARITY



The Prešov Greek Catholic Charity (PGCC) provides services within the Prešov Archeparchy. Thanks to the hard work and dedication of its employees it provides active services in its operations and facilities in the cities of Prešov, Svidník, Stará Ľubovňa, Humenné, Snina and in the village of Sačurov (Vranov nad Topľou district). Social and health care services are complemented with other services for clients. On a yearly basis it tries to help over 1,800 individuals and families in need.

Mission

The PGCC mission is to fulfil the evangelical commandment of the love of God and love of neighbour and help people in need regardless their race, sex, age, nationality, religion, political and different mind-sets.

Legal form

The PGCC is a legal person pursuant to Act no. 308/1991 Coll. on Religious Freedom and the Status of Churches and Religious Societies as amended. It was registered as a special purpose facility of the Catholic church with the Ministry of Culture of the Slovak Republic. It has been recorded in the register of social service providers of the Prešov Self-Governing Region since 1 July 1999.

History

At the initiative of the Most Reverend Ján Hirka, Prešov Bishop, the Charity resumed its activities in 1991 when Ing. Maroš Šatný became its employee and later the Head of the Diocese branch of the Slovak Catholic Charity. Five years later, in 1996 the charity became a legal person. In 2009 it was renamed to The Prešov Greek Catholic Charity. PhDr. Peter Valiček has worked as the head and statutory authority of the PGCC since 2006. RNDr. Jozef Voskár became the first ecclesiastical administrator of the PGCC and since January 2015 the post has been taken by PaedDr. Vasil Kormaník.



3. ST. ANN'S HOME

St. Ann's Home (SAH) – a place where “impossible becomes possible” – started to write its history in 1999 when at the initiative of parents of children and young people with disabilities a home of social services for children with combined disabilities was established. Until that time there was no facility to provide this target group with care in the district of Stará Ľubovňa. The main aim to establish SAH was to integrate children with combined disabilities, train self-service, cognitive and occupational skills and habits among children and their socialization. Another goal was to provide families with adequate cooperation with specialized teachers and experts, and also to inform and train the topic. The name of the facility – St. Ann's Home – is linked to a statue of St. Ann, a gift from our friends from a French charity who financially supported the launch of our activities.

Since our establishment we were located in a residential area consisting of four residential units in Letná ulica 7 in Stará Ľubovňa. The premises mostly occupied by young families were ideal for integration of children and young people with combined disabilities into a healthy society. The location of the facility also contributed to elimination of barriers and distress of the healthy population towards people with disabilities. By launching registered services on 2 November 1999 we secured previously absent services in the region. In the very beginning of our existence we had two staff members in the establishment and the service was used by four clients whose number was increasing until the capacity of the facility was filled.

In 2002 we obtained a permit to do social prevention and provide social counselling. In the school year of 2002/2003 an assisted class of the field office of Mixed Boarding School in Stará Ľubovňa as part of the premises of our facility was established in SAH. The assisted class was established as a necessity for children who need specially created conditions for the educational process. Specialized care services required comprehensive care that developed in the training and educational process in the assisted class. In 2009 SAH obtained a status of sheltered workplace that creates conditions for employing people with disabilities.

Because spatial limits did not allow us to satisfy acute requests in favour of children and young people we started to reconstruct the building in Štúrova ulica 5. After obtaining the building permit we started the reconstruction, an extension to the building and the modernization of the premises in November 2006. Thanks to the assistance from the Swiss Charity, cooperation with the town as well as local governments and other donors, partners and friends we were able to solemnly consecrate and subsequently put in operation the new premises on 13 December 2011. The new premises helped to increase the capacity of the establishment, expand services provided, and improve the quality of services as well.



Our own building in Štúrova ulica and the premises rented in Letná ulica contributed to the development of strategic planning of accompanying persons with disabilities from the time of their birth until they became adults. Thanks to the programme of Swiss-Slovak cooperation through the project of Comprehensive Social Services for Children and Young Persons with Disabilities in the Region of Stará Ľubovňa we managed to implement the model of comprehensive care services.



4. COMPREHENSIVE SOCIAL SERVICES FOR CHILDREN AND YOUNG PERSONS WITH DISABILITIES IN THE REGION OF STARÁ ĽUBOVŇA

4.1. BASIC INFORMATION ON THE PROJECT

Focus area:

Regional development initiatives in peripheral or disadvantaged regions.

Duration of the project implementation:

The project was implemented under the programme of Swiss-Slovak cooperation from 27 January 2012 until 30 April 2016. The original duration of the project 52 months was extended until December 2016.

Budget of the project:

The grant was awarded by the Swiss Confederation under a framework agreement with the Slovak Republic represented by the Slovak Government Office. The total budget of 1,047,369 € was increased to the final amount of 1,154,286 €. The project was conducted by the Prešov Greek Catholic Charity who established SAH. The place of the project implementation was in SAH in Stará Ľubovňa.

Objective of the project

The main objective of the project was to encourage independence among children and young people with disabilities, improve their lives in families and their integration into the majority society. The specific goal was to make multi-degree support tools available for children and young people with disabilities and their families, and to create a functional network of social services in the district. One of the project goals was also to coordinate and apply measures for preventing and solving social exclusion of children and young people threatened by social exclusion from the natural and open environment.



Target group:

- children and young people with disabilities,
- families with a member with a disability,
- municipalities as providers of social services.

Project management:

Mr. Eduard Malatinec – Project Manager

Ms. Soňa Gaborčáková – Assistant Project Manager

Mr. Ondrej Pristáč – Project Financial Manager

Ms. Mária Rajňáková – Coordinator of International Cooperation

4.2. PROJECT PARTNERS

When implementing the project, we cooperated with two national partners - the town of Stará Ľubovňa and the Civic Association “No a čo?” and the international partner - Stiftung Wagerenhof Uster. Their practical experience helped us during the project implementation to effectively conduct individual activities and incorporate suitable methods and forms to achieve the goals set.

The town of Stará Ľubovňa

The town of Stará Ľubovňa lies in the north of Slovakia in the valley of the river Poprad. With its area of 31 km² it is the centre of the Northern Spiš region and the seat of the Stará Ľubovňa district. The town of Stará Ľubovňa is an independent local and self-governing authority of the Slovak Republic. On its territory it unites persons that reside there. The town covering the population that requires assistance and support due to their unfavourable health conditions is an official national partner of the project. This institutional partnership naturally resulted from the long-term cooperation with the Prešov Greek Catholic Charity. The town of Stará Ľubovňa was also involved in the establishment of St. Ann's in Letná ulica 7 because it has been renting the premises until these days. In 2006 to the great extent it participated in acquisition of the land on which the new SAH building stands now in Štúrova ulica 5.

www.staralubovna.sk

Stiftung Wagerenhof Uster

Wagerenhof Uster Foundation offers persons with mental and multiple disabilities a home and vivid living space with over 100 years of experience. For its target group it ensures social contact, professional care services, loving and active guidance with support of personal development and self-sufficiency. The cooperation with the Swiss partner lied especially in supervision, coaching and counselling, but also in the area of vocational rehabilitation, transfer of experience and technological procedures for manufacture of occupational therapy products.

www.wagerenhof.ch



No a čo? O.z.

The Civic association “No a čo?” associates persons with mental disorders and their relatives. It encourages its target group to actively enforce and exercise their human rights in order to develop their skills to independently solve their life problems and integrate in society. The civic association is a member of an association called Let's Open Doors, Let's Open Hearts. The objective of their activities is to contribute to ensuring protection of basic human rights and raising legal awareness of patients by implementing patient advocacy at psychiatric departments in selected cities in Slovakia. It strengthens persons with mental disorders and motivates them towards cooperation with specialists. It teaches them how to actively participate in decision making concerning methods of their treatment and how to gradually assume responsibility for their health.

Apart from official partners during the project we built and developed partnerships at regional and national levels. The activities of individual institutions of local, regional and national local governments, non-governmental and non-profit organisations are interlinked and complement each other and their cooperation was necessary to work efficiently.

4.3. MAIN ACTIVITIES OF THE PROJECT

4.3.1. DAY CENTRE

Assumption: *The activity will improve availability of information among young people with disabilities, their families and general public on the issue of disabilities and on possibilities to help.*

Services provided:

A. social advice/counselling:

- individual advice/counselling,
- group advice/counselling focusing on development of one's own individual skills and abilities to improve quality of life,

B. leisure activities focusing on development of skills and abilities of children.

The Day Centre ensured the following activities under the project:

- social diagnostics of children and young people with disabilities also in the home environment,
- organizing supporting self-assisting group of persons with disabilities,
- organizing joint activities of healthy population with children and young people with disabilities,
- assistance in exercising rights and the right of protected interests of person with disabilities; as well as assistance in exercising custody rights and obligations,
- planning and coordination of volunteering activities for SAH full services,
- providing families with assistance in training to use medical equipment, opportunities to rent medical equipment,



- free access to the internet in the premises of SAH,
- mediation of interpretation services (sign language, Braille).



Extracurricular activity of children and teenagers



Extracurricular activity of children and teenagers



4.3.2. REHABILITATION CENTRE

Assumption: Through curative, social, psychological and vocational rehabilitation to improve physical and mental competencies of children and young people with disabilities.



Curative rehabilitation

Social rehabilitation focuses on fostering autonomy, independence, strengthening of habits for self-serving. Training on the use of equipment, training special orientation and independent movement, social communication, basics of social skills.

Simulated household strengthens habits for self-serving, training of special orientation, shopping, training work skills and household work.

Vocational rehabilitation contributes to improving abilities to manage regular day-to-day activities, work skills and leisure activities. Learning work habits for doing work activities. Maintenance and development of work abilities of clients. Outcome of occupational therapy include products made of wood, clay, paper, textile, glass, taking care of flower and vegetable beds or waste sorting. The products manufactured are made available to the public in the form of exhibitions.

Curative rehabilitation improves maintenance of physical and mental state of clients, improves the range of mobility, self-sufficiency, prevention from increasing muscular contractures. We apply the methods, such as soft mobilisation techniques, application of elements of breathing and physical fitness treatment, application of Bobath concept for congenital conditions of the musculoskeletal system, basic elements of kinaesthetics to release muscle tonus, basal stimulation and hippotherapy.



Curative physical education with a focus on certain objectives such as physical and mental stress, muscular effort increase, endurance and improving the range of joint mobility. The relaxation room Snoezelen serves for relaxation and stimulation of senses.



Hippotherapy with mare horse called Usamba

4.3.3. TRANSPORT SERVICE

Assumption: This activity shall implement transport of children and young people with disabilities from the place they live in in order to join the activities of the project.



Transport of children of St. Ann's home



Within our comprehensive services we offer clients transport in a nine-seat van. The introduction of the services reduced the burden of families, made it easier for children and young people to travel from the surrounding villages to the establishment. Thanks to the service, 18 children and young people from different parts of the district are carried to our facility and back home.



Transport of children from their homes to institution and back

4.3.4. SUBSIDISED EMPLOYMENT AND HOUSING

Assumption: *The clients who undergo the occupational therapy in the rehabilitation centre will be involved in the activity and this way they will move towards a greater degree of independence. The activity will also be open to people with disabilities whose degree of work independence will be sufficient after being trained and educated for work in a sheltered workshop or possibly on the open market.*

In terms of **subsidised employment** according to individual abilities and needs of particular clients we carry out the following forms and methods of work:

- Occupational assistance in the form of guiding clients through the process of job hunting and maintaining,



- Occupational diagnostics carried out by individual assessment of client's occupational skills,
- counselling for clients and employers,
- tutoring and assistance to clients in solving problems in the place of sheltered employment.

Subsidised housing activities are suitable for clients under the process of subsidised employment. During the subsidised housing in small flats the clients under expert coaching of a tutor will learn how to run a household, manage funds, look after their health and organize their free time after work. The objective of the activity is to teach young people with disabilities to live in their own household or to return back to their family environment in which they will gradually become able to take their part of responsibilities for everyday tasks in the household division of labour.



Subsidised employment - carpet weaving



4.3.5. EXCHANGE OF EXPERIENCE THROUGH STUDY TRIPS AND CONFERENCES

Assumption: The applicant will carry out activities under expert supervision of the international partner when implementing methods and forms of work, vocational rehabilitation in a sheltered workshop and in the area of public relations. The partner will provide the applicant with coaching and supervision.



Candle making, Open day of St. Ann's Home

During the course of the project we had 8 mutual meetings including the final conference on the project completion. Thanks to mutual visits and work and study trips with the Swiss partner Stiftung Wagerenhof Uster our staff members had an opportunity to gain new knowledge, forms and methods contributing to raising the quality of services provided. The sets of topics were agreed in advance and based on the needs of the SAH staff: supervision of work and social rehabilitation; management and public relations; sheltered workshop and products of occupational therapy; physiotherapy with young people; work with pictograms; Marte Meo method; prevention of violence among clients with disabilities; animal assisted therapy and horse-riding therapy; autism.



Visits with the Swiss partner Stiftung Wagerenhof Uster



Emile, trainer of kinesthetic, is visiting sheltered workshop (2013



4.4. RESULTS OF THE PROJECT

PLANNED RESULT OF THE PROJECT	PLANNED OUTPUT INDICATORS	ACHIEVED OUTPUT INDICATORS (as of 30 April 2016)
The staff trained under the project	32 employees will improve their qualifications in social area until 2016	23 employees
Participation in international traineeships	6 employees will gain experience from traineeships abroad	10 employees
Number of social services provided by PGCC in Stará Ľubovňa	6 services provided in 2016, which shows an increase in comparison to 2010 by 5 services	5 services provided
Extension of the capacity of the social service establishment	the capacity of the establishment to provide social services Štúrova 5 shall expand by 24 clients, i.e. to 40 clients per day	by 49 clients, i.e. 65 clients per day
Launch of transport services	60 persons per month with 80% client satisfaction	219 persons per month with 100% client satisfaction
Creation of jobs for young people with disabilities	6 disabled persons employed in the sheltered workshop	6 disabled persons
Subsidised housing for young people with disabilities	2 disabled persons	4 disabled persons
Villages involved in assistance to their residents with disabilities	18 municipalities	24 municipalities
Improved level of information availability of the healthy population on opportunities for and contribution of people with disabilities	35 joint activities with the healthy population during the project implementation	47 joint activities



Prešov Greek Catholic Charity
St. Ann's Home, Stará Ľubovňa

COMPREHENSIVE SOCIAL SERVICES FOR CHILDREN AND YOUNG PERSONS WITH DISABILITIES IN THE REGION OF STARÁ ĽUBOVŇA

21 November 2016

CONFERENCE PROGRAMME

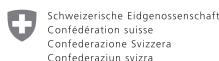
Penzión Gurmen
Námestie sv. Mikuláša 1, 064 01 Stará Ľubovňa

Under the auspices of
J. E. Alexander Wittwer
Extraordinary and Plenipotentiary Ambassador of the Swiss Confederation
to the Slovak Republic

Dr. h.c. mult. prof. MUDr. Vladimír Krčméry, DrSc.
Founder and Rector Emeritus at St. Elizabeth's University of Health Care
and Social Work in Bratislava

Professional guarantors of the conference:
prof. MUDr. PhDr. Peter Kalanin, PhD.
Prorector of St. Elizabeth's University of Health Care and Social Work in Bratislava

doc. PhDr. Stanislava Hunyadiová, PhD.
University teacher at St. Elizabeth's University of Health Care and Social Work
in Bratislava and Supervisor of the of the Prešov Greek Catholic Charity



Supported by a grant from Switzerland through the Swiss
Contribution to the Enlarged European Union.
Tento projekt bol podporený prostredníctvom
Programu švajčiarsko-slovenskej spolupráce v rámci rozšírenej
Európskej únie.



Mesto Stará Ľubovňa

Other conference partners:



PREŠOVSKÝ
SAMOSPRÁVNÝ
KRAJ



21 November 2016 (Monday)

Welcoming and greeting of guests (9:00 – 9:20)
Opening ceremony of the conference (9:20 – 9:30)

Block 1 (9:30 – 10:00)

PhDr. Soňa Gaborčáková <i>Guarantor of Services at St. Ann's Home</i>	Comprehensive social services for children and young persons with disabilities in the region of Stará Ľubovňa
Ing. Eduard Malatinec <i>Project Manager</i>	Presentation of the results and evaluation of the project implemented at St. Ann's Home

Coffee break (10:00 – 10:15)

Block 2 (10:15 – 11:45)

Andreas Dürst <i>Director of the partner, Wagerenhof Uster foundation</i>	Quality of life for people with cognitive and multiple impairments - experience and visions from Switzerland
Anita Lutolf-Foellmi <i>Area of employee education</i>	Cooperation with the Prešov Greek Catholic Charity from the point of view of the Swiss partner, Stiftung Wagerenhof foundation in Uster, from 2010 to 2016

**Cultural programme of the children and young persons
of St. Ann's Home (11:45 – 12:15)**
Lunch break (12:15 – 13:15)

Block 3 (13:15 – 14:15)

PhDr. Margita Poptrajanovski <i>Head of Social department, PSGR</i>	Cooperation of the public and non-public sectors in the process of project implementation and its prospects
JUDr. Anna Aftanasová <i>Director of the Office of Labour, Social Affairs and Family in Stará Ľubovňa</i>	Strengthening employment of health-disadvantaged citizens
PhDr. Anna Lazorčáková <i>Director of the Department of Social Affairs and Family, OLSAF in Stará Ľubovňa</i>	The impact of the project on the quality of the services provided at the St. Ann's Home

Coffee break (14:15 – 14:30)



Block 4 (14:30 – 15:30)

PhDr. Stanislava Hunyadiová, PhD. <i>Supervisor</i>	Supervision of workers of the Prešov Greek Catholic Charity
MUDr. Eva Svrčková <i>Physio-Therapist</i>	Challenges and perspectives of hippotherapy as a component of physiotherapy of young persons

Block 5 (15:30 – 16:00)

CONTRIBUTIONS FROM PARENTS OF CHILDREN AND YOUNG PEOPLE AT ST. ANN'S HOME

CONCLUSION OF THE CONFERENCE

Organising team of the conference

PhDr. Peter Valiček

doc. PhDr. Stanislava Hunyadiová, PhD.

Ing. Eduard Malatíneć

PhDr. Soňa Gaborčáková

Bc. Monika Markovičová

Mgr. Ondrej Pristáč

Ing. Mária Rajňáková

Mgr. Silvia Popovičová



5.1. WELCOMING SPEECH OF CONFERENCE GUESTS

J.E. Alexander Wittwer

*Extraordinary and Plenipotentiary Ambassador of the Swiss Confederation
to the Slovak Republic*

The preamble of the Federal Constitution of the Swiss Confederation says that “the strength of a people is measured by the well-being of its weakest members”.

To help those in need is strongly enrooted in the Christian traditions not only in Switzerland but, I believe, also in Slovakia. In this context, it was natural that strengthening and improving social services as well as social inclusion were defined as one of the fields of support within the Swiss – Slovak Cooperation Programme back in 2007. To contribute to the reduction of social disparities within the enlarged EU is one of the main objectives of the Swiss-Slovak Cooperation Programme.

The Programme, which supported 20 bigger and 40 smaller projects in Slovakia with a budget of more than Euro 60 million, is slowly coming to its end. The individual projects financed within the Programme are in their final phase. Now, we are able to see whether what was agreed years ago materialised as expected, if the plans became reality.

The project implemented by the Greek – Catholic Charity in the city of Stara Lubovna, is I dare say, a showcase in this context. We found excellent and dedicated partners. With the support received from Switzerland and with the commitment shown by the persons involved in the project realisation, this already well-established institution became a shining light in the region of Stara Lubovna.

From my point of view it is also important that there was an exchange between the Greek – Catholic Charity and the Wagerenhof Foundation in Uster, Switzerland. Such partnerships are not only about sharing know-how and experiences. They are also about reassuring both partners that they are doing the right thing and they are doing things right.

We believe that thanks also to our substantial financial support the Greek – Catholic Charity and namely the House of St. Anne in Stara Lubovna managed to make a big step forward in a relatively short time.

I wish for the future that the clients of this institution benefit from these improved services for many years.



Ing. Igor Federič

Head of the Slovak Government Office

Dear Readers,

When in 2006 the Swiss Federal Council stated that the Swiss Confederation would contribute to reducing economic and social differences within the expanded European Union as well as in the Slovak Republic, it was a significant opportunity for Slovakia to support over twenty projects within the Swiss-Slovak cooperation. The individual projects had a different focus – on security, the living environment and infrastructure as well as human and social development.

And it proved successful!

The long-term Swiss-Slovak cooperation managed by the Government Office of the Slovak Republic – the National Contact Point of the Swiss-Slovak Cooperation Programme has borne fruit. We all can see the results of projects – waste water treatment plants, sewer systems, successful scholars, conservation of our nature, tourist destinations but also social services for children and young persons with disabilities.

I am proud of our cooperation with the Prešov Greek Catholic Charity that managed to create a unique second home to its clients. I wish them and their families a lot of happily spent days in the modern premises and I wish the workers a lot of satisfaction and success.

Also on their behalf let me offer my great thanks to all those involved in the successful cooperation, particularly, our Swiss partners, not only for allocated funds but also for valuable advice and experience during the implementation of joint projects.



PhDr. Ľuboš Tomko
Mayor of Stará Ľubovňa

Dear Readers,

One of the main legislative obligations of towns and villages is to provide social services for various target groups. One of them are people with disabilities, especially, children and young persons. Since 1999 the town of Stará Ľubovňa has been cooperating in the area of assisting children and young persons with disabilities with the Prešov Greek Catholic Charity that have achieved remarkable results in this area not only in our town.

The allocation of financial resources from the Swiss Financial Mechanism for a project titled Comprehensive Social Services for Children and Young Persons with Disabilities in the Region of Stará Ľubovňa marked a significant milestone in the work of the Prešov Greek Catholic Charity on the territory of the town of Stará Ľubovňa. The project is exceptional in terms of its comprehensiveness, duration and range of its activities for children and young persons with disabilities, not only in the territory of our town but also in the nearby villages. The project, whose official partner is the town of Stará Ľubovňa has managed to build a unique comprehensive system in the region which involves ambulatory, field and additional social and health care services for disabled persons.

I am glad that after four years of implementing the project activities we can evaluate the project as successful and that it managed to launch activities for disabled persons that lacked in our town. I would like to thank the entire team of the Prešov Greek Catholic Charity for their great results, approach, commitment and human attitude in their day-to-day work.



MUDr. Peter Chudík
President of the Prešov Self-Governing Region

Dear Conference Participants,

Humanity has become today's buzzword, or it is required so. However, humanity is not words. First of all, it is acts showing that we are not indifferent. Because our humanity lies in the fact that we are not indifferent to problems of others, that we are trying to help people in need. The Prešov Self-Governing Region allocates € 32 million on a yearly basis for social security. In its facilities it provides services for 2,200 beneficiaries of social assistance. Furthermore, it provides financial contributions to additional 1,000 beneficiaries at non-public providers of social services. And we see that it is still not enough. Therefore, we appreciate anyone who gets involved and contributes to improving the life quality of those in need. The project Comprehensive Social Services for Children and Young Persons with Disabilities in the Region of Stará Ľubovňa demonstrates that anything may be implemented if it is supported by the right people.

In May 2001 a 32-year-old American, Erik Weihenmayer, became the first blind person to reach the summit of Mount Everest. You may ask why he climbed the world's highest mountain when he could not see anything from its top? Why did he suffer so much when he finally did not enjoy the experience of looking down from the top of the world? What did he achieve by doing so? It is a logical question for a person who sees well, moves well, thinks and does not have any handicaps. For a person whom the nature deprived of something, the answer is very simple. By that he proved that he managed to do it. He proved himself and many people around that any handicap is not a reason for not having desires, not fulfilling dreams, not thinking about summits to be reached. Despite the fact he did not see the roof of the world from Everest, he definitely felt it. He perceived it with all other senses. He felt tiredness, exhaustion, pain but also great joy, victory, satisfaction.

All people who work with disabled persons must think about similar feelings. About a feeling to catch up with others, to have the same desires and wishes and chances to fulfil dreams. I wish all those who linked their lives with humanity to persevere and so that such alliance brought them internal force and satisfaction. It is true that what is required is not big money, not big words but just a big heart.

I thank you all who came up with the idea to implement this project and all who actively participated in it. The Prešov Self-Governing Region is proud that such an exceptional and meaningful project was implemented in Stará Ľubovňa.



5.2. PRESENTATIONS OF CONFERENCE PARTICIPANTS

COMPREHENSIVE SOCIAL SERVICES FOR CHILDREN AND YOUNG PERSONS WITH DISABILITIES IN THE REGION OF STARÁ ĽUBOVŇA

PhDr. Soňa Gaborčáková

Guarantor of Social Services at St. Ann's Home, Assistant Project Manager,

Member of Parliament of the SR

Contact e-mail: domsvanny@gkcharita-po.sk

ABSTRACT

Comprehensive social services for children and young persons with disabilities are prerequisites for improving the quality of their lives and support tools made available to them and their families. The objective is to determine an appropriate strategy for stabilising the activities of the project "Comprehensive Social Services for Children and Young Persons with Disabilities in the Region of Stará Ľubovňa" implemented through the Swiss Financial Mechanism. The goal is to conduct a SWOT analysis and come up with a strategy. Proposals should bring solutions with the aim to maintain comprehensive social services for children and young persons with disabilities in the region of Stará Ľubovňa

Keywords: social service, handicap, disability, person with a severe disability, level of functional defect, retreat strategy, SWOT analysis.

INTRODUCTION

The demographic development of the population in Slovakia points out that the demand of social services will have an ascending tendency. The implementation of the project that was a part of my dissertation had an impact on the non-productive sector, especially, the local governments in the district of Stará Ľubovňa. A new network of social services and their variability was established in the region. It offered the target groups with greater independence and local governments with the opportunity to offer their citizens with professional care. In the third year of project implementation it was required to evaluate the indicators that should have fulfilled the objective of the project but also determine a suitable strategy for stabilising the variability of social services after completion of the project implementation. In 2009 the district of Stará Ľubovňa had 310 children and young persons with severe disabilities aged between 0-24. The district of Stará Ľubovňa has a population of 52,000 who live in 44 municipalities.

Out of that there is up to 7% of citizens with severe disabilities. In terms of unfavourable social situation of citizens due to severe disabilities or their unfavourable medical condition under the current legislation they are split between municipalities and higher territorial units. The district lacked social services that would solve the lives of children and persons with disabilities on a comprehensive basis. Especially, these indicators established a crucial motive for expansion and availability of multi-level support tools of a wide range of social



services implemented through the Swiss-Slovak cooperation and their incorporation into the dissertation. The objective of the dissertation was to set a strategy for sustainability of the activities of comprehensive care even after the completion of the project. This requirement was a condition for the project approval. The media often point out a fact that after the removal of project subsidies the systematic work with the target group ends. The thesis describes a new model of care that consists of more types of social services. The SWOT analysis that was used as a method for selecting a suitable strategy for sustainability also revealed the relationship between the strengths and weaknesses of St. Ann's Home (SAH). The recommendations suggest solutions for individual outcomes of the SWOT analysis.

THEORETICAL AND CONCEPTUAL FRAMEWORK OF SOCIAL SERVICE

Defining a health disability is a difficult task. There are more types and various levels of health disabilities. To be disabled does not mean the same everywhere in the world. The family with a child with a disability is a family with a different social identity, is somehow exceptional. Its negatively assessed difference becomes a part of self-acceptance of all its members: parents as well as healthy siblings. A disability is leading to changes in the family style in a certain way, resulting in changes in the behaviour of the members of the family.¹

Social service is a professional activity, service or different activity or a set of such activities under Act no. 448/2008 § 2 Art.1 as amended. *"A beneficiary of social service is a natural person who is, under the conditions of Act no. 448/2008 §3 Art.2 as amended, provided with social service. Social rehabilitation is a professional activity to support autonomy, independence, self-sufficiency of a natural person by developing and training skills or by activating abilities and strengthening habits for self-serving, for taking care of household and for basic social activities with maximum utilization of natural sources in the family and community."*²

SPECIFIC FEATURES OF THE LIFE OF A PERSON WITH A DISABILITY

The psychology of persons who are ill and persons with various physical, sensory or mental disabilities deals with general questions of mental activity and mental development of such people. Matějček states that apart from those facts the psychology of persons who are ill and persons with disabilities also deals with changes caused by somatic diseases in human personality and any consequences of exceptional social situations such persons encounter. A physical disability or disease do not themselves create new special personal traits but rather a more difficult life situation. Such a life situation leads to higher demands for adapting and consequently specific hazards for mental development of a disabled individual. The ways of coping with a new situation in the family where a baby with a disability is born are in principle of a dual nature, active and passive.³

¹ VALENTA, M., MICHALÍK, J., LEČBYCH, M., et al. 2012. *Mentální postižení v pedagogickém, psychologickém a sociálně-právním kontextu*. Pardubice : Grada Publishing, 2012. ISBN 978-80-247-3829-1. p.282.

² § 21 of Act no. 448/2008 Coll. on Social Services as amended

³ MATĚJČEK, Z. 2001. *Psychologie nemocných a zdravotně postižených dětí*. Prague : H&H, 2001. ISBN 80-86022-92-7. p.6



*"The reactions of parents may change in relation to the course of a disease. If the state of the baby is getting worse, the parents' fear and anxiety are growing. Parents try to find a meaning of life and not to fall into depression, even though their child is not getting better because they want to be a support to it. Further worsening of the medical condition of the child may be, in terms of acceptance, worse than the initial shock when the diagnosis is notified."*⁴

Family is the first social environment to which a child is born. It is the starting point for socializing process and given that we must also know the phases of the family coping with the disability of their child. *"The first phase is a phase of a shock accompanied by irrational thinking and confusion. It is a primary reaction to subjectively unacceptable fact that a child is severely ill. The second phase is a phase of denial, in which the parents may even eliminate the unacceptable fact that their child is ill (information about the diagnosis). This reaction is defensive against the loss of one's own mental balance. Next phase is a phase of sadness, feelings of guilt, anger, anxiety – it is the time when the parents want to think rationally about the particular fact. It is necessary that they express their feelings. They find themselves trying to spread the blame around. They have aggressive feelings against the world and also against themselves. Then there is a phase of balance in which depression and anxiety are lifted and they start to partly accept the situation. In this phase the parents are able to cooperate in the treatment and intensive care of the child. The final phase is a phase of reorganization in which the parents search the ways into the future."*⁵ It is necessary that the parents teach the child to understand the aspects of its disability.

*"It is essential in psychology and pedagogy of children with illness or disability to understand their life situation. The resulting requirements are that the impact of training on each such child should reduce or completely remove this potential threat, and if possible, it should turn into a positive benefit"*⁶

If the child is well guided from the beginning, it is adequately treated in relation to its needs and possibilities, we do not have to worry about any possible dangers. When the child is treated inadequately and under unfavourable conditions, various dangers may become real to the extent that a person even with a mild disability cannot find a place in society, but instead is an enormous burden for the ones around. We can deduct out of that, that understanding the psychology of the ill and disabled assumes the knowledge of general and developmental psychology on which the professional working with such a target group should lean.⁷ The social worker must know the view of psychology on life crises to help a disabled person.

"The views on life crises from the perspective of psychology may differ. Life crises are

⁴ RENOTIEROVÁ, M. 2003. *Somatopedické minimum*. Olomouc : Univerzita Palackého, 2003. ISBN 80-244-0532-6. p.70.

⁵ RENOTIEROVÁ, M. 2003. *Somatopedické minimum*. Olomouc : Univerzita Palackého, 2003. ISBN 80-244-0532-6. p.70.

⁶ MATĚJČEK, Z. 2001. *Psychologie nemocných a zdravotně postižených dětí*. Prague : H&H, 2001. ISBN 80-86022-92-7. p.7

⁷ MATĚJČEK, Z. 2001. *Psychologie nemocných a zdravotně postižených dětí*. Prague : H&H, 2001. ISBN 80-86022-92-7. p.8



linked with important life events, positive as well as negative. They are typically understood in two directions: either as something pathologic, or in a positive sense as potential sources of developmental progress. The first direction examines the relationship between stress life events and the disease or psychopathologic expression. This direction understands life crises just as something pathologic and useless. The other direction examines life situations in relation to further development of the individual. The experience of going through a life crisis may result in a metamorphosis of personality, its rebirth, acceptance of a new goal, new values, new life strategy and new self-perseverance.”⁸

SWOT ANALYSIS OF ST. ANN'S HOME

The objective of my efforts was to determine a good strategy for stabilisation of project activities. My task was to conduct a SWOT analysis. Its implementation resulted in a retreat strategy, which offered us solutions in terms of sustainability of comprehensive social services for children and young persons with disabilities in the region of Stará Ľubovňa.

SWOT analysis is one of the best known and most common methods. It is a combination of the analysis of internal and external factors of the environment. It examines strengths and weaknesses of the organization and assesses possible threats and opportunities. The organization will choose an effective strategy based on the evaluation of individual factors and their influence. The analysis performed a synthesis of the findings and determined a strategy for SAH that is shown in the diagram.

IDENTIFICATION OF KEY STRENGTHS, WEAKNESSES, THREATS AND OPPORTUNITIES OF THE FACILITY OF SOCIAL SERVICES - SAH

Strengths:

- *Professional staff* – the facility employs 100% workers who are professionally competent to perform their professional and other activities.
- *Non-barrier premises* – the facility is fully non-barrier and in the region it is a unique building of its type.
- *Wide availability of technical equipment* – the project of the Swiss Financial Mechanism equipped the facility with black and white devices, cars, medical and compensation devices.
- *15 years of experience in working with children and young persons with disabilities* – SAH started its activities on 2 November 1999. It has rich experience and knows problems in the locality in work with disabled persons.
- *Ambulatory care* – the facility provides care services during the day and provides professional services to the clients of the facility and this way alleviates families from burdens. It prevents children or young persons with disabilities to stay in the facility throughout the year because of family overload.

⁸ KOŠČO, J., et al. 1987. *Poradenská psychológia*. Bratislava : SPN, 1987. pp.15-18.



Weaknesses:

- *Lack of time for work with family* – the facility provides social service to clients, so it must employ a certain number of workers. In this regard it is not possible to spend time with families to the necessary extent.
- *Defence of rights of persons with disabilities* – at present the defence of disabled persons' rights is provided in the facility for its clients. The defence of their rights has a great importance for the integration of persons into the ordinary social life. The facility provides this service to its clients because other persons concerned are not interested in such activity in the premises of SAH.
- *Morbidity* – the clients often suffer a relapse of diseases. The SAH itself is an infectious environment because families often bring clients to the facility in an unrecovered medical state. This results in a secondary problem – a relapse of morbidity among the workers.
- *Physical and mental stress* – work with children and young persons with disabilities is demanding in terms of physical and mental stress, which is reflected in the medical condition of the SAH workers.
- *Absence of having legal personality* – SAH does not have a legal personality, which prolongs various decision-making processes in the organization of the facility and narrows decision-making possibilities. It is a branch of the Prešov Greek Catholic Charity.

Opportunities:

- *Voluntary activities* – the facility has long experience with volunteers. It regularly participates in the nationwide volunteer day. Through volunteers it gets in touch with the public.
- *Partnerships* – the facility has a long-term partnership with the Office of Labour, Social Affairs and Family in Stará Ľubovňa, the town of Stará Ľubovňa, civic association No a čo!, that associates people with mental diseases, international partner Wagerenhof foundation in Uster and other 13 municipalities in the region of Stará Ľubovňa.
- *Professional experience offered to students* – the facility serves as a training centre of the Catholic University in Ružomberok and University of Prešov in Prešov. It also offers professional experience to other universities.
- *Staff training* – the facility provides staff education within its supervision, further professional training for social workers, health care staff, employees with disabilities.
- *Grants* – the facility has experience with smaller or larger projects.

Threats:

- *Wages* – the facility pays wages to its employees that are lower than the wages in public facilities providing social services.
- *Payment of social service* – at the facility the clients pay lower fees for social service than the ones offered by public providers – the fees will have to be increased. Higher fees threaten the retention of clients in the facility.



- *Funding* – depends on contributions from public funds which are not adjusted according to the inflation in comparison to non-public providers of social services.
- *Legislation* – legislative changes and amendments influence the stability of the facility.
- *Client's family* – the family fully decides about the life of a person with a disability and provides him/her with limited opportunities for personal fulfilment.

INTERPRETATION OF RESULTS

The interpretation of the results of the SWOT analysis was made by performing pairwise comparison. This method compares entities in pairs to judge which of each entity is preferred. The simplest modification of pairwise comparison, also called Fuller's triangle, finds for each criterion a number of its preferences in relation to all other criteria of the set.

The SAH management considers its professional staff as the greatest strength. They consider the non-barrier premises as the second greatest strength, which they also rank as the highest value of the organization in relation to the determination of a suitable strategy of the organization. However, at the same time their achievements show that the wide range of the available facility equipment has a greater weight to fulfil the SAH strategy. The same results were achieved when calculating the value of the professional staff, wide availability of equipment and 15-year experience with children with disabilities. The management considered the ambulatory care as a strength but relatively with a lower weight and value in comparison to others.

The major external threat is funding of social service provision that the facility may compensate through the external opportunity of partnerships with municipalities whose direct competence is to provide and fund social services for their citizens in order to spread the risk arising out of new legislation. The internal threat, payment for social services, would be compensated if the partner municipalities joined co-funding.

Another internal threat involves low wages that may be compensated by the opportunity of staff training and funded by the Prešov Greek Catholic Charity. The internal threat of client's family may be compensated by the opportunity of educating the staff and clients in defending the rights of disabled persons. The defence of the rights of disabled persons is a weakness that may be compensated by the opportunity of staff training. At the same time, as we mentioned earlier, it would compensate the threat of client's family that has a problem to accept its disabled household member as a partner in choosing his/her possibilities. Lack of time for work with family as a weakness may be partially compensated by the opportunity of providing professional experience to students or through volunteers. This would also partly eliminate physical and mental stress of workers. Physical stress could be compensated by the strength of wide availability of equipment. The professional staff as a strength would compensate the weakness of mortality through lectures in health prevention among disabled persons. The absence of legal personality of the facility is a weakness as well.



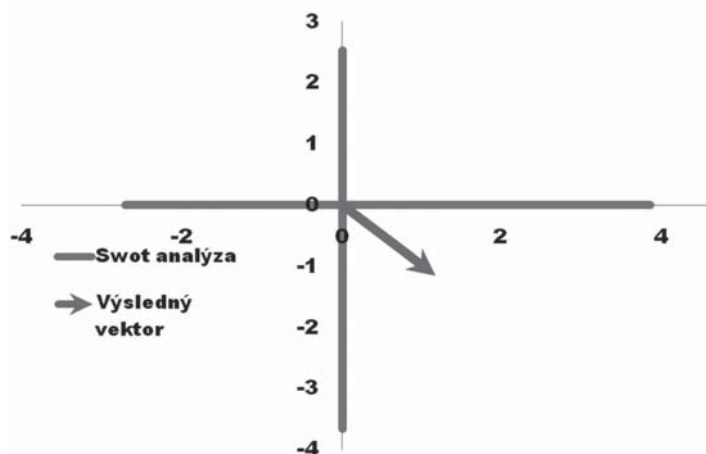
Table no. 1: Evaluation of SWOT analysis

Strengths	<i>Weight</i>	<i>Value</i>	<i>Product</i>
Professional staff	0.30	4	1.20
Non-barrier premises	0.20	5	1.00
Wide availability of technical equipment	0.23	4	0.92
15-year experience with the disabled	0.20	4	0.80
Ambulatory care	0.07	1	0.07
TOTAL	1.00	18	3.99
Weaknesses	<i>Weight</i>	<i>Value</i>	<i>Product</i>
Lack of time for work with families	0.23	3	0.62
Defence of the rights of disabled persons	0.23	4	0.92
Mortality	0.17	2	0.34
Physical and mental stress	0.20	3	0.60
Absence of legal personality of the facility	0.17	1	0.17
TOTAL	1.00	13	2.65
Opportunities	<i>Weight</i>	<i>Value</i>	<i>Product</i>
Volunteering activities	0.27	2	0.54
Partnerships	0.30	3	0.90
Professional experience offered to students	0.17	2	0.34
Staff training	0.20	4	0.80
Grants	0.07	1	0.07
TOTAL	1.00	12	2.65
Threats	<i>Weight</i>	<i>Value</i>	<i>Product</i>
Wages	0.17	4	0.68
Payment for social services	0.23	5	1.15
Funding	0.17	4	0.68
Legislation	0.27	3	0.81
Client's family	0.16	3	0.48
TOTAL	1.00	19	3.80

Source: own calculations



Diagram no. 1: Illustration of the final strategy for St. Ann's Home



Source: own calculations

It is clear from the diagram that the good strategy for sustainable activities is a strategy of retreat. To choose the strategy we assessed the following criteria: *usefulness, feasibility and acceptability*.

The criterion of *usefulness* is that SAH is a social facility with the aim to provide comprehensive care secured and developed through the activities of the Swiss-Slovak cooperation project and now the activities are required to be stabilised. The project implementation applied a strategy of growth as a strategy of progressive type that assumed success. It was managed by a diffusion of SAH's experience and the capital of the Swiss-Slovak cooperation project.

In terms of *feasibility* we assessed internal and external conditions that were evaluated in the synthesis of the analysis outcome and we offered prospects.

In terms of *acceptability* of strategy that we determined as a retreat strategy, we formed the expectations of the project, and the needs and priorities of the SAH's target group.

Strategy of retreat was also selected because the Swiss-Slovak cooperation project secured a progressive growth of the organization. A decrease in additional growth activities would prevent a sudden elimination of individual types of services with their wide implications due to the inability of SAH to retain them. The result of the illustrated SWOT analysis proved a strategy of retreat for SAH. The goal of this strategy is to reduce project activities and retreat from its growth in order to avoid SAH's inability to retain all project activities.

The synthesis of the SWOT analysis and the outcome of the Swiss-Slovak cooperation project proved that SAH spent the sources of growth and must accumulate sources through its opportunities and strengths to compensate its weaknesses and threats.

RECOMMENDATIONS BASED ON THE FINDINGS OF SWOT ANALYSIS

According to the SWOT analysis SAH determined a strategy of retreat and needs to reduce its growth which was achieved through the implementation of the Swiss-Slovak



cooperation project and stabilize the project activities. The facility has registered its Rehabilitation Centre with the Department of Social Affairs of the Prešov Self-Governing Region and stabilized this original activity of the Swiss Financial mechanism. The workers were transferred under the funding of the Prešov Self-Governing Region.

The Day Centre is required to be registered with the aforementioned institutions as a service of early intervention on the ground that the weaknesses of the facility include lack of time for work with families and defence of the rights of the disabled, which could be solved by the service of early intervention.

The transport service is required to be incorporated in the package of SAH comprehensive services, and could be co-funded by its clients and municipalities who have a direct competence for that.

The subsidized housing is required to be registered to secure continuous funding after the project completion. Preparation for subsidized employment of the disabled will still be a part of subsidized housing service.

Physical stress in the facility could be solved through applying standards in relation of workers to the number of clients under Act on Social Services. Mortality may be reduced by preventative measures through training courses in coping with stress situations amount workers and through health prevention among clients.

Payment for social service will not become a threat if the funding is spread over more sources, thus, there will be a lower risk of increased payments. Clients' families will get more involved in the activities of the facility and individual rehabilitations in order to avoid refusals of cooperation.

Wages should be adjusted by the employer in order not to have a high staff turnover. Legal personality should secure greater flexibility and also should bring greater opportunities to the facility for grant applications. The facility should pay a certain percentage out of the SAH resources to the Greek Catholic Charity because they own the premises of the facility.

Legislative reforms must be commented individually as well as collectively through umbrella organizations covering providers of social services. Another possibility involves members of parliament, members of regional governments, local governments, civic associations and church representatives.

CONCLUSION

In the last twenty-five years in the Slovak Republic the approach to care of persons who are disadvantaged to any extent in comparison to the healthy population has been changing. In the area of social services, the model of year-round care services has been gradually changing to a model of ambulatory care services that functions in cooperation with the natural environment of the beneficiaries of social services. The dissertation elaborated a comprehensive model of care of children and young persons with disabilities that may serve as a methodological aid for application in practice. The thesis highlights the importance of comprehensive care which consists of various types of social services. If the care is not provided at the comprehensive level it cannot be said that the aim and purpose of social services are met.



The objective of the dissertation brought new insights into opportunities for the stabilisation of the variability of social services at SAH. Schools in municipalities grasp the opportunity to educate children with severe disabilities at SAH in an assisted class of variant C in the premises of the facility since schools themselves were not ready to provide health care to severely disabled children. Adults with disabilities grasped the opportunity of being offered with jobs and subsidized housing, which improved their independence from their family. Transport service brought a possibility to receive social services on a daily basis by the target group. The assistance for children and young persons with disabilities became networked in the region of Stará Ľubovňa. In the past the children uneducated in the school system received a possibility of being provided with social rehabilitation in their home environment or they were mediated an additional possibility to gain basic education. The implementation of the project also influenced employers who overcame prejudices against disadvantaged job seekers with disabilities and employed eight disabled persons. We have managed to change the way the public thinks of persons with disabilities through medialisation and public relations.

I can see the high value of the project lying in the highly qualified work of the workers in the church organization that is often being put in doubt. The Prešov Greek Catholic Charity with its SAH subsystem developed a new model of comprehensive care of children and young persons with disabilities that will be also known at the international level. This model consists of the following criteria:

- 1) The number of children and young persons aged 0-24 with disabilities in the district of Stará Ľubovňa is 310,
- 2) 7% out of the population of 52,000 in the region is formed by the severely disabled,
- 3) an absence of ambulatory social services for persons with disabilities in the region of Stará Ľubovňa,
- 4) high funding requirements for operation of social services in the new model,
- 5) supervision of the international partner and their recommendations.

Based on these outcomes and criteria we designed a final model of comprehensive care consisting of the following types of social services: home of social services (HSS), rehabilitation centre (RC), subsidized housing (SH), services of early intervention (SEI), sheltered workshop (SW) and transport service.

Thus, the international legislation found its way into the marginal parts of the region of Stará Ľubovňa. Our entire work will become a memorial of preparing comprehensive care for children and young persons with disabilities in the region of Stará Ľubovňa.

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PRESENTATION OF THE RESULTS AND EVALUATION OF THE PROJECT IMPLEMENTED AT ST. ANN'S HOME

Ing. Eduard Malatinec

Project Manager and PGCC Deputy Director

Contact e-mail: eduard.malatinec@gkcharita-po.sk

ABSTRACT

The objective of this paper is to describe the outcomes and overall evaluation of the project implemented at St. Ann's Home in Stará Ľubovňa within the Swiss-Slovak cooperation programme. The structure of the project is based on its individual planned activities.

Keywords: comprehensive social services, day centre, rehabilitation centre, transport of clients, state-subsidised employment and housing.

INTRODUCTION

Project title: Comprehensive social services for children and young persons with disabilities in the region of Stará Ľubovňa

Project duration: 1 January 2012 – 31 December 2016

Place of implementation: Prešov Greek Catholic Charity, St. Ann's Home, Štúrova 5 and Letná 7

Original budget: 1,047,369.00 €

Increased budget: 1,154,286.00 €

Project partners: Town of Stará Ľubovňa, No a Čo o.z., Stiftung Wagerenhof Uster (CH)

PREŠOV GREEK CATHOLIC CHARITY (PGCC)

PGCC's mission: The PGCC mission is to fulfil the evangelic commandment of love to God and neighbours and assistance to people in need.

Legal form: The PGCC is a legal person pursuant to Act no. 308/1991 Coll. on Religious Freedom and the Status of Churches and Religious Societies as amended. It was registered as a special-purpose facility of the catholic church with the Ministry of Culture of the Slovak Republic. It has been recorded in the register of social service providers since 1 July 1999.

Core activity: The PGCC provides social, health care, pedagogic, training and educational, humanitarian and other services to people in need regardless their race, nationality, religion and political mind-set.

Target group:

- homeless persons living at the edge of society,
- individuals and families in difficult life situations,
- addicts,
- persons who are ill and abandoned in households,



- children, young persons and adults with health disadvantages,
- mentally ill persons,
- persons affected by natural disasters,
- refugees and migrants,
- victims of trafficking in human beings,
- seniors.

We address this target groups in the following facilities:

Ambulatory services:

- Social centres in Prešov, Svidník and Humenné – first contact, specialised social counselling, resolving social and material deprivation,
- Low-door-threshold day centre in Prešov – secures required conditions for satisfaction of basic life needs of clients who do not have housing,
- Day care centre in Sačurov (St. Simeon's Home) – day care service for seniors, social counselling, service activities, eating and spiritual programme.
- Day care centre in Humenné (St. Jude Tadeusz's Home) – for persons with disabilities who require dependence for a certain time, social counselling, activities, therapy, spiritual program and eating,
- Home of Social Services in Stará Ľubovňa, Rehabilitation Centre, Service of Early Intervention, Facility of Subsidised Housing and Sheltered Workshop (St. Ann's Home),
- Home care agencies in Prešov and Snina (ADOS Charitas) – comprehensive nursing care delivered to patients in their natural environment

Residential services:

- Effeta Dosshouse – for homeless clients to stay at night, basic social counselling, hygiene, clothing,
- Archa Shelter – a possibility for a full-day stay, occupational therapy, eating,
- Halfway House - Charitas House – a possibility to stay for a certain time in two-bed rooms, independence, occupational therapy,
- Resocialization Centre, Home of Hope in Prešov – community method of recovering process for addicts after completion of institutional treatment,
- Halfway Home in Svidník, St. Faustina's Home – a possibility of accommodation for a certain time in two-bed rooms, independence, occupational therapy

JUSTIFICATION OF THE PROJECT SUITABILITY FOR ST. ANN'S HOME (SAH)

The main project objective is to improve independence of children and young persons with disabilities, improve their lives as well as lives of their families with which they live, integrate them into majority society. The current legislation effective from 1 January 2009 recorded various changes with the objective to improve life and make support tools available for children and young persons with disabilities, however, there is still a lack of social services provided by municipalities and non-public entities for the target group in the region of Stará Ľubovňa. There is a complete lack of such services for adult population with dis-



abilities living with their families. The overall demand for services in the region of Stará Ľubovňa is not satisfied.

Therefore, it is required to make qualified assistance available through multi-stage support tools for children and young persons with disabilities and their families starting from counselling in the client's natural environment as well as through the ambulatory care service in one place, curative and social rehabilitation in the client's natural environment, then counselling and social, curative, psychological and vocational rehabilitation through the ambulatory care service.

These tools will improve physical, social and work competences among children and young persons with disabilities or will help them acquire them. They will help them effectively function in the area of relationships. They will gain work skills. They will become ready to get employed and get involved in the work process. The fulfilment of the condition will then help them to become independent from their families. To create a functional network of social services in the district from the point of view of availability and quality closer to the ones who need it, it is necessary to mobilise municipalities as priority providers of assistance for their citizens with disabilities. Through the creation of partnerships with the task to actively solve the needs of their citizens it will be possible to coordinate and apply the measures for prevention and solving of social exclusion of children and young persons threatened by social exclusion in the natural and open environment and also in the area of subsidised employment.

Municipalities themselves act in the role of employer and therefore they have created conditions for employment of persons with disabilities. The activities of the project are planned the way to offer assistance to every family with a disabled child or young person in the district and the general public was informed of possibilities to solve the unfavourable situation of a family with a disabled member of examples of changes achieved in the lives of clients and of their possibilities and abilities. Such positive education will contribute to the removal of barriers towards the majority society. The education with its comprehensiveness should have a coordination character in solving a disability from the birth to the period of adolescence in the region Stará Ľubovňa. The coordination and comprehensiveness of solving the issue of children and young persons with disabilities predetermine to place the project of comprehensive social services into the role of networking of problems, needs of children and young persons with disabilities and consequent solving of their new onerous life situations that arise out of the global economy and state social policy. Only the regions with stable social services may subsequently solve impacts on target groups which unconditionally include children and young persons with disabilities.

STARTING SITUATION

The district of Stará Ľubovňa has a population of 52,000 who live in 44 municipalities. Out of that there is up to 7% of citizens with severe disabilities. The district town has the highest population (18,000) as well as the highest number of the target group. According to the statistical data from The Office of Labour, Social Work and Family, in the district of v Stará Ľubovňa there are 310 children and young persons with disabilities aged 0 - 24 and



227 young persons aged 25 - 39. Concerning the kind of disability, they are people who are limited with regards to mobility, mental level, sensory impairments and internal diseases as well. The children are involved in the education system mostly on an individual basis in regular or special schools with individual learning plans. Sixteen of them are provided with social services at the local level through the institutional care of the Home of Social Services – St. Ann's Home established by the Prešov Greek Catholic Charity. Apart from this facility there is no other in the district to provide social services for children and young persons with disabilities. For the adult population the Prešov Self-Governing Region established a home of social services in Legnava. The home of social services for mentally disabled adult citizens in Legnava provides year round full time care. There is no facility in the district to provide ambulatory social services, for the time necessary or for a week stay. St. Ann's Home provides services for 16 children and young persons mostly living in the town. Only four clients who are provided with SAH social service live with their family outside the town – in nearby villages. The services that the facility provides primarily focus on children and young persons with mental and combined disabilities.

The aim of the project is to expand the services also to persons with physical, mental and sensory disabilities through rehabilitation methods. Further, to offer ambulatory and field services in close cooperation with the primary family, support the family and relieve the family of a burden, in practice conduct the process of secondary and tertiary prevention, secure information availability and counselling to families with disabled members as well as disabled persons themselves especially in the marginal areas of the district, relieve the family of a 24-hour care of their disabled member, offer assistance in commuting to the service in the open environment and through good practice examples show the importance of ambulatory social care and as its result the possibilities of a change in the lives of children and young persons with disabilities. The change that would make the life of this group of people as similar as possible to the life of their peers. There is a lack of all the aforementioned activities in the district, and there is no coordination of assistance measures in terms of services. The assistance to natural persons with severe disabilities dependent on the assistance other persons or their families in the district is provided only by the state through a financial contribution for care of family members. Municipalities are not active in their legitimate obligations in providing social services they neither provide a relief service for natural persons with severe disabilities, therefore, it is required to coordinate and apply the measures for prevention and solving social exclusion of children and young persons threatened by social exclusion in their natural and open environment, create for them a functional network of social services in the district with the mobilization of local governments to fulfil their competences in practice when taking care of their citizens. As the only non-public provider of social service for the group of citizens concerned we seek to provide a sufficient offer of assistance with the goal of their independence and integration, and also to avoid the state of social pathology among this group of population.



TARGET GROUPS

The main target group includes children and young persons with disabilities living in the district of Stará Ľubovňa. Their involvement and active participation in the project activities will give them a change in the quality of their lives in comparison to their current way of life. It will allow them to get involved in the work life, become independent of their parents and live the life similar to the one of their peers with the assistance and support of services. The closest family members and especially parents are inherently connected with children and young persons.

Parents and families largely influence their life path and they are their major social support. Therefore, it is very important to work with them and involve them in the project as the additional target group. Their willingness and a change in their way of thinking will have a great impact on the project results. Employers will also be influenced by the project implementation because by employing natural persons with disabilities any prejudices against disabled persons will be eliminated and their employment in the future will not be linked with barrier overcoming.

PROJECT ACTIVITIES

Activity 1 – Project preparation tool

Activity 2 – Day centre

Activity 3 – Rehabilitation centre

Activity 4 – Transport of clients

Activity 5 – Subsidised employment and housing

Activity 6 – Experience exchange through study trips and a conference

PLANNED OUTCOME OF THE PROJECT:

1. Staff trained within the project (also employees with disabilities) – 32 employees.
2. Attending international professional traineeships – 6 employees.
3. The number of social services provided by the PGCC in Stará Ľubovňa – 6 services.
4. Expanded capacity of the facility of social services in Štúrova – 40 clients.
5. Establishment of the transport service for the disabled – 3 clients transported.
6. Creation of workshops for young disabled persons – 6 places.
7. Subsidised housing for young persons with disabilities – 2 places.
8. Municipalities involved in assistance to their disabled citizens– 18 municipalities.

ACHIEVED RESULTS OF PROJECT ACTIVITIES:

Activity 1 – Project preparation tool

The project submitted as a project charter is required to be developed into the final draft according to the decision of the Swiss Confederation dated 31 March 2011. Thus, we want to take necessary decisions and steps to fulfil this task. We have established cooperation with more specific organizations of a similar kind in the region of Uster and plan to travel to the Swiss Confederation as soon as possible to visit them and conclude a cooperation agreement with specific responsibilities for both parties.



In the meantime, the project manager will elaborate the project itself in detail in compliance with the decision of the Swiss Confederation no. 7F-07915.01/KRS. We will assign the task to an impartial company to prepare a feasibility study which will include a financial analysis) and a qualified contractor to carry out a selection procedure for services and goods in the Final draft of the Grant Application. The project draft will be fully translated into the English language.

Activity 2 – Day centre

The implementation of partial activities of field, ambulatory counselling and public relations within the service of early intervention (registered service). Instead of **35** joint activities with the public we carried out **47** meeting. In education **23** workers attended **77** training courses. Out of **44** municipalities in the district of Stará Ľubovňa instead of **18** planned up to **24** municipalities are involved in the project activities. Specific assistance of social counselling and involvement in the project activities was provided to **78** families with a severely disabled person in comparison to **65** families planned.

Activity 3 – Rehabilitation centre (registered service)

Within the comprehensive rehabilitation the activities of curative, social, work and psychologic rehabilitation are carried out. In comparison to the original capacity of **16** clients there are **43** clients currently under the rehabilitation process who come to SAH in two shifts.

Activity 4 – Transport of clients

The transport from home to the SAH facility and back (unregistered service). We planned to transport **3** clients but we reached the number of **18** clients to transport from surrounding villages who would otherwise not be able to receive the services.

Activity 5 – Service of state-subsidised housing (registered service) and Sheltered workshop (registered service)

The clients who undergo the rehabilitation process and are capable of being employed in a sheltered workshop or live separately. We planned to house **2** clients, so far we have managed to house **one** female client. In the sheltered workshop we planned to employ **6** severely disabled employees, in fact, we have employed **7** persons with disabilities.

Activity 6 - International cooperation

Thanks to the cooperation and experience exchange with the international partner that has over 100 years of experience with work with severely disabled clients, we introduced in our work several innovative elements of approach to clients. The Marte Meo method (Latin "by own power") leaves room to the client to be active and at the same time to support his/her abilities in a positive way. In nursing care and physiotherapeutic procedures, we incorporated a technique of kinaesthetics in our work. Similarly, we drew inspiration in public relations that we started to focus on a specific target group and in vocational rehabilitation



we launched a production of several creative products. In work with clients we are introducing fostered communication through pictograms.

NEW ACTIVITIES ADDED IN THE NEWLY-BUILT EXTENSION OF SAH SINCE 1 DECEMBER 2015 (additional 177 m², SAH has altogether 563 m²):

- Additional training and education services for clients through Special Primary School at St. Ann's Home for children diagnosed with autism, pervasive disorder, equipping the premises for children with this diagnosis, purchasing a biofeedback device and therapy with the device,
- To equip the premises of the newly-established workshop in the extension of St. Ann's Home, traineeships for potential disadvantaged applicants for employment in sheltered workplaces and workshops,
- To prepare a room for public relations, cultural events held by clients of the public.



QUALITY OF LIFE FOR PEOPLE WITH COGNITIVE AND MULTIPLE IMPAIRMENTS - EXPERIENCE AND VISIONS FROM SWITZERLAND

Andreas Dürst

Director of Wagerenhof foundation

Contact e-mail: Andreas.Duerst@wagerenhof.ch

ABSTRACT

This article deals with Stiftung Wagerenhof Uster, which offers services to people with cognitive disorders, most of whom also suffer from a number of physical disabilities. In subsections, we have been focused on quality of life in our facilities and on our strategy of functioning. At the end, we briefly bring closer co-operation between us and Greek Charity Prešov.

Keywords: Wagerenhof Uster, quality of life, cognitive disorders.

About WAGERENHOF

Wagerenhof is a foundation under Swiss law. It has been founded in 1904 by two charitable organization of the Canton of Zurich and the City of Uster (located within the Canton of Zurich). In 2016 the organization is in its 112th year. It offers services to persons with cognitive defects, who in most cases also suffer from multiple physical handicaps.

Currently Wagerenhof gives home to approximately 230 persons who are assisted by approx. 640 employees (403 fulltime equivalents (FTE)). Its operations run in a 365-day and 24-hour model.

Our customers live in 32 family-like group homes with on average eight inhabitants. Size and mixture of the groups are tailored to the complexity and need for care and support of the group members. For special needs, like for persons with an inherent need for structure, we offer smaller group home sizes.

Inclusion permeates the whole Wagerenhof. Wherever possible, our protégés perform work according to their special needs, abilities and preferences. Namely in administration, in our gardening department including a very nice and successful flower shop, in our park maintenance group (taking care of our Wagerenhof park and working for external customers), in the kitchen (with dietary cuisine) and Catering & Events department, in our laundry with dry cleaning facilities, in our technical services department, in our organic agriculture department with its own farm shop (livestock, field and vegetable growing, forestry) in our gift shops and in our integrative day nursery called "Beluga".

In total we offer 222 workplaces for severely disabled persons, 47 so called sheltered employment workplaces and about 10 apprenticeships.

All employees at Wagerenhof fully respect disabled people as unique individuals. Each human being, independently of its productivity or life-form, is of the exact same value. The dignity of each individual is indefeasible.



As one easily can imagine, the way residents have been assisted in their needs has significantly changed over time. Things that just a few decades ago used to be pretty normal are unimaginable today. Nowadays, someone who would lock a disabled person in a cellar room, due to “difficult” behaviour, would find himself immediately in jail. Just a few decades ago that was generally tolerated behaviour.

Certainly things for disabled persons have changed to the better. However, because the specific needs of our clients permanently evolve, we, as the persons servicing them today, are requested to permanently gauge our performance and to identify areas of improvements in our daily business, as well as in the strategic development of our organizations.

ABOUT QUALITY OF LIFE (QOL)

At Wagerenhof we have spent a lot of energy and time trying to understand the specific needs of each single individual that we take care of. We have intensively studied scientific and industry best-practice models, seeking to find a methodology that would allow us to measure and develop qualitative areas in the lives of our clients. It took us some time to find the right model, but we did.

Prof. Dr. phil. Monika Seifert, Berlin, until 2010 professor at the Catholic Academy of Social Welfare in Berlin and at the University of Cologne, still chairs the Association of Therapeutic Pedagogy in Germany and is a renowned author of various books and publications. Prof. Seifert developed an astonishingly pragmatic model to assess individual quality of life (QoL) by applying 8 so called “Crucial Dimensions”:

- interpersonal relationship (Zwischenmenschliche Beziehungen)
- social inclusion (Soziale Inklusion)
- personal development (Persönliche Entwicklung)
- physical well-being (Physisches Wohlbefinden)
- self-determination (Selbstbestimmung)
- material well-being (Materielles Wohlbefinden)
- emotional well-being (Emotionales Wohlbefinden)
- rights (Rechte)

The model of Prof. Seifert includes in its 8 dimensions the requirements of the United Nations Convention on the Rights of Persons with Disabilities (UN CRPD).

Based on above model I have installed a management process which we internally refer to as the Quality-of-Life Process (QoL-Process): Every week I have allocated 3 hours of my personal work time to discuss an alternating group of protégés. The entire management chain, between me and the individuals living on that specific group home, is assembled around the table and the declared objective of the meeting is to assess the quality of life based on the methodology described above.

80 % of our protégés do not have an own verbal language – this concretely means that they cannot express any of their needs by using words. Many of the other 20%, the ones who have some speaking abilities, do not have enough cognition to articulate what they need without ambiguity.



Once one has understood the tremendous communication chasm between persons in charge and assisted persons, it becomes evident that at Wagerenhof we heavily depend on good functional methodologies in fruitful combination with serious interdisciplinary exchange and dialogue among key persons.

Understanding the requirements of individuals on an institutional level (rather than leaving it to each employee to “guess”) and taking appropriate institutional actions to foster the quality of life of protégés is ultimately the core of our business.

We are conscious that even institutional evaluations of individual QoL remain hypothesis that must be carefully challenged every day. At the end of the day we ARE in a pure people business. Whilst other institutions talk about “professional distance” between assisting and assisted persons we ask our employees to offer a “professional contiguousness” to protégés.

ABOUT OUR STRATEGY

Strategy is about “how to win”. In our industry that translates into the question: How can we make sure that, over the next decades, Wagerenhof remains the caring, permanent home that it has been so far.

Imagine, over one third of all persons currently living in our institution have been living here at least from the age of 35 up to the age of 85! Persons who join the Wagerenhof community should, if they want, be allowed to stay for their remaining lives. In order to keep this promise, it is our duty to create and evolve a living environment for all our residents: young, mid-aged and old-aged persons, persons with Down syndrome as well as persons with complex multiple physical disabilities. We also must increasingly be ready to support persons that are diagnosed with dementia and persons that need intensive care.

With no doubt Wagerenhof is a complex anthroposphere with lots of interdependencies and sometimes conflicting requirements. Without a clear strategy it would be very difficult to make timely and adequate decisions that support short-, mid- and long-term sustainable development of the organization.

So, what is strategy for Wagerenhof? In essence, our strategy is to consciously decide what kind of “home” we want to be and to which “customers”. For us, it is about choosing and implementing the right professional strategies and methodologies to continuously improve the quality of service for, and ultimately the quality of life of the people living here.

We are convinced that if we truly focus on maximizing QoL of our protégés, all the rest will be easier. The better we know what the persons that we assist really need, the easier it becomes to focus our entire energy (labour, money and all other resources) on creating a maximum of QoL.

On the other hand, the better the quality of life of our customers is, the more competitive we are in our market segment. Being more competitive allows the right capacity utilization, which again allows us to remain financially strong. Financial strength in turn allows investing into strategic imperatives.

For each of our business segment we have defined pragmatic, but effective strategic roadmaps. Namely for assisted living, assisted working, and assisted leisure as well as for medical care and psycho-social support.



ABOUT OUR PARTNERSHIP WITH THE PREŠOV GREEK CATHOLIC CHARITY IN SLOVAKIA

We started our Swiss-Slovak friendship and partnership in 2011 within the framework of an agreement between Switzerland and 10 Eastern European states that joined the European Union at the beginning of the Millennium.

We are fully aware that our contribution to the “bigger plan” is very tiny, but we also believe that it is not negligible. In the course of the last five years there have been many professional exchanges between the PGCC team in Slovakia and the Wagerenhof team in Switzerland. On both sides a lot of understanding and learning has happened and important and valuable impulses have been exchanged on either side.

Speaking for Wagerenhof I can say that we have repeatedly been very much impressed by the energy and humble pragmatism of the team in Slovakia. With little means a maximum effect has been achieved for disadvantaged and disabled people in Slovakia. My Wagerenhof team and I bow before the persons that took this great initiative in this great country, named Slovakia! Thank you.



COOPERATION WITH THE PREŠOV GREEK CATHOLIC CHARITY FROM THE POINT OF VIEW OF THE SWISS PARTNER, THE STIFTUNG WAGERENHOF FOUNDATION, USTER, FROM 2010 TO 2016

Anita Lütolf

Partnership coordinator, educational consultant, social educator, Coach

Contact e-mail: Anita.Luetolf-Foellmi@wagerenhof.ch

ABSTRACT

Our contribution describes the partnership between the Stiftung Wagerenhof Uster and Greek Catholic charity Prešov for exactly six years. We represent a form of partnership and its course, implemented through mutual working visits. The second part of article is devoted to recommendations for our Slovak partners on specific topics kinestetika, financing institutions and interaction with animals.

Keywords: Stiftung Wagerenhof Uster, forms of partnership, working meetings.

HISTORY:

In 2009 the Prešov Greek Catholic Charity in Slovakia was looking for a partnership organization in Switzerland with a leading home for disabled people for a *project competition with the aim to start a professional cooperation*. Based on the contact with Pater Franco, who was working in the Catholic parish in Uster at that time, the Stiftung Wagerenhof foundation was selected. At that time, its management decided to engage in the cooperation in form of visits to Slovakia and Switzerland alternating each year.

- 2010 – *The first delegation from eastern Slovakia visited Wagerenhof.*

FORM OF THE PARTNERSHIP:

The Slovak partners identified the issues to be discussed during the visits. The Wagerenhof foundation made proposals for the areas requested in the past years – in form of presentations, coaching, training and consulting. For the Wagerenhof foundation it was important that the partners found their own way because its possibilities and procedures could not be carried over to the conditions of eastern Slovakia on a one-for-one basis. Therefore, the process was deliberately managed by the Slovak partners because they know best their own conditions. The Wagerenhof foundation offered impulses and knowledge in the mutual exchange and dialogue.

VISITS:

2011 – Trip to Stará Ľubovňa: Vital Arnold and Anita Lütolf

We learnt about the institution that was going through a transformation at that time. The premises in Letná Street where the offers for disabled people took place were very small. A new attractive building adapted to the needs of clients was built with the financial



assistance of the project. During our visit the construction works on the building were still ongoing. We provided some advice concerning the safety. This new building is a big help for clients who can meet and learn there in such a nice environment. We were very pleased to see that the parents of the clients helped with construction works.

The visit was very valuable because we were able to get to know the people and their mentality. In our discussions we came to a joint conclusion that a personal relationship and a good atmosphere for learning are of the vital importance for the clients' feeling of well-being while being looked after. The mutual respect and appreciation is crucial, especially in the work with people with disabilities. We observed that the employees treated children with the highest respect. We could feel a strong dedication and a lot of energy. That year St Anna's Home was formally opened.

2012 – Visit of a Slovak delegation in Uster

The visit included a tour of the Stiftung Wagerenhof foundation:

- Technical service, laundry/dry cleaner's, agriculture/gardening/flower shop/shop
- Disabled people were involved in the work process in all areas.
- Studios: mechanics, paper, food, experience rooms
- Opinion exchanges in management/finances/public relations/donations/establishments
- Short introduction into physiotherapy and kinaesthetics
- Health and medicine
- Short presentation of supported communication

2013 – Trip to Stará Ľubovňa

Emile Sorel and Anita Lütolf travelled to Stará Ľubovňa. The partners wished to receive training in kinaesthetics and supported communication.

The first part included consultations on site.

Mr Sorel wrote his own report about the visit (see below).

Ms Lütolf accompanied the pupils and young adults during their lessons and provided support with respect to practical questions, and she provided coaching on site in support and assistance adapted to the development of clients and supported communication.

In the second part, there was training in kinaesthetics (see the report by E. Sorel) and supported communication. The topic was presented using the methods of self-experience and exercises. Various possibilities of supported communication were presented adapted to individual development levels of clients.

There was coaching in work with parents and relatives.

The cooperation and report of the project manager – project implementation

Preliminary evaluation of the official project representatives: A request to receive consultations on funding and fundraising would be dealt with during the next trip to Uster.



2013 – Visit of the Slovak delegation in Uster

Various tours, information and cooperation related to manufacturing of products.

Introduction into Marte Meo, funding/fundraising (see the report by Oliver Gut below), staff recruitment, leisure time, voluntary work, public relation.

2014 – Trip to Stará Ľubovňa: Daniel Gadiant, Anita Lütolf

Further consulting on fundraising – how to generate more donations, planning of an initiative: the goal and purpose of an initiative and assessment of addressed groups, communication.

Introduction and supervision in Marte Meo with video presentations from the St Anna's Home.

2015 – Visit of a Slovak delegation in Uster

Introduction into animal-supported intervention, therapy with horses, funding and quality (see the report by Oliver Gut below), prevention of burn out, aggressions and emotional backing of residents, further cooperation.

2015 – Trip to Stará Ľubovňa: Jacky Rufer, Anita Lütolf

Training and exercises on violence and emotional backing of clients, attitude and concept in dealing with aggressions.

Introduction into animal-supported intervention. Therapy with horses and smaller animals using film documentaries and presentations.

2016 – Visit of a Slovak delegation in Uster

Tours in Technical service and residential groups. Training in autism and supported communication, tour around the garden of senses: a garden with constructions for sensory perception. Such public areas are also used for meetings of people from the town with clients. A meeting with the representatives of the Reformed Church Uster. Topics: Social diacony and work with refugees – mutual presentation of activities and discussion.

Looking back and the future outlook regarding the completion in autumn 2016 with the general manager.

IMPLEMENTATION:

During the entire period of our partnership various impulses from tours and training sessions were adapted to the situation in Stará Ľubovňa.

The partnership has also enriched the Stiftung Wagerenhof foundation. We found the visits very interesting also in relation to the question what the most vital aspects of working with disabled people are. This question is very important especially in a country with less financial resources.



KINAESTHETICS

*Emile Sorel, Kinaesthetics Trainer/Physiotherapist
in the Stiftung Wagerenhof foundation.*

Inputs, experience and recommendations from a two-day visit to Stará Ľubovňa.

On Tuesday 21 May 2013 I accompanied the physiotherapist of St. Ann's Home during his work with children. In the afternoon, I presented an introduction into kinaesthetics for all employees of the home. On 22 May, I accompanied the physiotherapist again.

The history of physiotherapy is closely connected to medicine. Physiotherapists apply therapeutic exercises to treat and prevent dysfunctions of human motor skills. Physiotherapeutic treatments start with a diagnosis that usually describes a deficit or a lack of normality. The situation in kinaesthetics is different.

The term kinaesthetics can be explained as *"the art of perceiving movement"*. Kinaesthetic deals with the following aspects:

- Development of a differentiated and conscious perception of own movement
- Development of own movement competence, i.e. a healthy and flexible application of one's own movement while doing private and work activities
- A distinctive analysis of human activities through an experience-based perspective of kinaesthetics
- The ability to use own movements in contact with other people, so that they can be deliberately supported in their own movement competence or in the performance of their own activities.

Contrary to physiotherapeutic *"treatment"*, the focus of kinaesthetics is rather on *"learning and development"*. That means that children should be less manipulated one-sidedly and they should be encouraged as much as possible to initiate their movements by themselves. Moreover, more attention is paid to the development of existing resources rather than focusing on deficits.

My recommendation: Besides physiotherapeutic activities I recommend the implementation of kinaesthetic principles. This aim can be achieved by organising a kinaesthetic educational project. That means that all employees shall attend at least a basic course. The staff who are in indirect contact with clients shall attend an additional course. In each team there is one active peer tutor who can provide support to any other employees. One person in one home shall be trained as a kinaesthetic trainer, level 1.

Kinaesthetic Romania gained good experience with the implementation of kinaesthetics with the support of Kinaesthetics Switzerland and the Charitas organization.

**Kinaesthetics Romania, Szék 147
530203 Miercurea – Ciuc, Romania
Tel.: +40 724 327941, Web: www.kinaesthetics.ro**



FUNDING OF THE INSTITUTION

Oliver Gut,

Director for Finances and Controlling in the Stiftung Wagerenhof foundation

During the exchange between the Stiftung Wagerenhof and the PGCC, the funding of a institution in Switzerland was one of the discussion topics. The Stiftung Wagerenhof foundation is basically funded by the Canton with care contributions, by resident fees of the clients themselves and by invoicing private health insurance companies for care services. The resident fees that our clients are invoiced for are refunded to them via the social insurance system. With this system of funding, the Swiss Federal level and the Canton level, in cooperation with private institutions such as Wagerenhof, ensure the provision of care for people with disabilities, which is guaranteed by law.

The Stiftung Wagerenhof foundation offers partly services (e.g. therapeutic-educational horse-riding) or quality activities (e.g. work with Marte Meo) that are not (or not sufficiently) funded by the Canton or a health insurance company. In these cases, the foundation uses private donations to fund such activities. The donations are always used in a subsidiary way that means, when there is no other funding subject.

Any investment into the foundation infrastructure is co-funded by Canton contributions if its purpose is justified. The rest of funding comes from banks and donations.

The advantage of this funding system is that it provides a relatively good planning security. The price adjustments are mostly announced well in advance, so that the foundation can modify its financial planning accordingly.

The exchange with the PGCC has shown that the financial framework conditions of both institutions are very different, but also that creating an environment for interested parties and for public participation in the work of institutions is a good fundament for sustainability of offers. The goodwill of our work in the public eye contributes dramatically to the content aspect and sometimes also to the financial aspect of our work.



ANIMAL SUPPORTED INTERVENTIONS

Jacky Rufer,

Horse riding therapy in the Stiftung Wagerenhof foundation

Visit to our horse riding therapy in May 2015

On the occasion of a 90-minute visit the visitors learnt about our small horse riding department with its infrastructure and they saw our horses. Some operational figures, facts on organization of professions (work with horses) and important work materials were presented. Two model lessons with very different residents presented a wide range of our therapeutic approaches. The presentation was received with big interest.

Visit to Slovakia in November 2015

Ms Dr. Svrčková presented her horse riding therapy to the visitors that is a mixture of our hippotherapy and therapeutic-educational horse riding. The struggle of her small unit to survive that she talked about reminds of the obstacles that had to be overcome in Switzerland a few decades ago. It is always about the question how to fund this form of therapy that is so demanding in terms of staff and money. Only the organization with strong human and financial resources can keep running a horse riding therapeutic operation for many years. Therefore, discussion topics included sponsoring from the horse riding environment, continuous presence in the media, volunteers, creation of sheltered jobs, offers combined with a regular horse riding school or using synergies with a horse club.

Various therapeutic materials that we used inspired our Slovak colleagues who completed a basic and purely physiotherapeutic training programme. Based on our own experience we know very well how valuable such new ideas are. We moved to some less known forms of animal-supported interventions watching a film about animal afternoons with guinea pigs and small hens with our senior residents. In fact, the use of various small animals is significantly more cost-effective and less demanding in terms of staff. Apart from such visits we were able to think about visits of therapy dogs, rearing of turtles, cats, small goats, and even donkeys. However, the basic condition is the professional selection and preparation of suitable animals that have to be reared in an appropriate way. Finally, external resources must be used in an optimal way, for example, visiting the zoo regularly, staying at farms, attending events with animals, etc.



COOPERATION OF THE PUBLIC AND NON-PUBLIC SECTORS IN THE PROCESS OF PROJECT IMPLEMENTATION AND ITS PROSPECTS

PhDr. Margita Poptrajanovski

Head of the Social Department of the Office of the Prešov Self-Governing Region

Contact e-mail: socialny@vucpo.sk

ABSTRACT

In this paper we deal with the implementation of the project and the cooperation process of the public and non-public sectors. The cooperation process between the public and non-public sectors is in compliance with the competences at higher territorial units and in compliance with Act no. 448/2008 Coll. on Social Services. The cooperation of the public and non-public sectors especially lies in promotion of registration of new types of services related to the project implementation and in the allocation of funds for operation of social services in the region of Stará Ľubovňa focused on disabled persons.

Keywords: implementation, integration, funding.

INTRODUCTION

The project “Comprehensive Social Services for Children and Young Persons with Disabilities in the Region of Stará Ľubovňa”, whose part is also taken by the Prešov Self-Governing Region represented by the head of the department, is currently being implemented through the Swiss-Slovak cooperation programme. The project aims at operation of the day centre with field and ambulatory care services, rehabilitation centre for children and young persons with disabilities, transport service and subsidized employment and housing.

COOPERATION OF THE PUBLIC AND NON-PUBLIC SECTORS

The philosophy of the Social Department is to improve the quality of life of all beneficiaries in facilities of social services, whether they are public or non-public providers. The department's slogan is that everyone should live their life “as at home”.

Pursuant to § 81 (m) a higher territorial unit may provide under §75 Art. 7 a financial contribution to a non-public provider for operation of social services. Under the same § 81 but letter (o) a higher territorial unit carries out entries in the register, notifies of such registrations, issues register extracts and removes entries from the register.

With regard to the competences of the Social Department the cooperation with the non-public sector within the implementation of the Swiss-Slovak cooperation project is undertaken through the assistance of a non-public provider, namely, the Prešov Greek Catholic Charity, in the locality of providing social services at St Ann's Home in Stará Ľubovňa. It gives support to disabled beneficiaries in the region of Stará Ľubovňa. Before the launch of the project the Greek Catholic Charity operated in the region at St. Ann's Home one type of social service, that is the service of home of social services with the capacity of



27 places. This type of service was funded by the Prešov Region every year. In 2015 there was a change in the register because of an increase in the number of places by 10. Thus, the overall capacity is 37 places.

Within the cooperation and in connection with the project implementation the Social department supported the registration of three types of social service at St. Ann's Home. Particularly they are the following types of social services:

- **Rehabilitation centre**, which provides social services to a natural person dependent on the assistance of another natural person according to Appendix no. 3, to a natural person that is visually impaired and to a natural person with hearing impairment or who has a severe bilateral hearing loss.

This service was registered on 4 December 2013, launched on 1 January 2014 and has the capacity of 16 places for ambulatory care service.

- **The facility of subsidised housing**, where social service is provided to a natural person aged from 16 until reaching retirement age, if the natural person is dependent on the assistance of another natural person under appendix no. 3 and for the supervision under which he/she is able to lead an independent life.

This service was registered on 27 August 2015, launched on 1 November 2015 and has the capacity of 4 places of year round care service.

- **Service of early intervention**, where social service is provided to children under the age of seven, if their development is threatened due to their disability, and their families.

This service was registered on 1 December 2014, launched on 1 January 2015 and has the capacity of 2 places for ambulatory and field care services.

CONCLUSION

The cooperation of the public and non-public sectors is also established through the funding of a non-public provider and its types of social service. In the case of St. Ann's Home, since the launch of social services the dependence and operation of the home of social services have been funded on a yearly basis under an agreement on provision of a financial contribution.

Overview of financial resources provided for individual years:

- year 2012 - for 20 beneficiaries in the amount of 37,318.80 € for dependency and 12,933.60 € for operation – in **total 50,252.40 €**,
- year 2013 - for 21 beneficiaries in the amount of 39,186.0 € for dependency and 20,538.0 € for operation – **total 59,724.00 €**,
- year 2014 - for 27,000 hours (0.86 €/1 hour/1 beneficiary) for the year for beneficiaries for dependency in the amount of 23,220 € and for operation 34,020 € (1.26 €/1 hour/1 beneficiary), thus in **total 57,240.00 €**,



- year 2015 – for 27 000 hours (0.86 €/1 hour/1 beneficiary) for the year for beneficiaries for dependency in the amount of 23,220 € and for operation 35,640 € (1.32 €/1 hour/1 beneficiary), thus in total **58,860.00 €**,
- year 2016 - for 27,000 hours for the year for beneficiaries for dependency in the amount of 39,150 € (1.32 €/1 hour/1 beneficiary) and for operation 23,220 € (0.86 €/1 hour/1 beneficiary), thus in total **62,370.00 €**.

In 2014 a contribution for a new social service, a rehabilitation centre, was provided.

- year 2014 – for 10,000 hours in the amount of 8,600 € dependency (0.86 €/1 hour/1 beneficiary) and in the amount of 8,700 € for operation (0.87 €/1 hour/1 beneficiary), thus in **total 17,300 €**,
- year 2015 - for 10,816 hours in the amount of 9,301.76 € dependency (0.86 €/1 hour/1 beneficiary) and in the amount of 10,058.88 € for operation (0.93 €/1 hour/1 beneficiary), thus in **total 19,360.64 €**,
- year 2016 – for 16,000 hours in the amount of 13,760 € dependency (0.86 €/1 hour/1 beneficiary) and in the amount of 17,920 € for operation (1.12 €/1 hour/1 beneficiary), thus in **total 31,680 €**.

In the scope of mutual cooperation of the public and non-public sectors, the social services department finances a non-public provider, specifically the Prešov Greek Catholic Charity, and other types of social services.

The Greek Catholic Charity ensures social services in a halfway house with a capacity of 39 places, in a shelter with 53 places and also provides specialized social consulting. All of these services are provided with the financial support of the Prešov Self-Governing Region. The cooperation of the public and non-public sectors is very good.



STRENGTHENING EMPLOYMENT OF HEALTH-DISADVANTAGED CITIZENS

JUDr. Anna Aftanasová

Central Office of Labour, Social Affairs and Family, Office of the Director General

Contact e-mail: aaftanasová@gmail.com

ABSTRACT

Active measures on the labour market support increasing the employability of job seekers, changes in the system of education on the labour market, increasing the employment rate of job seekers. To integrate people with severe disabilities into society and on the labour market is one of the prerequisites for improving the quality of their lives. Several organizations in the Stará Ľubovňa district provide social services for health-disadvantaged citizens, in whom we recorded a rise in employment thanks mainly to the instrument of an active labour market policy.

Keywords: increasing employment, social services, health-disadvantage citizens

INTRODUCTION

The World Health Organization (WHO) estimates that up to 10% of the world's population live with a disability. No exact statistics exist on citizens with disabilities in Slovakia, but experts lean toward the number 650,000, which represents nearly 12% of citizens. In the Stará Ľubovňa district this number is 6.7%, which equates to 3562 citizens with a disability. From the viewpoint of employment, it is important to address the question: how many of these citizens are economically active? The fact that citizens with disabilities are not obligated to be registered at the Offices of Labour, Social Affairs and Family plays an important role here; their share in the total number of all job seekers is roughly 6%, but a large number of citizens with disabilities are not included in unemployment records for different reasons. Likewise, it is difficult to determine how many of these citizens are active on the labour market. The primary aim of supported employment is to make it easier for unemployed persons with disabilities to apply themselves on the open labour market through the use of instruments such as work with a target group, strengthening their skills and knowledge, mediating jobs; in addition, the motivating of employers to employ this disadvantaged group of job seekers belongs here. Current legislation also applies measures for preventing exclusion from the labour market not only of citizens with disabilities but also recent school graduates, mothers with children or persons approaching retirement age.

ACTIVE LABOUR MARKET MEASURES

An employer who employs at least 20 people has the obligation, pursuant to Act no. 5/2004 Coll. on Employment Services, to also have 3.2% of their employees be citizens with a disability, namely in the case that the relevant labour office keeps records on job-seekers who are at the same time citizens with a disability. Employers accept this obligation, but



they also increasingly utilize the possibility of placing orders to a citizen with a disability or a protected workshop in the amount of the mandatory share, by which they fulfil this legal obligation. If an employer does not use even one of these two possibilities, it is obligated, pursuant to valid legislation, to deliver to the state a levy for non-fulfilment of the mandatory share of employing citizens with a disability. In the Stará Ľubovňa district, 92 employers had the obligation to employ citizens with disability, and 79 of them satisfied this obligation and together employed 261 citizens with disability in the past year. Twelve employers used the services of protected workshops or protected workplaces through the form of taken products and services in a total worth of 21,750.69 €, and 10 employers paid to the account of the office the levy for non-fulfilment of the obligatory share of employment of citizens with a disability in the amount of 10,190 €. From the mentioned overview it can be said that an overwhelming majority of employers do employ persons with a disability.

Active labour market measures support the increasing employability of job seekers, changes in the system of education on the labour market and increasing employment among job seekers. Support for employment of citizens with a disability is carried out through the form of:

- the creation of jobs in a protected workshop or a protected workplace,
- self-employment of citizens with a disability,
- maintaining jobs through the provision of work assistance,
- payment of part of the operating costs of protected workshops and protected workplaces,
- through the mandatory share of employing citizens with a disability, by placing orders or taking products and services before the payment of levies for non-fulfilment of the mandatory share, including the possibility of a combination,
- other instruments of an active labour market policy linked to the support of a disadvantage job seeker pursuant to § 8, letter h) of the Act on Employment Services.

To integrate people with a severe disability into society and on the labour market is one of the prerequisites for improving their quality life. Assistance which incorporates many legal standards plays an important role here. The job description of an assistant, however, is not strictly stipulated in any legal provisions, which in practice causes significant problems for people with a severe disability, who are dependent on the help of others with self-service activities. Assistance is divided into:

- personal assistance,
- **work assistance,**
- pedagogical assistance.

Work assistance eases the entry of disabled persons onto the labour market and is legally anchored in Act no. 5/2004 Coll. on Employment Services. Employers who employ citizens with a disability, or a trade-license holder who is a citizen with a disability may be provided through the labour office an allowance for the activities of a work assistant. A work assistant is an employee who provides help to another employee, a citizen with disability, when performing a job and with personal needs during working periods.



SOCIAL SERVICES FOR THE HEALTH-DISADVANTAGED IN THE STARÁ ĽUBOVŇA DISTRICT

Several organizations provide social services for health-disadvantaged citizens in the Stará Ľubovňa district, in which we have recorded a growth in employment mainly thanks to instruments of an active labour market policy.

Retirement Home and Social Services Home in Stará Ľubovňa

Among the largest facilities in the scope of the founder's competence of the Prešov Self-Governing Region are the Retirement Home and Social Services Home in Stará Ľubovňa. It serves for more than 160 clients and employs 114 people.

An organizational element of the Retirement Home and Social Services Home in Stará Ľubovňa is the Crisis Centre in Stará Ľubovňa, where measures of social-legal protection and social guardianship for children are carried out. There are 10 full-time employees here, and their number has also increased during the past four years. The Office of Labour, Social Affairs and Family in Stará Ľubovňa supported the creation of jobs with this employer in the scope of individual instruments of an active labour market policy:

- § 50j (Allowance for the support of development of local and regional employment) – 3 jobs,
- § 51 (Allowance for performance of graduate practice) – 1 job,
- § 51a (Allowance for support of job creation in the first regularly paid employment) – 1 job,
- § 52a (Allowance for activation activities through the form of voluntary service) – 21 jobs,
- § 54 (National projects - NP XX, Chance for employment, I want to be active on the labour market) – 13 jobs,
- § 56 (Allowance for establishing a protected workshop or protected workplace) – 1 job,
- § 60 (Allowance for payment of operating costs of a protected workshop or protected workplace and for payment of costs for transport of employees) – 3 jobs.

Social Services Home Legnava

Another facility in the founder's competence of the Prešov Self-Governing Region in the district is the Social Services Home Legnava, which is intended for the mentally disabled. Due to the non-central position and poor transport accessibility, the employees of this facility are predominately citizens from the near vicinity and the surroundings of the village. The capacity of the facility is 63 clients, with 44 employees working there. The Office of Labour, Social Affairs and Family Stará Ľubovňa supported here the creation of jobs in the scope of the individual instruments of an active labour market policy:

- § 49a (Allowance for orientation of disadvantaged job seekers) – 2 jobs,
- § 50 (Allowance for the support of employment of disadvantaged job seekers) – 1 job,
- § 50j (Allowance for the support of development of local and regional employment) – 6 jobs,
- § 54 (National project - NP XX, Path from the circle of unemployment) – 3 jobs.



St. Klement Hoffbauer's Children's Home, Podolíneč

In the town of Podolíneč, in the Redemptorist Monastery there, is the St. Klement Hoffbauer's Children's Home, the founder of which is Spišská Kapitula, Spišské Podhradie. The facility is fully used and also uses the instrument of an active labour market policy, thanks to which the number of employees in the facility is increasing. At present 38 employees work here. The Office of Labour, Social Affairs and Family Stará Ľubovňa supported the creation of jobs in the children's home in the scope of the individual instruments of an active labour market policy:

- § 51 (Allowance for performance of graduate practice) – 2 jobs,
- § 52a (Allowance for activation activities through the form of voluntary service) – 1 job.

Social Services Home for Adults in Jarabina

The only facility in the district which has local self-government as its founder is the care-provider service Facility for Seniors – Social Services Home for Adults in the village of Jarabina. It serves for the elderly population and it has a capacity of 14 clients. It has undergone alterations and at present has 10 workers. It is located in a village which is characterized by an increased departure of residents to the USA and in many cases a family is unable to care for the elderly population. Employment has grown here thanks only to the instrument of an active labour market policy. The facility has long used a variety of instruments. The Office of Labour, Social Affairs and Family Stará Ľubovňa supported the creation of jobs with this employer in the framework individual instruments of an active labour market policy:

- § 49a (Allowance for orientation of disadvantaged job seekers) – 3 jobs,
- § 50j (Allowance for the support of development of local and regional employment) – 2 jobs,
- § 51 (Allowance for performance of graduate practice) – 1 job,
- § 52 (Allowance for activation activities through the form of smaller community services for a municipality or through the form of smaller services for the self-governing region) – 1 job,
- § 52a (Allowance for activation activities through the form of voluntary service) – 9 jobs,
- § 54 (National projects - NP XX, Chance for employment) – 2 jobs,
- § 55 (Acknowledgment of the position of a protected workshop or protected workplace) – 1 job.

St. Ann's Home, Stará Ľubovňa

Prešov Greek Catholic Charity is the founder of the St. Ann's Home. This facility for children with combined disabilities underwent perhaps the most dynamic growth in the number of employees, mainly thanks to a project of the Swiss Mechanism "*Comprehensive Social Services for Children and Young Persons with Disabilities*". It grew not only in capacity but also in the number of employees. At present it employs 19 people. The Prešov Greek Catholic Charity, as a specialized organization of the church, regularly takes part in the implementation of activation activities through the form of volunteer services, the aim of which is to provide personal and social help when working with severely health-disabled children



and to mediate the acquisition of professional habits and skills of those interested in the work in the SAH in Stará Ľubovňa. Volunteers during their service responsibly fulfil all tasks according to the instructions of the on-duty employees of the SAH in daily service activities, such as feeding, walks and satisfying the basic hygienic needs of clients. Voluntary service in this facility is a great contribution for improving the conditions of care for the children clients. The SAH also organized a protected workshop in which these activities are carried out: crafting work – pottery, carpet-weaving, making lighters, candles, greeting cards, work in a workshop and ironing, tidying up work, analysis of the market, coordination of demand for products, the purchase of materials, acquiring remainder materials from donors, preparing a catalogue of products and seeking out customers. In two cases clients became employees of this facility. The Office of Labour, Social Affairs and Family Stará Ľubovňa supported in this facility the creation of jobs in the scope of the individual instruments of an active labour market policy:

- § 51 (Allowance for performance of graduate practice) – 1 job,
- § 52a (Allowance for activation activities through the form of voluntary service) – 22 jobs,
- § 60 (Allowance for payment of operating costs of a protected workshop or protected workplace and for payment of costs for transport of employees) – 6 jobs.

OZ – SULÍN

The number of employees at the civic association OZ – SULÍN increased during 2016 from one to twenty, thanks namely to the European Union project under the name “*Support of a Care-Provider Service*”. The civic association is anticipating further growth in the number of employees. The Office of Labour, Social Affairs and Family Stará Ľubovňa also here supported the creation of jobs in the framework an active labour market policy:

- § 54 (National projects - NP XX, Chance for employment) – 1 job.

St. John the Almsgiver's Charity House, Nová Ľubovňa

The youngest and at the same time newest social services facility is St. John the Almsgiver's Charity House in Nová Ľubovňa, the founder of which is the Spiš Catholic Charity, Spišská Nová Ves. This is a newly built facility for children. It has recently hired 1 employee for the mentioned facility, but currently it is interviewing candidates for other jobs.

Other subject working in the social field in care for the ill, the weak, the health-disabled and the elderly in the Stará Ľubovňa district are:

- Humanitárán n.o., Jarabina
- ŠIAS s.r.o., Jarabina
- Care-provider service of the Spiš Catholic Charity, Spišská Nová Ves
- Care-provider services in the individual municipalities of the Stará Ľubovňa district.



CONCLUSION

With the sum of 222,652.00 € the Office of Labour, Social Affairs and Family Stará Ľubovňa supported the creation of 63 jobs increasing the employability of citizens and 44 jobs which increased the employment, of citizens in the district. With the support of these jobs the measure of recorded unemployment in the Stará Ľubovňa district fell by 0.43%.

The aging of the population, the growth of people dependent on the help of others, migration for work, the departure of young people outside the district and the country create a demand for social services. Responsibility for tending to the aged, ill, unmanageable or health-disabled citizen is shifting in many cases from the family to local and regional self-government, the state or the third sector. Job growth is also associated with the demand for social services. With respect to the overview on the growth of employment in social services I can state the opinion that the social field is creating space for solving the problem of unemployment for many people.



THE IMPACT OF THE PROJECT ON THE QUALITY OF THE SERVICES PROVIDED AT THE ST. ANN'S HOME

PhDr. Anna Lazorčáková

Director of the Department of Social Affairs and Family, Office of Labour, Social Affairs and Family in Stará Ľubovňa

Contact e-mail: anna.lazorcakova@upsvr.gov.sk

ABSTRACT

This paper informatively introduces forms of social support and support for people in the Stará Ľubovňa district with a disability which has an irreversible effect on their gaining independence and improving their quality of life. It lists in a quantitative measure the compensation for the social consequences of a severe disability, names the help implemented by the local government and non-public providers in the district and introduces the directed vision of local government in Stará Ľubovňa in the field of helping people with a disability. The historically cross-section shows the change in quality of life of people with a disability and their families in the Stará Ľubovňa region.

Keywords: natural person with a severe disability, health-disabled, financial contribution for compensation, social services, quality of life.

INTRODUCTION

International documents and documents on the national level, by which our governments are committed to develop the living conditions of citizens with a disability, in order to make them live as their peers in the joint place of residence. In addition, in order to do this, it is essential to develop the capabilities and skills of people with disabilities, namely by a life-long process of social learning, to provide them help and support. To create the opportunity for learning, to provide help and support beginning with the family, community, state is a prerequisite their independence, a more quality of life.

FINANCIAL CONTRIBUTIONS OF SOCIAL SERVICES

Help is provided to persons with a disability by the state and by local government institutions from a system of social help in the form of financial contributions and the provision of social services.

Through the offices of labour, social affairs and family the state compensates for the social consequence of a severe disability (SD) in the area of mobility and orientation, communication, self-service and increased expenditures with financial contributions for compensation under the conditions laid out by Act No. a 447/2008 Coll. on Financial Contributions for Compensation for a Severe Disability, and on changes and supplements of certain acts (hereinafter only the Act). It arranges the legal relations in the provision of financial contributions for compensation for the social consequences of a severe disability, executing of a license for a natural person with a severe disability, a license for a natural



person with a severe disability with a guide (hereinafter only a license), a parking license and legal relations for the purpose of assessing special care needs according to the Act on the social-legal protection of children and social guardianship. The social consequence of SD is considered to be a handicap which a natural person (NP) has for reason of his or her SD in comparison with a healthy citizen of the same age, sex and under the same conditions, and which he or she is not capable of overcoming alone due to the SD. In practice then a healthy person is the determining criterion: the person's age, sex and limited or missing ability as a consequence of a SD. A severe disability is a disability with a measure of functional defect of at least 50%. A disability which achieves a "severe" degree is determined in the course of a medical assessment. The universal unit for determination of such a degree became the measure of functional defect according to the type of medical disability, which expresses the deficiency of bodily, mental or intellectual abilities of a citizen. It is expressed in percentages (from 10-100%), and it is assumed that the development of the disability will last longer than 12 months. In the scope of social assessment of activities in a natural person with a severe disability, individual prerequisites, the family environment and environments which influence the incorporation of the NP with SD to society are assessed. The result of the assessment is a proposal of compensation with financial contributions which are used to compensate for: reduced motor capability or lowered orientation ability of a natural person with an SD with the aim of ameliorating or overcoming the disadvantage in the approach to matters of personal need and in regard to buildings and to ease orientation and locomotion; impaired ability for communication, namely help with overcoming barriers, in the ability to make them understood in social surroundings and accessing information of the most varied type; the limited capability of self-service or the loss of the ability of self-service; the field of increased expenditures – increased expenditure connected with securing the cost of a special diet, operation of a passenger vehicle, expenditures associated with hygiene or with wearing out of clothing, undergarments, flat furnishings and shoes for reason of a severe disability, or expenditures due to care of a specially trained dog are compensated.

FINANCIAL CONTRIBUTIONS IN THE STARÁ LUBOVŇA DISTRICT

In the Stará Lubovňa district 6.7% of natural persons live with a severe disability (NP with SD): 376 of these NP with SD (11%) are under 25 years of age and 1396 (40%) are age 25 to 61 years old. In total, we record each year growth in the number of NP with SD. The most NP with SD suffer from illnesses of the locomotive apparatus, followed by endocrine disorders and disorders of nutrition, the nervous system, and heart disease in the same percentage representation as mental and behavioural disorders. On average we pay monthly financial contributions for 1746 NP with SD (3% of the total number of residents of the district) and 606 natural persons who care for NP with SD (1.14% of the total number of residents of the district).

In 2015 2,388,808.30 € were paid out in financial contributions for compensation (hereinafter FC). From this, for a FC for a personal assistant (PA) we paid out in the district 551,109 € during the year for 143 NP with SD dependent on a PA; for a FC for providing



care 1,030,484 € were paid out on average monthly for 606 NP who cared for NP with SD; the FC for transport is paid monthly for 8 NP with SD in a total sum of 9,678 €.

Financial contributions are paid out for compensation for increased expenditures: for a special diet on average monthly for 562 NP with SD in a total annual sum of 157,700 €; associated with hygiene or with worn out clothing, shoes and home furnishings on average monthly for 1010 NP with SD with a paid out sum of 222,900 €; associated with securing operation of a passenger vehicle on average monthly for 568 NP with SD with a sum of 225,550 € expended; associated with care of a specially trained dog on average monthly for 1 NP with SD. A claim for their payments does not arise if the income of the family *surpasses 3-times the sum of the minimum income*. In 2015 70 one-time financial contributions were provided with a payout of nearly 123,000 € for the following: for the purpose of lifting equipment (stair climbing equipment, a lifting device, slanted stairway decking, vertical stairway decking, a lift, or ceiling lifting equipment) for 4 NP with SD in the amount of 22,450 € (in 2014 for 14 NP with SD in the amount of 100,200 €); FC for the purchase of aids for 29 NP with SD in the amount of 15,900 €; *for repair for 13 NP with SD in the amount of 3,224 €*; FC for the purchase of a passenger vehicle for 7 NP with SD in the amount of 41,500 €; for modification of a passenger vehicle for 2 NP with SD in the amount of 8,300 €; for modification of a flat or house for 15 NP with SD 30,900 €.

SOCIAL HELP IN THE STARÁ ĽUBOVŇA DISTRICT

Social services are also provided from the system of social aid. These are public interest services. *The self-government of the region and municipalities* have the obligation to provide social services. They can also secure them through other subjects.

For people with a disability in the district the Prešov Self-Governing Region provides social services through a Social Services Home (SSH) in Stará Ľubovňa for 30 clients and Specialized Facilities with a capacity of 40 clients predominately in post-productive age and a Social Services Home for health-disabled men of adult age with a capacity of 80, priority given to men. The service in these facilities is provided with year-long residences. The Spiš Catholic Charity provides care-giver services for 76 clients in Stará Ľubovňa. The Association of Samaritans of the Slovak Republic (ASSR) provides domestic emergency calling; the NGO Humanitarian, n.o. offers a care-giver services, a transport service, and the borrowing of aid. People with health-disabilities are associated in the Ľubovňa Regional Association for the Health-Disabled, which organizes social and cultural events and educational and consulting activities. The Union of Blind and Weak-Sighted Citizens associates citizens with sight disabilities, their well-wishers, friends and the parents of blind and weak-sighted and children. It provides mainly professional consulting.

The dominant provider of field and ambulatory social care services for children and young people with disabilities in the district is undoubtedly St. Ann's Home in Stará Ľubovňa. It uses the newest methods and forms of social work, those by which the quality of social relations of people with a disability with their surroundings are measured, and thus genuinely fulfils the concept of integration and "normal life" in the life of each client.



The legal obligation of self-government in the social services system is community planning. The community plan of the city of Stará Ľubovňa on the basis of a SWOT analysis for persons with a disability identified as the main problem the absence of a daily clinic for citizens with a disability, support services, disabled access of institutions and public spaces in the city, social services outside of common working times, volunteerism, lack of awareness about the possibilities and conditions for providing social services and social assistance, insufficient use of capacities of school facilities for spending leisure time and the lack of opportunities for citizens with SD on the labour market.

The city of Stará Ľubovňa determined as a strategic aim in the area of development of social services to year 2020: improving access to affordable, quality and permanently sustainable social services on the community level and for persons with a disability, with a primary focus on "Support of the persevering of a client in a natural setting by development of field and community social services". It places as a goal to establish affordable support services, and thus a relief service; to ensure awareness about social services; to support voluntary service and activities of self-help groups; to actively remove barriers, to improve the conditions of integrated education and support the integration of people with a disability while implementing leisure-time activities in the city. It is very important that there is such a vision. We experts, and I believe that you yourselves, those who are personally affected will not only be watching very intensively but helping in its gradual reshaping into specific forms of assistance for people with a disability and their families. We know that the load-bearing help and support in the handling of aid every day for people with a disability is the family. That's why, if a family as a whole gets sufficient support and help, the quality of life is shifted qualitatively higher. I believe that this is what will happen. I see resolute and wise people here.

CONCLUSION

When I look back at the recent past, to the times of the start of my professional track, to the times when the possibilities of social relations were limited, in some cases families, hardly any, I mainly see parents who very much wanted to change the life of their children but at the same time who were full of fears; we mothers often know about this. There were many more of us gathered in the boardroom of the district office than I expected. The outcome of the meeting was clear. The establishment of a branch of the ZPMP (Association for Mentally Challenged People) in the district. We elected Milka Barliková as the Chairperson and Anka Billíková as the treasurer. I, as a professional, also became a member. Help was needed with administrative, registration of the branch, spaces for common meetings, consulting. We created relationships, fellowships and friendships. The awareness of parents increased. Children are used to being in summer camps during the holidays. That's why I asked: "Are we organizing a summer camp for the children?" They were sceptical. I guess I didn't even come across any obstacles when organizing it. The Prešov Greek Catholic Charity, with its then director, Ing. Maroš Šatný, was already doing great work and thus began the cooperation with the community of families with health-disabled children in Stará Ľubovňa. The week went by very quickly; it was full of joy, games, song and dance. The



leave-taking convinced us that this had its meaning and that this initiated a change in their lives. The camps were also in other years financed from the state budget, but PGCC was there. The parents were mobilized, and after some time I only watched from a distance, how step-by-step the opportunities opened up for parents with a health-disabled child. The parents wanted more. Thanks to wise and resolute people – I mention, for example, Father Vladimír and Father Kamil, Maroš Šatný and Soňa Gaborčáková – the so-called “day clinic” originated. The facility gradually acquired a good reputation.

After some time covering the needs of the district was not sufficient; but there were no opportunities to improve the quality. And here suddenly a little spark of hope was seen – the opportunity to obtain financial resources through the Swiss Financial Mechanism – this was announced to me by current director of the PGCC in Prešov, Ing. Valiček, and Soňa, and they asked for my help. Again, the resolution and endurance of people and faith in them from the side of a foreign partner. Today we can say that the help for people with a disability and their family in the district provided by the St. Ann's Home, thanks to the project “Comprehensive Services for Children and Young Persons with Disabilities in the Region of Stará Ľubovňa”, acquired a different qualitative dimension, one with a positive impact on the life of families with a health-disabled member. Proof are countless life stories of beneficiaries of this social service. I believe that my words confirm this. Thanks to the project healthy people are learning about the possibilities and capabilities of people with disability. The experience from open house days, public presentations, Ľubovňa cultural holidays and Thursdays and from published stories and news connect them. This is a 21st century facility and I believe that it has also overtaken others. I am glad that I could be here for it. Thank you.



SUPERVISION OF WORKERS OF THE PREŠOV GREEK CATHOLIC CHARITY

PhDr. Stanislava Hunyadiová, PhD.

University teacher at St. Elizabeth's University of Health Care
and Social Work in Bratislava

PGCC supervisor

Contact e-mail: hunyadiova@gmail.com

ABSTRACT

Satisfaction with social services provided in social services and social guardianship facilities is an important indicator of their quality and underlies the interest and system of existing facilities. The vision and aims of an organization, the needs for their implementation and the expression of loyalty towards an organization are thus instruments of expressing the loyalty of an organization toward clients and employees, as well as employees toward clients and the organization. Supervision makes a system visible and identifies with the aims of the organization through self-reflection in self-knowledge, fulfilment of the needs of individuals as well as groups, teams and persons and is expressed in relation to direct performance of a worker toward a client. Supervision through individual professional development, personal growth and the personal dimension of the supervised supplements the system of care of employees in conformity with the aims of the organization and intellectual activities.

Keywords: supervision, Prešov Greek Catholic Charity

INTRODUCTION

Supervision in the Prešov Greek Catholic Charity (PGCC), as a method of continually increasing the professional competence of workers in helping professions and improving the quality of professional processes at work with clients, is focused on the care of employees who find themselves in situations that they solve by showing prowess of word, engineering in relations and allegiance towards the profession. Supervision thus protects the interest of the organization and client and on behalf of a worker, works with the loyalty of workers in regard to the organization and deals with the quality of the working life of employees. A lot is said about the fact that employees should not bring their personal problems to work; supervision deals with above all the protection of workers, the prevention of burnout syndrome, so that they do not take their workload home with them. Supervision in the end consequence thus protects the status of helping professions and ensures cooperation of processes in resolving burdens.

At present this is understood and accepted as the status of the profession, not only of a social worker, but includes the integration of personal traits of each worker who is an employee, in which social services are provided, and likewise the capability of creating relationships and team cooperation.



RANGE AND CONTENT OF SUPERVISION IN PGCC

The range of supervision in PGCC in 2015 - 2016 followed from the setting and systematization of society. Supervision thus headed toward the increasing of social skills of the supervised, because he or she is developing, has an education and a strengthened character, but is also searching for problems and solving them in specific cases. This enables workers to understand the mutual association of a problem from different angles of view in which all members of a team share in the resolution. The creation of a team consists in strengthening the mutual relationships, for which in supervision we apply the methods of leveraging, brainstorming, imaginary visualization, analogue non-verbal depiction, flexible correction, criteria of hierarchical arrangement in an organization, quantification of aspects of a problem in a team, distancing and paradoxes of work in a group and in a team.

Supervision contained a notable element of support; it does not wound; it supports and reflects the work of an employee by focusing on the content, that is the problem, or on the relation, whether on a process playing out between the supervised and his/her client or between the supervisor and the supervised. It creates the foundations and conditions for professional development, education and professional growth of employees on all levels. It attempts to support the internal motivation of employees in regard to lifelong education and supplements the system of internal supervision in organizations carried out in crisis situations.

The aim of supervision for the period 2015 – 2016 was in the organizations founded by PGCC professionalization of the organization, which for a long time has been perceived in the public like the mission itself, according to the statutes of the Charity. Fulfilment of the evangelical commandment of love toward God and towards those nearby and help for people in need. To spread the evangelical message and to act in specific service activities by the poorest of the poor and with the help of those who are already reforming their convictions and do not behave toward the poor as the rich man from Jesus' parables is a good act, practical love towards others in the Christian sense. It supported employees in regard to values and communication in the interior of the organization as well as on the outside.

Facility	Range of supervision
PGCC Centre	1 group - 2 meetings in the range of 6 hours 13 hours IS
Archa Shelter, Effeta Shelter, Charity House Prešov, House of St. Faustina	1 group – 3 meetings in the range of 9 hours
House of St. Jude Tadeusz, House of St. Simeon	1 group – 3 meetings in the range of 9 hours
Resocialization centre House of Hope	1 group – 2 meetings in the range of 6 hours 9 hours IS
Centre of social-advisory services Prešov	1 group – 3 meetings in the range of 9 hours
Management facility	1 group – 1 meeting with a range of 3 hours
St. Ann's Home	1 group – 2 meetings with a range of 3 hours 1 group – 1 meeting with a range of 3 hours

TAB 1: Planned and carried out range of supervision: (GS group supervision, IS – individual supervision)



A total of 48 hours of group supervision and 6 hours of individual supervision were carried out together, which were focused on the needs of employees, on fulfilment of their goal and a commission toward supervision. Employees are able to sufficiently and comprehensibly define needs toward supervision; they have expectations and a positive opinion, which makes visible the system of care of employees in an organization as a whole. In work positions are people who perform a mission, volunteerism, and they are balanced sensitively against the needs of the beneficiaries of social services. Burdens from insufficient cooperation with other subjects offering such comprehensive social, healthcare and legal help for their clients are often displayed.

PGCC today is further a volunteer organization, securing philanthropic activities to help the suffering, children, the elderly, the socially weak and the ill. In practice it acquires various forms of professionalization and acknowledgment for humanitarian and charitable acts provided by highly professional workers in individual organizations, who elevate their love towards God, together with their professionalization, in care, and in spirituality they see sense and a wide scale of possibilities for using help; accordingly, the support and strengthening in supervision forms a part of evaluation on behalf of verification and finding alternatives, both in sources as well as human resources.

Supervision in general focuses on the internal content which an employee brings from the surrounding in which he or she lives and the content which he or she acquires in the work environment and its carryover and influencing of personal life. It thus influences the culture of an organization and through loyalty strengthens its character to a measure that is identical with its aims and respects the principles of the organization.

The helping professionals at PGCC, when performing their work, nearly daily meet with situations which are demanding for them, evoking in them feelings of fear, questions or whether they provided sufficient care, how the beneficiary of a social service perceived their help; therefore, focusing on the employees of organizations, which provide services is important. Immediate management of difficult situations has a comparable impact on both a worker and a client. A satisfied worker gives the best condition for a satisfied client.

The main objective of the supervision plan in an organization is to further create a support subsystem on the level of education, a component of which is also supervision. A supervision plan is thus a strategic document establishing in the area of achieving quality of the provided social services in the area of human resources and is in line with valid legislative and strategic documents, which are adapted to developing changes in facilities and thus participate in their implementation in practice. The main mission of a social service, and thus all employees of the organization, is to enable people who, due to their health conditions or social situation, remain equal members of society and use their natural resources, enable them to experience their life in a natural, social and cultivated environment. The goals of services, organizations and personnel do not always have to reflect a monolithic image which is harmonic both on the external and internal experiences of employees. Supervision thus contributes to the development of non-cognitive functions of persons, in regard to the creation of permanent positive relations, strengthening of work competences, intuition, empathy to the situation and needs of a client, learning and educating (in the



broader sense), and towards the development of social skills, which include – communication and interaction with other people, forming relations, social events, play, sport, entertainment, artistic activities (passive and active) relaxation and therapy.

CONCLUSION

Supervision at PGCC is a place for the continuous development of workers. From the harmonization of one's self, through the directing of time for a supervisor and assigning to his/her obligations, through the joy of meeting with people who have common values, a sense for creation, consistency, a responsible approach and searching and fulfilling of ever-new stimuli to improving the mission for those who need it.



CHALLENGES AND PERSPECTIVES OF HIPPOThERAPY AS A COMPONENT OF PHYSIOTHERAPY OF YOUNG PERSONS

MUDr. Eva Svrčková

Physiatrist

ABSTRACT

We understand hippotherapy as a curative and rehabilitation method based on the contact between people and horses. At St. Ann's Home we have performed hippotherapy regularly for 3 years with positive effects on children and young people.

Keywords: hippotherapy, hippological element, medical element.

INTRODUCTION

Hippotherapy is performed by a team of several specially trained people who guarantee the medical and hippological element of the entire process. At St. Ann's Home (SAH) the **medical element** is provided by a doctor of physical medicine and rehabilitation – a hippotherapist, who is the main part of the process. The doctor selects patients, sets the goals on which the therapy will focus and proposes a long-term and short-term rehabilitation plan. The doctor instructs in the correct sitting position of the patient and as needed corrects it, decides on the need for positioning, assigns the corrective posture, the training of perceptions or sensory integration into the exercise unit. He is also responsible for safety. He professionally manages an assistant, who helps in placing and settling the client on the horse, prevents the client from falling off the side opposite the hippotherapist. The doctor must be trained in the foundations of hippotherapy and its safe performance.

The **hippological element** is provided by a hippologist, who must have qualification of a teacher of horseback riding or a trainer, and likewise must complete a basic course on hippotherapy. His aim is to prepare the horse for hippotherapy and to guide its performance. The hippologist must care for the horse itself, care for its comfort and lead the course of the hippotherapy such that no trauma or pain occurs to the animal.

HIPPOTHERAPY AND ITS USES

Hippotherapy is performed here in the step, which is the slowest and least difficult movement of a horse. The step begins with the back leg, continues by the front leg of the same side and the back and then front leg of the opposite side then follows. The movement runs from back to front and manifests itself by the sinusoid movement from an overhead view, which causes the natural surging of horse and rider, that is the regular alteration of different types of muscles. The therapy runs mainly in circles, when the client must actively use his or her muscles for holding onto the horse. This movement, without force and sometimes in an unconscious form, enables the client to exercise muscles, the use of which under other circumstances and during other exercises causes pain. Hipporehabilitation is used mainly for movement disorders:



- neurological disorders: children's cerebral palsy, multiple sclerosis, post-traumatic states, coordination and balance disorders, disorders in walking, sitting, active posture, holding the head, movement stereotypes, speech, seizures, spastic manifestations,
- orthopaedic disorders: scoliosis, incorrect posture,
- psychiatric disorders: autism, hyperactive children,
- in internal medicine: chronic bronchitis, obesity,
- in gynaecology: dysmenorrhea.

During hippotherapy we use a special equipment but also various other aids for the most comfortable and most effective treatment possible. The primary components are handrails, a boarding ramp with steps along which most children are able to get on the horse by themselves.

EFFECTS OF HIPPOTHERAPY:

During hippotherapy a client must continuously adapt and coordinate movement of his/her body against the movement impulse from the horse. The most symmetrical holding of the torso possible is then achieved.

The movement of the horse, which is rhythmic, works favourably on the spastic muscles, relaxing them, and hypotonic muscles – those with reduced tension – are toned. The slow and regular step frees the spasticity and a rapid step influences hypotonia. Regulation of muscle tension is the basic foundation for improving movement functions and coordination. In addition to the step of the horse, its temperature, which is higher than that of a human being, also works on the organism, and together with the horse's step works on the muscles and body. It supports their relaxation.

The influence on speech functions and speech in children is very important. Speech is closely associated with correct motor skills and is often affected by damage to motor skills. Hippotherapy significantly influences and improves it. In children with cerebral palsy, thanks to relaxation of the diaphragm, it leads to improvement and a deepening of their breathing.

Regular and rhythmic movement influences the regulation and economizing of breathing. Thanks to this the muscles of the chest, belly, pelvis and diaphragm, which form the correct course of the breathing rhythm, are stimulated. The slow up-and-down movement of the horse in its step directs regular breathing. The client sitting or lying on the horse perceives the rhythm of the horse throughout the entire body and in the subconscious receives it and adapts his or her own breathing and movement to it. The alteration of a faster and slower tempo in the pace is suitable for supporting breathing. If the tempo is faster, the client tries to maintain balance and tenses the muscles, which can lead to holding the breath, subsequent slowing of the step then evokes a releasing of the muscle tension and breathing deepens.

The step of the horse requires permanent maintaining of balance, which is conditioned by the movement of the horse in advance. The influence of the rhythmic oscillation and changes of tempo of the horse leads to stimulation of the locomotive apparatus and stimulation of the balance apparatus and subsequent training coordination.



Positioning is used especially for freeing up spasticity and contracture. It is used before and during the exercise unit and done when the horse is walking or standing still. We use positioning along the back, on the belly and cross-sectional positioning.

During hippotherapy the client feels the influence of many sensations. It is essential that the client begins to sense them, to be open to them, so that he/she begins to become aware of his or her own body, movements and the position of the individual body parts. We concentrate them on sensing the movement of the horse, its body temperature, the movement of the neck and shoulders. Thanks to the awareness of these stimuli, they then pass automatically into the awareness of one's own body.

Hippotherapy influences tactual and deep sensitivity through pressure, counter-pressure and warmth. Visual and hearing stimuli expand, and by increasing the amount of sensory stimuli, the ability of the CNS to receive sensation from internal and external environment and to respond to them in an adequate way is improved, thus improving the sensory motor integration of the patient with the environment. The hippotherapist must be able to assess the mechanical movement of the horse, because the movement of the horse is the basic instrument of treatment and rehabilitation.

HIPPOTHERAPY AT ST. ANN'S HOME

We purchased a horse for the needs of hippotherapy in the SAH in May 2013. It was the Haflinger breed of medium height and lively. This was a four-year-old mare without any basic riding or hippotherapeutic training, which had previously worked as a pulling horse. A professional hippologist handled the selection and purchase of the horse. On the basis of recommendations, we bought the horse Usamba, and from May to July 2013 it underwent basic riding training.

We completed professional preparation of the hippotherapeutic team at SAH in September 2013 at a top hippotherapeutic workplace in Štvrtok na Ostrove. We completed the theoretical and practical part under the leadership of Mgr. Borgulová, who works on an excellent European level, and Alexandra Kafková, president of the Slovak Hippotherapeutic Association. These two experienced hippotherapists at the same time supervised our work by means of video documentation of the work with a horse and its movement. The excursion helped us so that we could begin practice with the treatment of children and young people at the SAH.

Due to the inexperience, unpredictability of the horse's behaviour, we at first began riding only with healthy children. Hippotherapy gradually began being used with children from the SAH. In the course of two years, from September 2013 to September 2015 we rode out with approximately 12 clients per month, who completed hippotherapy 2 to 3 times for 90 minutes. We guided the children into the correct sitting position, and gradually we added procedures and help for improving their light motor skills, positioning, changes to the rhythm of the steps, the figure eight movement of the horse, the correct handling and other elements which we learned at Štvrtok na Ostrove. Our clients were mainly spastic to having cerebral palsy, Down syndrome, mentally retarded and autistic. A condition was that the child responds positively to the exercises. Before the hippotherapy the workers signed with the parents' consent to the treatment.



RESULTS OF HIPPO THERAPY AT ST. ANN'S HOME

No accidents occurred during two-years of active hippotherapy at the SAH. Children who did not ride on the horse walked in animal-assisted therapy, which had a positive affect on the mare as well, which became used to this and other irregular and unexpected noises and unexpected behaviour from the children.

The results of the work are certainly positive. Already during therapy with spastic children their sitting notably improved; spastic adductors were relaxed and the holding of the body improved, as did their mood. A good mood and positive emotions accompanied the entire period, when we went to hippotherapy.

We completed the work in September 2015, because the rental of the covered hall ended at the school on Jarmočná ulica in Stará Ľubovňa, and we had to stable the horse at a farm in Vyšné Ružbachy and commute there, which made the treatment very complicated. There is no covered hall there and the exterior terrain has not been groomed and we did not have all team members available who are necessary for hippotherapy.



5.3. CONTRIBUTIONS FROM PARENTS OF CHILDREN AND YOUNG PEOPLE AT ST. ANN'S HOME

JUDr. Jana Lissyová

Mother of Kristiánko, a client of St. Ann's Home

I am the mother of 7-year-old Kristiánko, who in addition to lagging behind in psychomotor skills with the need for 24-hour assistance and dependence on another person, also has autistic features, which again require a special, professional approach, needs, educational approaches, because autism is a diagnosis with a remarkably wide scope of manifestations of different types, mainly in the behaviour of patients, or children in which it occurs. At the same time, it is a diagnosis which is very difficult to diagnose even with a very responsible approach; in contrast, it is a diagnosis under which many disorders can be "hidden", or manifestations in the behaviour of the children, which doctors are unable to subsume under another more specific diagnosis. And that's why I am of the opinion that it is not so important what kind of diagnosis a child has listed in the medical report; what is important is to understand this child, to find a path for this child, to know the manifestations, but mainly his or her needs, to be stable in the most comprehensive sense of the word, because such a child (and not only our Kristiánko) only with great difficulty (and even more difficulty for understanding) expresses his or her needs and feelings; he doesn't talk and only understands in a very limited way. And that's why I am convinced, and certainly everyone tells me it's true, that the best doctor, assistant, psychologist, friend and associate is only the "mother" of such a child. And that's what I am, one of many. Perhaps, however, I am not one of the many mothers of such children, who after six years on paternal "leave", decided to go to work and to "bestow" the care of her son on those who perform the care of such children as their profession. Perhaps I don't have to explain to anyone how difficult it was to find such a facility or people whom I would absolutely trust and to whom I would bestow my son at a time when I was at work. Not to say that I often battled with feelings of guilt or self-accusations of whether I am betraying my own child, when I no longer stay with him 24 hours a day... and even more demanding was to find the most suitable facility (because the absolute ideal doesn't exist) for my son, and in the final result for all of our family.

My first personal contact with St. Ann's Home (SAH) occurred in winter, in 2014, when I personally visited this facility due to my interest in the possibilities of placing my son there. I must admit that, like every resident of Stará Ľubovňa, I had been aware about the functioning of this facility for a long time, but I had defended myself from the idea of putting my son there, mainly for the reason that this was a Social Services Home in which patients with various diagnoses were or are placed, and so I logically feared there would be a lack of sufficiently trained personnel, at the same time its lack with respect to the number of clients, as well as other deficiencies.

PhDr. Soňa Gaborčáková, as director of the SAH, explained to my husband and me in a very responsible, professional, but mainly humane way, the method of their functioning,



materially as well as personally; she answered all of the questions we had prepared for her, but she also listened to our objections and recommendations for improving the quality of their services, mainly in relation to the approach or education of children with autism. And it was this very point that I as a mother feared. On one hand I was aware that the SAH is a “social services home”, and thus that this is not an educational facility; on the other hand, I was also aware that if I put my son somewhere, even for only four hours a day, where he will not get “his dose” of therapy, which is for him advantageous and necessary for stimulation of the brain, we are throwing away six whole years of hard, honourable, although snail-like work. And that’s why I as a responsible and at the same time rational-thinking mother, tried “to communicate” with the director with complete objectivity and candour the possibilities of providing therapy from the side of the SAH also for children like our Kristiánko. I have to admit that the director approached this with absolute professionalism, namely in the sense that she did not allow herself to speak rashly about any subject which would not be a contribution even for other clients at the facility. And so after long discussions and thinking about it, the management of the SAH decided to also train its people in therapy suitable and necessary for children with autism, “but not only for them”, namely the ABBA therapy, biofeedback, the PECS system... and mainly perhaps also these partial steps were launch so that in Stará Ľubovňa a Special Primary Church School was established under the auspices of the Greek-Catholic Archdiocese, which was and is for us parents perhaps the most positive report in terms of the education of our children in Stará Ľubovňa.

And thus I have to highly appreciate the toughness, expertise, professionalism, but mainly the humanity not only of the management of the SAH and the Greek Catholic Charity, but all of its employees, namely the special teachers, assistants, care-providers as well as other personnel. Therefore, without them, we – the parents of disabled children with severe diagnoses – would not have the possibility of placing our children in our hometown, or even the possibility to be of use alongside the already rather difficult fate in their working life. That’s why we are grateful (and I hope that the other parents agree with me) to “ALL”, who in any measure contribute to the functioning as well as improving the quality of the services of the SAH in Stará Ľubovňa, and who will thus also contribute to the newly created Special Primary Church School, and who at the same time “represent” us parents at least part of the day as much and as best they are able, testimony of which is the happiness of our children.

If only such a professional approach and toughness by would further be the visiting card of this facility and its employees. This I fully wish it with all my heart!



5.4. CONTRIBUTION OF THE CHILDREN AND YOUNG PERSONS FROM ST. ANN'S HOME

Alžbeta Habiňáková
Client of St. Ann's Home

I entered St. Ann's Home (SAH) in 2012 and soon it will be three years that I have spent in this facility. I feel very well here and I think that for me personally this is very enriching. The environment is fine and nothing here is strange for me. I am used to being among people and I enjoy it very much. Time spent in the SAH has given me a lot, and I think that it has helped me a lot, because compared with the program at home I can do a lot more here. Here I am in a group, with friends, with a program which is always different.

From the services provided in the SAH I attend social, work and medical rehabilitation. I love all of the services and none of them can be considered as my favourite. I have them divided, but perhaps the favourite is the drama therapy, where I perform in our theatre. Playing the individual roles, dressing in various costumes is an agreeable diversion. I have been able to play several characters, but my favourite is the role of Maruška in the play "The Twelve Moons". The theatre is for me a great space to let myself go.

My typical day in the SAH looks like this. In the morning I come in, say hello and wait for all of my friends. I go to the workroom or social rehabilitation, which are changed daily. In the workroom we make objects from different materials using various techniques. We learn to create, to make and we fully use our imaginations. We then give the products to our friends or guests at the facility, so others can enjoy our work. Around 10:00 rehabilitation sessions alternate. Social rehabilitation with Marta is a place to learn to be independent. We have a simulated household there where we cook or bake.

During the year we take different trips in the surroundings and also abroad. I've been all of the trips we've made. Most of all I like the trip to Levoča, L'utina and Poland. Carnivals and discotheques also enliven our program. Since I adore listening to music, mainly folk music, I love birthday celebrations or discos, where we dance and have fun as one big party.

I am very glad that I attend the SAH and this opportunity was offered to me. Time spent in this environment gives me a great deal; I meet here with many people who enrich my life each day in some way.



6. CONCLUSION

Bc. Monika Markovičová
the manager of St. Anne house

Not everyone got the gift to be born healthy ... not everyone has the opportunity to go through life by dance steps ... not everyone has a smile on his face ... but each of us deserves respect and human dignity.

In life there are challenges offered to us from Heavenly Father and it is up to us whether we accept them and work on them or they remain forgotten somewhere. One of the challenges for the Greek Catholic Charity Prešov, specifically for St. Anne's House in Stara Lubovna, it was implementation of the project through the Swiss Contribution "Comprehensive social services for children and young people with disabilities in the region of Stara Lubovna." By accepting this challenge, we have had the opportunity to develop our skills, expertise and passion for working with this target group which often gets so little attention. Entering the project was influenced by the fact that our city and the district itself lacked social services to address the complex needs of children and young people with physical handicaps.

During the project five activities were launched - Day care center, rehabilitation center, transport, supported housing and employment. Our aim was to develop activities to ensure their sustainability after project completion. We knew that what lies ahead is a lot of work and energy. Our team has been strengthened by new colleagues. Each is unique and has brought with them to St. Anne's House lot of creativity, professionalism, humanity. Employees have had the opportunity to increase their competence by completing training courses. We were able to complete a work-study trips to our Swiss partner Wagerenhof Stiftung Uster, where we have gained new knowledge, forms and methods contributing to raising the quality of services. But it was not only the colleagues that we have gained. Thanks to the project, we can offer services to children and young people from a wide area of the Stará Ľubovňa. To the improvement of services also contributed the establishment of a special primary school of St Anne, where the right conditions were prepared for the educational process for children with severe disabilities in the auxiliary class C option and in the classroom, where are professionally and materially provided conditions for education of autistic people.

We are in the final implementation of the project. It was certainly difficult and time-consuming work, but that paid off. The work that was given to us from the hands of God, I see in the parable of the talents. Each of us has received talents from the Lord. Their recognition and use of the will of God is not only a choice, but a solemn duty. This project was a test, how we stand the abilities that God has endowed us. Whether we can develop them for the help to neighbors, or have them "reduced". Let us ask God to give us the strength to accept and use these talents and also to give out to others. He will help us with love. Because as it is written in the parable, if we ask the Lord to bless our talents he will bless them, but if we



won't use them , the Lord will "use it against us" at the final judgment. Of course let's not forget, however, that talent is not just something visible and tangible, sometimes it is greater talent to support a person with words, give them smile and time, because then we can give a piece of ourselves, a bit of our love.

Our mission is to help and make better every minute in life of children and young people with physical handicaps. All theoretical and practical experience gained during the project we want to continue using in work with our children and young people. The project has brought new insights into the possibilities of stabilizing the complexity of services in the st. Annes House. Our goal and vision is to move forward and continue the already started services.

May God bless this work.



7. PHOTO GALLERY



Object of St. Ann's Home (2011)



Extension of St. Ann's Home (2016)



Building on Letná street, St. Ann's Home was situated here; sheltered workshop was situated here at the beginning and during the project



On the farmyard Wagerenhofu with Vital (2012)



Work therapy in Wagerenhof Uster institution (2012)



Consecration of
a new extension by
Mons. Ján Babjak
SJ (2016)



Trip to the zoo

Young theatre
actors from
Divadielko pri
St. Ann's Home
during gala concert
(2015)





*On Lubovna
Crafts Fair within
the project
Volunteer Day
(2015)*

*Relaxation room
called snoezelen*



*Hippotherapy and
animotherapy with
mare horse called
Usamba*



Ergotherapy – harvesting of crops that were raised in our garden



Social rehabilitation in stimulated household



Extracurricular activity of our the youngest ones



Trip to the Lútna



Gréckokatolícka charita Prešov

CONTACT:

Prešov Greek Catholic Charity

Hlavná 2, 080 01 Prešov

051 772 39 70; gkcharita@gkcharita-po.sk

www.gkcharita-po.sk

IČO: 35514388, IBAN: SK18 7500 0000 0040 2291 5525

THE PLACE OF PROJECT REALIZATION:

Dom sv. Anny

Štúrova 5, 064 01 Stará Ľubovňa

Tel.: 00421 52 2388304

Letná 7, 064 01 Stará Ľubovňa

Tel.: 00421 52 4322196

www.domsvanny.sk

Impossible becomes possible

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Conference partners



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