

SoLiLL

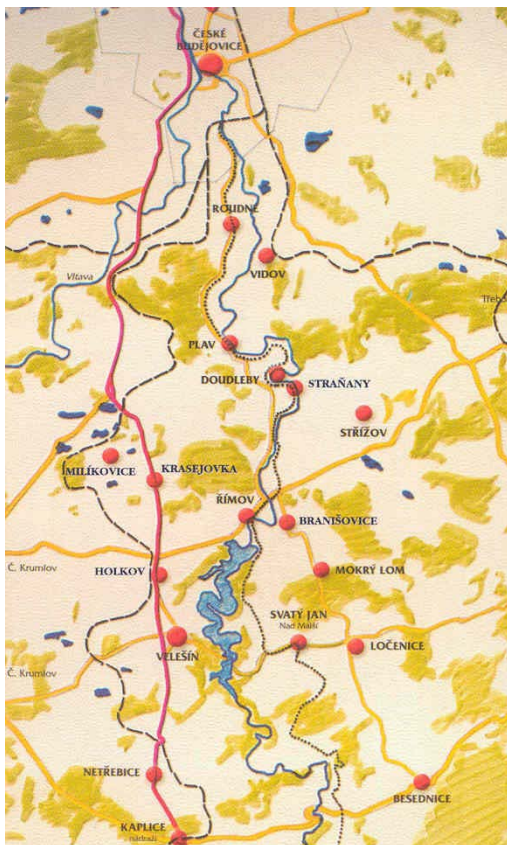
Project Groups „Bread and Housing“ in České Budějovice

Housing in the old age

**Countryside Center for Seniors in the Town of Plav
Microregion Doudlebsko**

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Project Group „Bread and Housing“: **SoLiLL 2002**



Taking care of the elderly recently became the responsibility of the municipality. Those municipalities, but also nonprofit organizations, submit **new proposals on how to address social- and health care and social services issues**. The proposals follow social demographic analysis, investigate the need for senior services in a specific region, and conduct research among seniors to determine if they would use such services. Proposals also cover the provision of in-home ambulatory services, or institutional care in countryside centers for seniors. The main idea is to keep elderly in their own homes and environments for as long as possible and to the extent their health conditions will allow. When their independence decreases, they can find new homes in centers and homes for seniors.

Microregion Doudlebsko is located approximately 15 km (9 miles) south of city of České Budějovice. The area of the region is large, but the population density is low – roughly 4,5 thousand citizens in 11 towns.

Countryside
CENTER FOR SENIORS in Plav Township
Microregion Doudlebsko



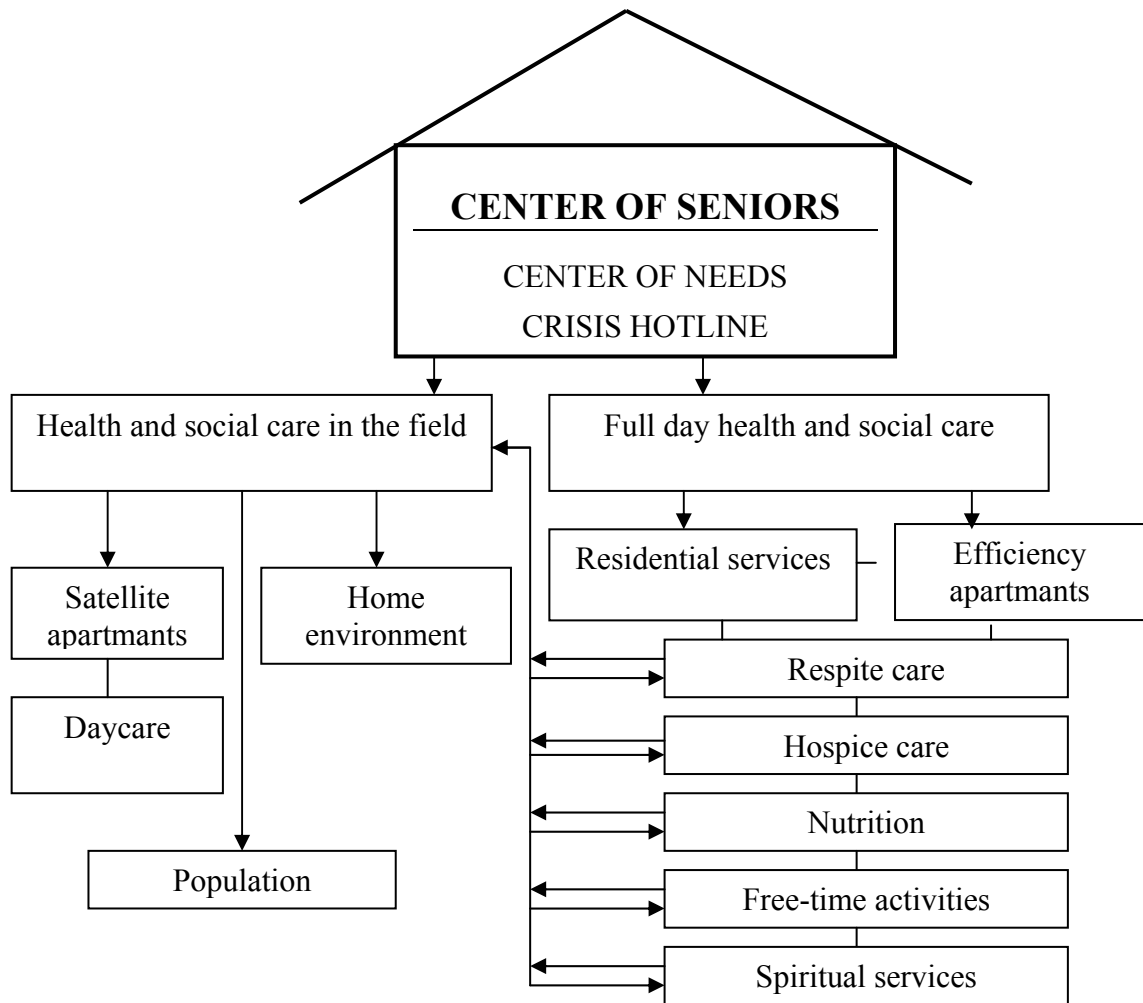
The concept of a countryside center for seniors is a model institution of health and social care for seniors.

1. Extent of health care provided for seniors in „Center for seniors“ and in the „field, which means in-home care“ is based on recent health indications or diagnostic groups of client and is joined by home recommended by the personal physician. The provision of basis health care, as well as professional and specialized services: nursing, rehabilitation, psychological, and ergonomic therapy.
2. Extent of social care provided in Center as well as in home care is based on the recent diagnosis of the client. It is indicated by anamneses obtained from clients in their environment. The extent of social care and support is conditioned by adaptability of the aged person to a new situation and the ability of relatives and other people close to the client or community support to provide an acceptable daily „regime“ for that person.
3. Special social services – mobile, respite, hospice, satellite apartments.

MEDICAL AND SOCIAL CARE AT THE COUNTRYSIDE SENIOR CENTER

1. Mobile, non-stop medical and social care in the field
2. Non-stop medical and social care at the Center:
 - Center of needs, crisis hotline
 - Residential services for 14 to 16 people
 - 7 efficiency apartments
 - Day care available for 7 days a week
 - Respite care
 - Hospice care
 - Nutrition
 - Free-time activities and education
 - Provision of spiritual services
3. Satellite apartmants with daycare

ORGANIZATIONAL OPERATION OF THE CENTER FOR SENIORS IN THE PLAV TOWNSHIP



PRINCIPLES AND FUNCTIONS OF THE MODEL OF A COUNTRYSIDE CENTER FOR SENIORS

- Maintaining dignity and respect of one's privacy
- Realization of social services and care at the microregional level
- Opportunity for the seniors and handicapped to persevere in a place of residence for the rest of their lives
- The pursuit of the greatest possible participation of family-help and constant contact
- Self determination by the client on the scope of care provided
- Care and services provided where the client live
- Complex care to be provided through teamwork
- Fullfillment of spiritual needs of healthy and ailing seniors in cooperation with local parish commission and nuns

APPROACCH TO RUNNING THE CENTER FOR SENIORS

- The provider of medical/social care and services is **a non-profit, non-governmental organization** (proposal: the best approach would be with 100 % municipal participation)
- Health care providers are procured as contracted services

FINANCING OF THE CENTER FOR SENIORS

Financing of medical social care and services in a microregion is multiple-sourced.

- ◆ Social Security Insurance – medical care prescribed by a doctor
- ◆ Government Social Support – with financial participation from a client
- ◆ Reimbursement for securing accredited social services
- ◆ Municipal grants to pay the salaries of workes at the Center
- ◆ Profit from the activities of the Center, including rent and above-standard services
- ◆ Grants from private foundations
- ◆ Donations from sponsors
- ◆ Subsidy from municipalities

THE SENIOR CENTER FACILITY

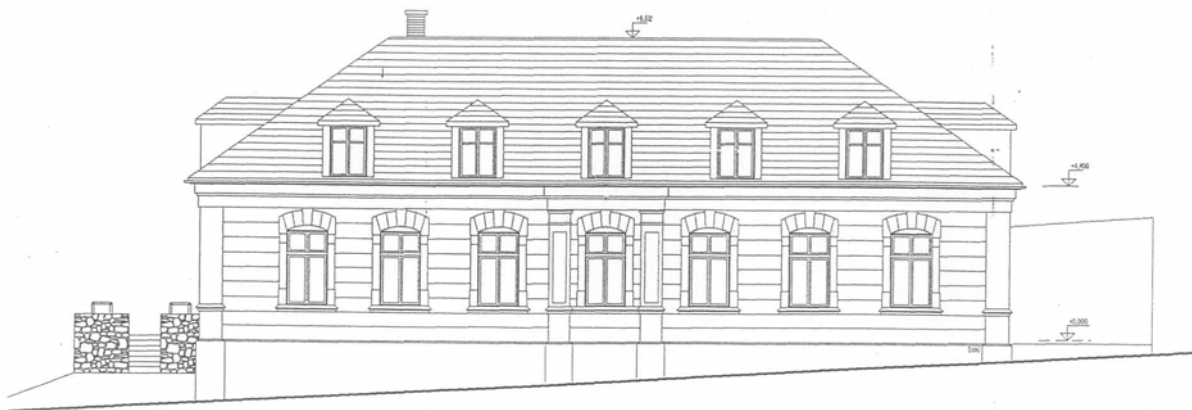
The senior center is being built on the facility of a former school in the town Play. The surroundings are in a good shape, appropriate for living and recreation.

On the 1st level, there will be several rooms with 1 or 2 beds for 14 to 16 clients with lower independence with complete non-stop social-health services on duty.

The upper level is designed for 7 efficiency apartments for completely independent seniors. Every apartment will include a living room of approximately 20 m², a corridor, a bathroom with a shower and a space for washing machine.

If necessary, seniors living in the apartments will have access to the health and social services provide in the center.

It is assumed that those seniors will stay in the center and use the available even if they lose their self-sufficiency and will need to be taken care of. It is anticipated that they will live in the center until the end of their lives.



SoLiLL 2002 – Seniors living

One of the main needs of a person is a safe place to live, to belong to.

Motto:

**„Where, you bird, do have your nest,
your shelter, your hiding-place.....“**



When we were still kids, our parents created our home, our little nest. To it belonged our grandparents and our relatives from our extended family. Then we grew up and established our own family with our offspring. And again, it was the nest we could take care of. How sad it was when our kids left the nest and it stayed empty. But still, it was our house, our environment, our familiar place.

Suddenly, there is old age. What's going to become of us? Who is going to help us, take care, delight us?

And what if we will have to leave our home, our nest forever.....

Housing the Seniors

As a part of the project SoLiLL, the U3A students attempted to solve the problems associated with elderly living in the countryside. Their main focus was the waning independence and need for consecutive medical and social care.

Health – The Social Department of the Southern Bohemian University cooperate with local administrations and municipalities regarding social care and service issues and their solutions. Research activities join students of major „Rehabilitation care for the elderly“ and students of University of the 3rd Age.

On April 18, 2002, a group of 4 U3A students visited the Center for seniors in the town Plav. Mrs. Renata Zacharova provided basic information about current status of the preparation of the project to the team.

Part of the visit took place at the old school on which the Center is being built. The building got a new roof, elevator and other internal improvements. The final phase of building the Center is planned for next year. Completion depends on obtaining the needed funds.

The purpose of the model is to **allow elderly citizens to remain in their home environment for as long as possible**. In the event that it is necessary to move them to a facility where they would be cared for, the goal is to **avoid moving them out of their familiar region**, and leave them at the place they know, that they have spent their entire life, and where their friends and relatives can visit them easily and often.

The model of a country center for seniors makes a positive contribution to providing health and social care for the elderly, and we support its realization.

The efforts of Mrs. Renata Zacharova, who works as a social worker in this region and submitted the proposal, are admirable. The proposal demonstrates to us that the cooperative efforts of individuals, community organizations, and the municipality make sense. Hopefully they will find sufficient financial aid to make a good thing happen