

CONSORTIUM OF NON-GOVERNMENTAL ORGANISATIONS TO BENEFIT SENIORS, ESPECIALLY VICTIMS OF NATIONAL SOCIALISM IN THE CZECH REPUBLIC

Origins of the Project

In the second half of 2013, Živá paměť, in cooperation with the German Remembrance, Responsibility and Future Foundation (Stiftung EVZ), put in a more specific form the idea of creating a Consortium of Non-Governmental Organisations (hereinafter: Consortium) as a new framework of cooperation between NGOs active in the area of care for seniors in the Czech Republic, with specific reference to the needs of persons persecuted by the Nazi régime.

Two NGOs were invited to cooperate – Charita Česká republika, which is the largest non-state provider of social care and medical services in the social sphere in the Czech Republic and belongs to the Roman Catholic church, and the civic association Barevný děti, based in České Budějovice.

In January 2014, Stiftung EVZ and Živá paměť organised an expert seminar to present the main project aims as well as the principles of cooperation and division of labour among individual members of the Consortium. Apart from representatives of Stiftung EVZ, Živá paměť and Barevný děti, participants included representatives of individual diocesan and regional charities which had decided to join the project, as well as external experts.

Based on suggestions from the seminar participants and from external experts, Živá paměť prepared the final project proposal. In June 2014, the administrative board of Stiftung EVZ voted to provide funding to the project for 30 months, running from July 2014 to December 2016. All Consortium members are at the same time required to co-finance their project expenses from own or third sources.

Aims of the Project

The main aim of the project is the provision of adequate social services and psycho-social support, offered in a highly professional and individualized way, and to

- help victims of Nazism to spend the last years of their life in a dignified manner in their homes or other adequate environment
- prevent their social exclusion and isolation

Another aim of the project is to contribute to

- an increase in the interest in questions relating to seniors, especially Nazi victims
- an improvement in the awareness of responsibility at the political level and in society as a whole
- a mobilisation of help for the target group of seniors at local, national and international levels

A further and no less significant aim of the project is developing the Consortium through

- sharing know-how
- exchange of work experience and methods
- sharing new ideas

Target Groups

The main target group are seniors living in the Czech Republic, especially victims of National Socialism, with special regard to those with limited mobility and / or another kind of limitation resulting from their state of health. Another target group consists of husbands/wives, widows and widowers of such persons.

Members of the Consortium and their Fields of Activity

While Živá paměť and Barevný děti deliver consulting, assistance and activation services to seniors, especially Nazi victims, in their homes, Charita offers such services in its own homes for the elderly.

Živá paměť, o. p. s.

Field of responsibility

- leading agency (coordination, administrative and financial project management, public relations, expert supervision)
- provider of social services

Regional responsibility

- leading agency of the Consortium: Czech Republic
- provider of social services: Prague/Hradec Králové, Olomouc/Prostějov, Ostrava/Havířov and Ústí nad Labem

Barevný děti, o. s.

Field of responsibility

- provider of social services

Regional responsibility

- České Budějovice and its environs

Živá paměť and Barevný děti provide

- personal assistance and accompaniment of clients on visits to physicians, hospitals and rehabilitation centres; visits to sick clients in hospitals; bringing necessities home and organising help in urgent matters
- help with shopping, home cleaning, errands and personal hygiene
- accompaniment of clients at post offices, banks, state and municipal offices, local cultural events; group walks
- educational activities such as instruction in handling PCs, seeking information on the internet and using e-mail
- therapeutic activity such as group cooking and baking, gardening, reading, singing, playing table games, ergotherapy (various kinds of handiwork according to clients' individual wishes and needs),

Charita Česká republika

Field of responsibility

- provider of social services

Regional responsibility

- nine homes for elderly on the territory of the Olomouc archdiocese and of five dioceses
- Pilsen diocese: Dům pro seniory svaté Alžběty, Plzeň
- Litoměřice diocese: Dům pro seniory – Domov svatého Vavřince, Chrastava, Liberec
- Litoměřice diocese: Dům pro seniory svaté Ludmily, Chabařovice, Ústí n / Labem
- České Budějovice diocese: Dům svatého Františka – Dům chráněného bydlení, Veselí n / Lužnicí
- Brno diocese: Dům pokojného stáří Kamenná, Brno
- Olomouc archdiocese: Dům pokojného stáří, Boršice, Uherské Hradiště
- Ostrava-Opava diocese: Domov pokojného stáří svatého Františka, Javorník
- Ostrava-Opava diocese: Svatý František - Charitní Domov pokojného stáří, Bohumín
- Ostrava-Opava diocese: Charitní dům svaté Alžběty, Ostrava

Based on local conditions, Charita homes for the elderly offer the following services

- various therapies, e.g. ergotherapy, psychotherapy, aromatherapy, artetherapy (music therapy, painting / drawing, therapeutic cooking and baking etc.)
- mental and cognitive rehabilitation, e.g. training in spatial orientation and imagination, memory

training, training of delicate motor function and of sensoric perception

- common free-time activities, social and cultural events, table games, common celebration of holidays and clients' birthdays, celebration of important days such as public and church holidays
- physical exercise, training of walking and maintaining body stability, outdoor games such as bowling and pétanque, chess playing etc.

Project results for the second half of 2014 and the first half of 2015

Živá paměť' and Barevný děti

As mentioned above, Živá paměť' and Barevný děti provide individual assistance services and support to, above all, clients who live in their domestic environment. These services are free of charge and help our clients to care for themselves and their households including connected premises (such as gardens). In this way, such services help keep our clients in their accustomed environment as long as possible.

The specific content of the services that are offered is consistently based on the individual needs and wishes of the clients which change over time. We try to fulfil the clients' wishes to the maximum extent possible within the time and financial framework of the project. The scope of services on offer is therefore very varied and reflects the changing nature of clients' needs.

In several cases, help is provided to clients living in retirement or nursing homes as well. These are not, however, institutions run by Charita ČR and included in the Consortium project.

For a long time, our clients have mostly been showing interest in conversation, help in housecleaning, laundering and ironing, assistance in shopping and bringing groceries home, help in preparation of meals (common cooking and baking), watering of flowers and gardening, common reading or having somebody to read aloud, playing table games, looking at photo albums, joint recollection of various events, joint walks, care for domestic animals, help with personal hygiene (washing hair and hair care), accompaniment at medical care appointments, accompaniment at selected events organized by the contact centres for victims of Nazism and intergenerational dialogue, help with official correspondence, banking and mail services, provision of small-scale repairs in households etc. Some clients have also asked to be assisted in visiting places connected with their youth and help has been provided whenever possible.

Živá paměť', o. p. s.

In the course of first 12 project months, Živá paměť' provided 65 clients with a total of 3 814 interventions amounting to 114 405 minutes.

The numbers of individual interventions, clients and time allocation according to specific regions are shown in table no. 1.

TABLE NO. 1 – THE NUMBER OF INDIVIDUAL INTERVENTIONS, CLIENTS AND TIME ALLOCATION ACCORDING TO REGIONS

Region	Number of interventions	Time allocation (in minute)	Number of clients
Praha a Hradec Králové	2 061	61 825	31
České Budějovice a Tábor (November 2014 – June 2015)	396	11 880	12
Olomouc a Prostějov	452	13 560	9
Ostrava a Havířov	99	2 970	4
Ústí nad Labem	806	24 170	9
TOTAL	3 814	114 405	65

Note to table no. 1

Standard length of one intervention is 30 minutes. Normally, however, such allocation is not sufficient to ensure that all needs of the client are met so that he or she is given several interventions that follow upon each other.

Barevný děti, o. s.

Due to its wish, the inclusion of the Barevný děti civic association in the Consortium project was finished as of 31 October 2014. Thereafter, care for clients in České Budějovice and its environs was taken over by Živá paměť.

During four months of 2014, Barevný děti provided eight clients with a total of 151 individual interventions amounting to 4 530 minutes (see table no. 2).

TABLE NO. 2 – THE NUMBER OF INDIVIDUAL INTERVENTIONS, CLIENTS AND TIME ALLOCATION

Region	Number of interventions	Time allocation (in minute)	Number of clients
České Budějovice (July 2014– October 2014)	151	4 530	8

Note to table no. 2

Standard length of one intervention is 30 minutes. Normally, however, such allocation is not sufficient to ensure that all needs of the client are met so that he or she is given several interventions that follow upon each other.

Charity CR

1. Pilsen diocese: Dům pro seniory svaté Alžběty, Pilsen

Group activities

- social activities
- cultural events
- joint meetings, e.g. joint relaxation with the family and other clients in a retro-style common room
- therapeutic cooking and baking in a newly-built kitchen designed to meet the security needs and the ergonomics of elderly people

The number of activities, participants and time allocation for activities is shown in table no. 1.

TABLE NO. 1 – NUMBER OF ACTIVITIES, NUMBER OF PARTICIPANTS AND TIME ALLOCATION FOR ACTIVITIES

Institution's name	Number of group activities	Number of participants	Time allocation (in minutes)
Dům pro seniory sv. Alžběty, Pilsen	89	734	10 265

2. Litoměřice diocese: Dům pro seniory - Domov svatého Vavřince, Chrastava

Živá paměť mediated the transfer of a one-time grant from the financial reserves of the German EVZ Foundation to this old-age home named after St. Lawrence. Within the framework of this donation, multi-functional devices which help to enhance mental capabilities were installed outside the home at the end of October 2014. Some necessary adjustments of the terrain were finished at the same time. Due to bad weather, the devices could not be used in winter months, which is why no activities are shown for the second half of 2014. Such activities were started, however, immediately upon the completion of final gardening work in the spring of 2015. The training devices are used by several groups of people – the inhabitants of home for elderly, elderly people from Chrastava, members of the broader public and children from Chrastava elementary school. In this way, the devices fulfil not only their training function but a social function as well.

The number of activities, participants and time allocation for activities is shown in table no. 2.

TABLE NO. 2 – NUMBER OF ACTIVITIES, NUMBER OF PARTICIPANTS AND TIME ALLOCATION FOR ACTIVITIES

Institution´s name	Number of group activities	Number of participants	Time allocation (in minutes)
Dům pro seniory - Domov sv. Vavřince, Chrastava	50	135	1 105

3. Litoměřice diocese: Dům pro seniory svaté Ludmily, Chabařovice, Ústí n/ Labem

Group activities

- a) art therapy
- b) music therapy
- c) aroma therapy
- d) recognition rehabilitation

The number of activities, participants and time allocation for activities is shown in table no. 3.

TABLE NO. 3 – NUMBER OF ACTIVITIES, NUMBER OF PARTICIPANTS AND TIME ALLOCATION FOR ACTIVITIES

Institution´s name	Number of group activities	Number of participants	Time allocation (in minutes)
Dům pro seniory sv. Ludmily, Chabařovice, Ústí n/ Labem	647	9 614	15 296

4. České Budějovice diocese: Dům svatého Františka – Dům chráněného bydlení, Veselí n/ Lužnicí

Group activities

- a) art therapy – Music Friends´ Club and Film Club: listening to music, presentation of Czech and foreign performers, film performances
- b) handwork: knitting, crocheting
- c) work with natural materials (wood, flowers)
- d) cooking and baking
- f) group exercise
- g) gardening, animal care
- h) outside activities: exercise and various creative and other activities designed to develop the senses, walks, swimming in a pool

The number of activities, participants and time allocation for activities is shown in table no. 4.

TABLE NO. 4 – NUMBER OF ACTIVITIES, NUMBER OF PARTICIPANTS AND TIME ALLOCATION FOR ACTIVITIES

Institution´s name	Number of group activities	Number of participants	Time allocation (in minutes)
Dům sv. Františka – Dům chráněného bydlení, Veselí n/ Lužnicí	339	2 095	28 865

5. Brno diocese: Dům pokojného stáří Kamenná, Brno

Group and individual activities

- a) creative activities and crafts: basket weaving, batik, sewing pillows, production of paper objects, drying flowers

- b) social and cultural activities: music performances, theatre, games, birthday celebrations, tea parties, quiz shows, film performances, discussions, lectures
- c) music programmes and programmes involved in music therapy: singing, playing simple musical instruments, concerts, dancing, listening to music, dancing while sitting on the floor
- d) memory training programmes
- e) programmes with a spiritual content: reading, conversations, topical programmes (Christmas, Easter, vacations)
- f) household chores and gardening: care for flowers and animals, decoration work, help with cooking, housecleaning and laundry
- g) therapeutic baking and cooking

The number of activities, participants and time allocation for activities is shown in table no. 5.

TABLE NO. 5 – NUMBER OF ACTIVITIES, NUMBER OF PARTICIPANTS AND TIME ALLOCATION FOR ACTIVITIES

Institution's name	Number of group activities			Number of participants			Time allocation (in minutes)		
	Group	Indiv.	Total	Group.	Indiv	Total	Group	Indiv.	Total
Domov pokojného stáří Kamenná, Brno	570	444	1 014	3 910	555	4 465	33 186	13 215	46 401

6. Olomouc archdiocese: Dům pokojného stáří Boršice, Uherské Hradiště

Group activities

- a) training of fine motoric capabilities in an activization room
- b) exercises in a sports field for seniors
- c) music therapy with a therapist
- d) exercises using therapeutic dolls

The number of activities, participants and time allocation for activities is shown in table no. 6.

TABLE NO. 6 - NUMBER OF ACTIVITIES, NUMBER OF PARTICIPANTS AND TIME ALLOCATION FOR ACTIVITIES

Institution's name	Number of group activities	Number of participants	Time allocation (in minutes)
Domov pokojného stáří Boršice, Uherské Hradiště	158	1 558	20 320

7. Ostrava-Opava diocese: Domov pokojného stáří svatého Františka, Javorník

Group activities

- a) joint garden activities such as garden festivities
- b) outside activities
- c) cultural activities

The number of activities, participants and time allocation for activities is shown in table no. 7.

TABLE NO. 7 - NUMBER OF ACTIVITIES, NUMBER OF PARTICIPANTS AND TIME ALLOCATION FOR ACTIVITIES

Institution's name	Number of group activities	Number of participants	Time allocation (in minutes)
Domov pokojného stáří sv. Františka, Javorník	595	2 419	25 810

8. Ostrava-Opava diocese: Svatý František - Charitní Domov pokojného stáří, Bohumín

Group activities

- a) music therapy
- b) art therapy
- c) ergotherapy
- d) memory training

Individual activities

- a) ergotherapy
- b) memory training

The number of activities, participants and time allocation for activities is shown in table no. 8.

TABLE NO. 8 - NUMBER OF ACTIVITIES, NUMBER OF PARTICIPANTS AND TIME ALLOCATION FOR ACTIVITIES

Institution´s name	Number of group activities			Number of participants			Time allocation (in minutes)		
	Group	Indiv.	Total	Group.	Indiv	Total	Group	Indiv.	Total
Dům pokojného stáří sv. Františka, Bohumín	192	195	387	1 303	706	2 009	18 480	21 470	39 950

9. Ostrava-Opava diocese: Charitní dům svaté Alžběty, Ostrava

Group activities

- a) physical condition training
- b) ergotherapy
- c) memory training

Individual activities

- a) music therapy
- b) memory training

The number of activities, participants and time allocation for activities is shown in table no. 9.

TABLE NO. 9 - NUMBER OF ACTIVITIES, NUMBER OF PARTICIPANTS AND TIME ALLOCATION FOR ACTIVITIES

Institution´s name	Number of group activities			Number of participants			Time allocation (in minutes)		
	Group	Indiv.	Total	Group.	Indiv	Total	Group	Indiv.	Total
Ostrava, Charitní dům sv. Alžběty v Ostravě	134	41	175	1 286	207	1 493	13 905	4 475	18 380

The results for the second half of the year 2014 and the first half of 2015 for all nine Charity homes for elderly are shown in table no. 10.

TABLE NO. 10 – OVER ALL NUMBER OF ACTIVITIES, NUMBER OF PARTICIPANTS AND TIME ALLOCATION FOR ACTIVITIES

Institution´s name	Number of group activities			Number of participants			Time allocation (in minutes)		
	Group	Indiv.	Total	Group.	Indiv	Total	Group	Indiv.	Total
Bohumín, Dům pokojného stáří sv. Františka	192	195	387	1 303	706	2 009	18 480	21 470	39 950
Veselí nad Lužnicí, Dům sv. Františka	339	0	339	2 095	0	2 095	28 865	0	28 865
Javorník, Domov pokojného stáří sv. Františka	595	0	595	2 419	0	2 419	25 810	0	25 810
Liberec, Domov svatého Vavřince v Chrastavě	50	0	50	135	0	135	1 105	0	1 105
Ostrava, Charitní dům sv. Alžběty	134	41	175	1 286	207	1 493	13 905	4 475	18 380
Uherské Hradiště, Domov pokojného stáří Boršice	158	0	158	1 558	0	1 558	20 320	0	20 320
Ústí nad Labem, Dům pokojného stáří sv. Ludmily	647	0	647	9 614	0	9 614	15 296	0	15 296
Pilsner, Domov pokojného stáří svaté Alžběty	89	0	89	734	0	734	10 265	0	10 265
Brno, Domov pokojného stáří Kamenná	570	444	1 014	3 910	555	4 465	33 186	13 215	46 401
TOTAL	2 774	680	3 454	23 054	1 468	24 522	167 232	39 160	206 392