

Training on Supporting Elderlies' Mental Health and Well-being

2022.10.04.

Alföldi Temporary Hostel

Outline

1. Alföldi Temporary hostel – short introduction
2. Needs and special needs of elderlies at the hostel (supporting people with limited mobility or with wheelchair)
3. What do we do– what can we do?

1. Short introduction

- Temporary hostel
- Placements: 221 beds, + 36 beds during winter time (total. 257 beds)
- 48 beds for women, 173 beds for men
- Placement difficulties: Big building with complex structure. Bad infrastructural conditions
- Low-threshold service
- There are placements with no reimbursement fee but most of the service users pay for being accommodated. The lowest rate is HUF 180/day. (It is about 0.5 euros.)
- Among the service users, there are people with low income, for example, a small amount of living allowance, and there are people who have no income at all.
- Most of the service users are elderly people, in poor physical, mental or health conditions.

1. Short introduction

- There are barrier-free unit with 35 beds for people who use wheelchairs.
- 31 rooms: 1-17 beds /room
- Since the outbreak of COVID-19, the service operates with a reduced number of placements. About 75% of the beds are in use.
- The staff of the service: 27 staff members (2 managers, 11 social workers, 10 social assistants, 2 carers, 1 financial associate, and 1 caretaker)
- General Practitioner is available in 2 hours/week.
- Psychological counseling is available once a week.
- Consultation with psychiatrist available once a week.
- The service provides meals from different sources:
 - From a national program funded by FEAD (Fund for European Aid to the Most Deprived).
 - Cooperation with Food Bank
 - Cooperation with the social care service of the district.

2/1.

	55 -59 years		60-64 years		65 years or over		Avarage age
	number of people	%	number of people	%	number of people	%	Years
2012 (167)	84	50	39	23	13	7	53
2015 (217)	116	53	57	26	11	5	53
2018 (183)	128	69	79	43	31	16	57
2019 (174)	120	68	84	48	42	24	57
2020 (141)	100	70	70	49	25	17	58
2021 (152)	101	66	72	47	39	25	57
2022 (162)	121	74	88	54	42	25	59

2/2. Elderlies at Alföldi hostel

- Number of disabled SUs and among them those who use wheelchairs:
- Number of SUs with care needs (for example: support in medication, personal hygiene, accompaniment):
- Number of SUs awaiting for permanent placement at care facilities:

Small talk break:

Let's talk about the special needs of disabled homeless people and those who use wheelchairs for mobility!

Can we say if it is a three times disadvantageous situation, and why?

2/3. Challenges

- Premature ageing (mental health physical condition, health difficulties) □
The time for inactivity and the time with care and health support are prolonged
- „Am I useful”? „What am I able for”? „What can I complete”?
- Spending time without activity, remaining in one place, staying in bed
- Isolation
- Lonliness, lack of social and family relations
- Self neglect (in psychic and physical term, themselves and their environment)
- Dementia
- Addictions
- Mental health problems
- Possibilities to move forward? For disabled people there is a very narrow pathway to move out – The consequence is that they stay in the service for a longer period.

2/4. Consequences and dilemmas

- The focus of social work has changed. The main aims are linked to well-being instead of reintegration.
- Need for different knowledge, competences. We can mostly rely on our own support experience, but there is a lack of special knowledge about elderly care.
- Can we operate as a temporary accommodation service or do we need to change the profile to be a care home?

3/1. What do we do – what can we do?

The areas of our support work:

- Supporting mental health with personal counseling
- Carer and nursing support, health services
- Community development
- Special employment programs

3/2. Supporting mental health

- Personal counseling with different focus
- Promoting dignity, finding the personal strengths
- Solving frustration: losses, decreasing capacities, and fear of death
- Reducing difficulties arising from disability and limited mobility
- Helping to cope with everyday difficulties
- Processing traumas
- Solving isolation and loneliness
- harm reduction and counseling regarding addiction
- Support in dealing with grief and loss
- Personal consultations about considering admission to care homes, in case of high care needs. Preparation to move forward to care homes.
- Involving psychologist or psychiatrist to the support process, case conferences
- Support for spiritual and religious life (e.g. Soul Bell Group)

3/3. Carer and nursing support

- Health supports within the service:
 - Medication, wound dressing
 - Accompanying service users to the hospital and for examinations
 - Bathing, disinfection
 - Consultations with GP (2 hours / week)
 - Physical therapist appointments

3/4. Community development

- Aims: a sense of community, "movements" (also in the physical-spiritual sense)
- In the hostel: building personal networks, enhancing social connections among service users
- Going together to places and activities where they have not got access on their own
- Group activities (board games, chess, film club, etc.)
- Community events (carnival, sprinkler ball, Easter, women's day, vintage ball, Christmas, cooking competitions)
- Going out (Zoo, Tropicarium, boat trip, etc.)
- Involving self-help groups (pl. Independent Life Association)
- Special programs focusing on elderly, people living with disabilities, or gender (e.g. para-ping-pong, women groups, etc.)

3/5. Cooperations within the neighborhood

- Goals: participation in the life of the neighborhood, awareness raising, sense of being part of the local community
- There is a new initiative that started with the mayor's personal visit to assess how our service users could be involved to have an active role in the local events
- Cooperation has started with the Community Participation Office („We are not strangers in the district”)
- Involvement of volunteers (in groups, accompanying service users, programs)
- Service users participate as volunteers in local events and

3/5. Cooperations within the neighborhood

- Providing program venue on the World Day against Poverty and on the World Day of Housing
- Participation in the „RÉV8” public place co-creation program
- Participation in other programs implemented in the district
 - Local roundtable about homelessness
 - Community reception hour
 - Local charity cooking competition
 - Maintaining and gardening a specific public place in the district

3/6. Special employment program

- Aims: Involving service users in meaningful activities.
Enhancing the sense of usefulness.
- People who are involved in this program work within the service and in other services.
- Roles: Laundry worker, janitor, cleaning, librarian
- Last year 24 service users were interviewed 20 of them were recruited and 15 of them work within our organisation.
- 3 people got a job in the primary labor market, and 1 person was involved in a protected job program.

3/7. One more dimension

„Reflective practice and self-care for staff”

- The main aim is to maintain the well-being of staff
 - Personal consultations with the managers
 - Team supervision focusing on case management
 - Individual supervision
 - Common programs for staff members (Colour Day, and other community-building activities)

Thank you for your attention 😊

(„Blue Day”)

