English version

Brief description of the organization

Although this activity dates up to the year 1870, we consider 1971 to be the starting year of our activity in this sector because of the intervention of Daughters of Charity in the management of the center. During these 40 years of experience, there have been changes in the structure and operation of this center, which included hiring profesionals in order to fulfill the needs of the users and reach its goals.

This is a Rezidencial Care Center (Nursing Home) for the elderly, which aims to cater to all necesities of its users through custom integral attention. We want to increase the quality of life of these residents by promoting their independence and autonomy. Also, we want to facilitate the integration and coexistence in the center by favouring interactions with the environment. Finally, we aim to offer the residents a living space which is safe, accesible and adjusted to their needs.

1. Social and psychosocial attention. Social attention programme which includes offering information, counseling, case monitoring, participation, social and family relationships. Psycho social activities/programme. Psychological care and maintenance of cognitive functions. Socio-cultural animation. Programme for promoting personal autonomy.
2. Healthcare. Personal care plan for ADL. Prevention programmes and promotion of healthy living. Continued medical and nurse care. Physiotherapy programme which activities for immobility prevention and treatment of prevalent diseases. Ocupational therapy programme.
3. Guidance, management and administration of the residency. Leadership and supervisions of management systems and improvement of the asistencial quality of the residency, including outside relationships. Building, training and follow-up of the profesional teams. Guarantee of the protection of data and personal history of users, in all formats

ORGANIZATION’S EXPERIENCE AND ACTIVITIES

Daily leisure activities and cognitive and functional stimulation activities carried out in 2016:

Functional recovery for bedridden residents.

Motor recovery by usting kinesiology and electromedicine.

Gerontogymnastics, motor functions recovery, reeducation of balance and walking

Physical stimulation, cognitive stimulation and stimulation of bedridden residents

Crafts, press workshops, theater and risotherapy(laughter therapy) workshops

LEISURE ACTIVITIES

3.DESCRIPTION OF ACTIVITIES/WORKSHOPS

1. BOOK CLUB

Activity supported by the Municipal Public Library, both agreeing on the fact that reading is an important practice for the elderly. Its benefits are felt at individual and group levels and include: increase of the cognitive reserve of the brain, which could reduce the possible increase of dementia patients in our country; putting ideas in order, connecting concepts and favouring concentration and empathy.

2) Arts and crafts workshops

These activities aim to stimulate sensory, mental and physical capacities through different artistic techniques. It acts at two different levels: firstly, it is an indivdual way of expression; and secondly, it is a mean of communication, expression and openness towards dialogue.

In these workshops we can include different tecniques which encourage interaction with matter,color and imagination, such as:

-Painting. The resident will be able to choose his own way of painting, according to his taste and preferences. They will be reminded that the technique is not the key of this process, but the free expression of their imagination.

-Drawing. This activity can be carried out by choosing a theme or encouraging free drawing. They will use coloured crayons, wax crayons, markers, etc.

-Collage. A technique which consists of cutting and pasting different images or types of paper in order to create something new, or as a base on which you can draw/pain on.

3)Press workshop

Through this workshop we want to encourage and/or maintain communication between the residents and the working profesional(psychologist), who will be the moderator. The activity consists of reading the daily news(local, reagional, national and international), discussing and debating over them from every participant’s point of view. In the same way, they will have to write a newspaper-like publication about different activities such as: travel, leisure time, etc.

4)Theatre workshop

Firstly, this workshop includes drafting and writing plays on different topics, adjusting to the characters of the partcipants and the time of the year. Secondly, once the play is finished, they will rehearse and present their work during an event, in front of their families and close ones. This activity stimulates mental capacity and group cohesion.

5) Emotional expression workshop

Through this workshop we want to encourage the residents to find out more about emotions, about when and how they appear and manifest at a personal level, to learn how to express, receive and accept them. We will mainly use text reading, music or analizing images for later working on emotions.

6)Functional stimulation

All activities performed by the physiotherapist will focus on obtaining the máximum level of functioning in terms of posture and walking correction, and balance(appropriate coordination) in the activities of daily life of the residents, thus enabling their independence.

Gerontogymnasia is one of the most important of the proposed activities and it consists of relaxation and respiration techniques on one side, and music therapy(a type of therapy which uses music: rythm, sound, melody, singing, etc. As a therapeutic tool; on the other. This mix of therapies aims to provide an adequate sensory stimulation for improving the resident’s psychoemotional state and social dimensión.

In the case of highly dependent users, the physiotherapist will carry out a functional recovery for bedridden persons.

7) Cognitive stimulation

This workshop aims to train and stimulate different mental capacities( perception, attention, memory, speech and logic) of the residents, in order to prevent, intervene or rehabilitate a cognitive deterioration. There will be various groups depending on the existent level of deterioration. During the sessions, we will work with different psychology techniques.

*Facilite información sobre los recursos humanos de la organización (es decir, personal y voluntarios), y describa las aptitudes y conocimientos de las personas que estarán involucradas en las futuras actividades Erasmus +, con lo que respecta específicamente a la organización de actividades de movilidad.*

DIRECTOR

-Admission and supervisión of the volunteering programme

MANAGER

- Performs tasks related to the legal/contractual situation of the volunteer programme in the Center

PHYSIOTHERAPIST

Planning, execution and supervisión of the mobility programme; encouraging autonomy and prevention of psysical dependance of all residents

Evaluation of the functional state of the residents within three days after admission

Performing prescribed rehabilitation techniques and treatment

Follow up and evaluation of the performed treatment

Advise the profesional team of the mobility patterns of the residents who are under treatment or need a specific intervention

Perform group gerontogymtastics

Create protocols related to their functions

Create the PAI(¿) together with the interdisciplinary team of the center

Attend and give information to the residents and their families with respect to their privacy

NURSES

Perform basic treatment(on lesions, cuts and bruises and other typed of superficial wounds that might appear)

Dispensation of oral and parenteral medicine, mists, etc.

Control and registation of vital signs, blood sugar levels, INR, and tests results

Coordination of local health centers for administrative tasks related to the medical requirements of the users

Accompany the user during check-ups, together with the doctor

Control the food service of the center

Make orders for medicine at the farmacy

Control the material supplies of the center

Update and protection of the patients’ medical records

Elaborate the PAI together with the center’s interdisciplinary team

Create protocoles according to their function

Attend and give information to the residents and their families with respect to their privacy

PSYCHOLOGIST

Asessment of the psychological state of the patient at different levels: cognitive, emotional, social and behavioral

Elaborate the PAI together with the center’s interdisciplinary team

Coordination of the leisure and stimulation activity plan

Psychological guidance and tecniques implementation( psychostimulation, validation and orientation)

Monitoring the evolution of ilnesses, focusing on their impact on cognitive capacities, functional capacities, emotional condition and behaviour of the resident

Organization of self help groups and family couseling

Counseling the staff about stress prevention

Participation in studies and investigations related to social and behavioral aspects of the elderly

Attend and give information to the residents and their families with respect to their privacy

SOCIAL WORKER

Interview new residents and their families for making an initial asessment

Admission management

* Give information about admissions to whom it may concern
* Carry out the admission protocol and follow-up in the adjusting period
* Encourage the resident’s relationships with the family and community
* Document the resident’s biography and social file

Elaborate the PAI together with the center’s interdisciplinary team

Counsel, guide and manage every type of procedure that the resident or family may request

Colaborate and coordinate links with other entities which may benefit the user’s interest

Coordinate leisure activities

Follow-up and visits to hospitalized residents

Assure that the resident’s rights are respected

Write trimestrial memos required by administration

Attend and give information to the residents and their families with respect to their privacy

Coordinate and promote the center’s volunteering programme

Create protocoles according to their function

*Explique cuál es el marco del proyecto (e.g.marco geográfico, socio-económico) y la comunidad local donde van a tener lugar las actividades*

The project aims to facilitate the inclusion of European youngsters in the city of Lorca by involving them in activities of support and motivation of elderly people in order to encourage their autonomy, values, development and learning to work with people, through daily coexistence in an institutionalized environment.

The end result would be a collective space for living, mutual learning from foreign cultures, which would serve as support for the necessities of the residents. These necessities could include: mobility, breathing, excursion, support in manipulating objects, support in their intellectual and creative evolution and encouragement of using all their physical and psychosocial abilities. On the other hand, we would benefit from the volunteer’s immersion in our culture, language and local customs through dialogue, participation in daily, leisure and exceptional activities which the center has to offer.

The groups of elderly people who reside in such centers are in great risk of social exclusion because they generally need more attention in various areas related to the process of getting old, such as: special caregiving,help in overcoming pain, help with activities of daily life, support in adaptating to a new environment, assimilation and understanding of the aging process

For this reason, the project acquires a strong trait in the corresponding social, behavioral and rehabilitative intervention processes which will be carried out in order to improve the daily life of our center’s users. For them, the interpersonal and group interaction with youngsters, professionals, staff and other groups of elderly people could make them feel more useful and boost their self-esteem because they will benefit from an environment which recognizes their role in today’s society and also promote and encourage the use of their soft skills and social skills. Our main motivator is to fight against the difficulties faced by the residents in our center, by offering them a broad activity programme(mobility and exercize, excursions to different places, leisure) which enables them to maintain their health while enjoying a comfortable environment.

Activities for volunteers

The volunteer will have different roles given that in the beginning, we would like him/her to help us with organizing routine daily activities, thus facilitating his first encounter with the residents and local community. He/She will be treated as a collaborator and not as an employee, at all times, which means that he/she will have the freedom to be involved in certain activities of choice or to propose new ones. However, propositions should be reasonable and in concordance with our center’s profile, philosophy and objectives. We will direct all necessary resources to his/her needs for carrying out whatever activity of their choosing. We have various activity blocs regarding different areas and themes and for each one we would need the support of at least 2 volunteers.

FUNCTIONAL AREA

Consists of : functional recovery for bedridden residents, motor skills recovery through kinesiotherapy and electromedicine, gerontogymnastics, physical stimulation and balance and mobility practice

The volunteer will carry out support activities together with our physiotherapist in order to prevent the degradation of the user’s state and level of dependence. He will collaborate in the motivation and mobilization of people, learning how to evaluate them; and he will be provided with training for gerontogymnastics, functional stimulation techniques, manipulation activities and rehabilitative treatments so he/she can be familiar with the intervention mechanisms necessary for the recovery of elderly persons.

COGNITIVE STIMULATION AREA

Cognitive stimulation for bedridden, highly dependent residents who suffer from all levels of cognitive impairment, and also for independent ones.

The volunteer will be part of all annual activities planned by the center, together with the professional in charge, so he will learn to evaluate cognitive capacities of the users by learning how to elaborate cognitive impairment assessment scales(AMTS). Then, he will support the professional giving treatment to individual or groups of users, in which minor or major stimuli will be applied, depending on the user’s degree of response.

In the same time, the volunteer will receive information about cognitive capacity, markers and signs of different types of dementia or Alzheimer’s; and how to identify and interact with a person who has difficulties associated with these mental illnesses.

LEISURE AREA

The leisure activities include: arts and crafts, press workshop, risotherapy workshop, bingo, theater, trips, performances inside the center, movie nights, etc.

During the leisure activities the volunteer will support and accompany the professional in charge, following a specific schedule and task list, which he can do on his own and doesn’t require previous training. So, the volunteer’s work will be focused on helping, supervising and guiding the residents while they are performing specific tasks like counting and identifying numbers, making crafts, etc. Before the activities, they will receive proper training regarding protocol of procedures, tools and methods of intervention and ability training.

Aside from our organized trips outside the center(which you can find in our annual calendar), we will also have one time trips during the summer, relying on and according to our geographical location, culture, customs, local festivals and events. Also, we offer our residents a free trip to the seaside during summertime, where the volunteer will be invited help and enjoy it with us.

The center will provide all available resources to the volunteer, so that he/she can participate in all activities, if desired.

VOLUNTEER PROFILE

For our Nursing Home we would like to host volunteers who are kind, patient and understanding, and who don’t have a personal space problem when it comes to approaching people.

We do not require previous specialized training because the person’s work will always be guided and supervised by professionals. We value knowledge of this area of work, studies linked to the social, physical therapy or geriatrics.

The volunteers will be chosen by a committee of staff working in the center. Their continuous and active participation in our daily activities and the project are very important. Implication and commitment are the traits which guarantee us that the project will be successful and enjoyable and that all activities will be carried out effectively, which will benefit both residents and volunteer. Other relevant traits would be responsibility and open mindedness.

Another positive, but not exclusive feature, is the volunteer’s ability to adapt to a new culture, a new routine and a multicultural environment, given that this is the environment of our workplace. As for the activity plan that we have, we value people who are interested in social work, who don’t have difficulties in making decisions, and who present a positive attitude and enthusiasm regarding their tasks in the center.

PRACTICAL ASPECTS

PRACTICAL ORGANIZATION OF THE PROJECT

The volunteer’s schedule will contain from 28 to 34 hours per week and vacation, days off and free time will be planned as following:

-they will have 2 vacation days per month during their project, and also days off according to Spain’s holidays and celebrations

-the distribution of free time will depend on the workload

-Saturdays and Sundays are free. However, if the center will organize activities which require the presence and implication of the volunteer, he will be asked to participate. In that case, free days will be provided during the week.

The volunteers will share a 3 or 4 bedroom flat in Lorca (10 minutes walking from the city center) and will be able to go by foot to our Nursing Home (5 min walking). They will live with other EVS volunteers and they will each have their own room, sharing the common space(kitchen, bathrooms, balcony) and activities of daily living such as cooking or cleaning.

Cazalla Intercultural will be in charge of paying the rent and the utilities(water, electricity, heating) of the flat every month. Each volunteer will receive 150 euros for food and 5 euros/day as pocket money.

As coordinating organization, Cazalla Intercultural will manage all practical aspects of the project. We offer our full support during the project by providing all resources available in our center which may be useful for the volunteer, such as: transportation, tools, material resources, human resources specialized in this area of work.

SUPPORT FOR VOLUNTEERS

The volunteers will have a supervisor who will be in charge of planning and organizing weekly meetings and evaluating their tasks in order to facilitate their work as volunteers. As for the learning process, mentors will be assigned by Cazalla Intercultural

Also, the coordinating association is responsible for language training and will provide access to OSL as an online tool. Moreover, they will receive face to face biweekly Spanish lessons.

For us it is very important to contribute and support the volunteer in his work and daily activities, by providing what he/she needs in order to develop creativity, propose new activities, share experience and practices, etc.

We could provide de meals for the volunteers inside the center and during our trips.

SAFETY AND INSURANCE

Our center disposes of an Employers Liability Insurance(No. 704481) provided by UMAS Insurance Company, and also of an insurance for volunteers(Policy number 505717) provided by the same entity. In addition, volunteers will be insured by a private company(CIGNA insurance), thus following the protocol required for EVS. Cazalla Intercultural will coordinate the latter.

We believe that the most suitable way to prevent risk and crisis is to maintain a stady communication flow between the staff and volunteers. They will be given the necessary time and space to express their opinions and feelings in a confidential environment, whether they concern personal issues (relationships with other volunteers, local community) or activity-related issues. This is why they will have meetings with all agents involved.

Various people from the center, coordinating association and local community will contribute to the protection and safety of the volunteers, and they will be provided with a coordinator and a mentor. Living in the proximity of the association and our center will furthermore increase their safety because they could be reached rapidly in case of emergency. In case of crisis, the volunteers can use the phone available in the house(landline) or their mobile phones, which will be available at the moment of their arrival and provided by us. They will never carry out any dangerous or risky activity which could damage their physical or moral integrity.

Crisis prevention will also be complemented by talks given on arrival, which will explain basic safety rules of using the kitchen, household utilities like butane tanks for heating and cooking, electrical devices and so on; and also certain pieces of advice about certain high risk neighborhoods or hours. The volunteers will also have an office space where they can perform certain activities and tasks, access to Internet and have their Spanish lessons.

Sending organizations will be able to communicate with the volunteers, receiving and coordinating associations at all times during their stay in Spain. We want to make sure that volunteers receive enough training, information, support and guidance from Cazalla Intercultural, in order to prevent possible conflicts or misunderstandings between the two parties, mediating any type of conflictive situation if possible.

Organizations and volunteers will also count on the support of the coordinating organization.

PARTICIPATION

In this program, our organization is prepared to admit volunteers in difficult situations, such as unemployed, under-educated or located in a very distant country. For us, it is very important to have a person who is not religiously biased and who can feel comfortable with other peoples’ beliefs and values and can integrate and empathize with local citizens.

We will provide support in this kind of matters depending on the volunteer’s demands and integration difficulties, as we aim to make this process as easy and fruitful as possible.