

## Ida-Virumaa County's Chamber for disabled people

### ORGANISATION DESCRIPTION

Ida Virumaa Chamber of disabled people was founded in 1994.

From February 2005, the Chamber provides welfare services for people with psychical disabilities. Today, 23 clients are provided with daily life support and 7 clients are getting supported living service.

We have modern and adapted rooms on 224 m<sup>2</sup> at Kaare 7, Jõhvi. There is a room for the day centre, a kitchen for learning how to cook and various classrooms (for music therapy and etc.)

There are 5 apartments on the 5<sup>th</sup> floor at Kaare 3, Jõhvi that are for supported living service. The apartments are comfortable and two of the clients get their services at their own home.

There are 4 people in the Chamber daily- two action tutors, a medical worker and a social worker, who all work with the clients face-to-face.

### Project context

The objective of Ida-Virumaa chamber of disabled people is to support psychologically disabled people in their everyday life, to motivate them for independent living and give a chance to spend their spare time actively. The activities of chamber usually take place in Jõhvi`s day centre, the office is placed at the same house as well. From 2007 chamber provides independent residential living facilities with special support for the clients. At the moment there are 13 active clients aged 16 to 45. Some of the clients are Russian speaking. Once a year the chamber organises 3-days summer camp by the lake. Also many excursions/visits all over Estonia to the sights, museums, other day centres, etc. are organised. There are three staff members working everyday with the clients – one coordinator and two activity tutors. There are also music and art teachers working some days a week. There are modern and cosy rooms in the chamber – main day centre room, two classrooms, kitchen, therapy room, 2 rooms for office and toilet (also for a physical disabled people). Chamber is open Monday to Thursday from 9.30 to 16.00. The Chamber is closed in July. City of Jõhvi is located in centre of Ida-Virumaa`s County (165 km from Tallinn). There are 15 000 inhabitants in Jõhvi. There are many shops, one concert house, night club, some pubs, two schools and two primary schools in the city. Around Jõhvi there are many sights as well as recreation places – Kuremäe Nunnery, Toila-Oru Park, Mining Museum-Park with underground museum, sports and resort centres, etc. Jõhvi has good connection with other cities by bus and train.

### Proposed Activities

Chamber of disabled people can share their skills and experiences with young volunteers, at the same time getting new ideas from them and learning new skills. It is also good opportunity for the clients to practice communication with people from other countries.

The aims and activities for the volunteer in the chamber of disabled people are seen as follows:

Teaching social skills to the clients (shopping, cooking, cleaning, hygiene etc) 30%;

Assisting in manual work, art and music lessons 30%;

Organising outings, visits to the places of interest, other similar projects, etc. 20%

Helping staff and clients with daily tasks as required 10%;

Occasionally on weekends he/she will assisting the next door clients with their daily needs, as the volunteer will stay in the social apartment, next to some clients 10%.

The volunteer will have chance to propose his/her ideas and use creativity in work with clients. On Fridays the volunteer will prepare the next week activities. The staff of the chamber is very flexible and open to new ideas and possibilities, so the division of tasks may be changed and adapted for the interests and skills of concrete volunteer. The working week will have 4 days, about 7 hours each day. Friday is a day to plan next week activities and help the clients at their living place.

### **Profile of Volunteer and Recruitment Process**

The project is open to everybody who is positive, creative, with good communication skills, friendly and with out prejudice towards disabled people. Volunteers don't need to have previous experiences in social work neither special education. Most important is that they are willing to work with disabled people.

All the volunteers who contact with coordinating organisation International Youth Association EstYES will be informed about the vacant of the project for certain deadline. Volunteer will get special application form to fill in, which is the basis for the pre-selection. Then host project receives applications approved by EstYES to make their final decision. Staff of the host project chooses the volunteer, whose profile and interests match the best the proposed activities of the project.

### **Risk Prevention, Protection and Safety**

Chamber of disabled people will ensure:

- 1) that the volunteer work is safe and been assessed for risk
- 2) that every effort is made that project meets high health and safety standards
- 3) that the volunteer is trained and familiar with the volunteering work and have access to adequate safety equipment if needed
- 4) that the volunteer will get all the practical and psychological support from the staff

As participants of EVS program, volunteers will be covered by AXA insurance plan for EVS volunteers, which should cover possible medical expenses and help to solve possible health-related issues during the EVS period.

The host organisation will provide the volunteer with a tutor throughout the project, whose responsibility is taking care of volunteers' daily duties and deal with issues and questions that may appear during volunteers staying in Estonia. The volunteer and the tutor discuss together the possible activities with the clients and compose a working schedule. Apart from providing a tutor, we also plan to find a mentor in cooperation with the coordinating organisation, who will be able to support volunteers during their EVS period.

The sending, coordination and hosting organisation are working together to provide help and support for the volunteer and to make sure the project is successful.