ТУРБОТА
Про літніх
В Україні
Some statistical data

• Population – 42 000 000
• People aged 60+ make 22%
• Average age – 40.3
Social tension

• Nearly 13 000 killed in the war
• I couldn’t find the number of severely wounded and disabled
• Internally Displaced People – 1 400 000 (5 Aug. 2019)
Services provided to old lonely people who need care

• Municipal territorial centres providing care at home – 674
• Nursing homes – 284
What about the rest?

• The prevailing majority receive services from their families, i.e. – from informal carers

• There are no agencies, no institutions, no services to provide training or any support to informal carers
Why dementia?

- Mainly because an average Ukrainian has no idea of that condition
- No data of its prevalence
- Stigma
- Neither people who develop the first signs of dementia, nor their families seek doctor’s advice. It is believed to be a normal process of ageing
- Doctors are not much of use: there is no treatment. Only – care.
Vicious circle

- Health service (in a best-case scenario) makes a diagnosis
- Social services (according to the current legislation) only provide services to old lonely people without mental disorders
- There should be specialised services staffed by specially trained carers. But these services don’t exist, yet
- No agencies, no services to support families – the informal carers
- In fact, the formal carers are not trained
Unexpected professional group - police

Lonely old demented people face many problems and also make problems:

• Abused and abusers
• Wandering
• Shoplifting
• Aggressive behaviour
• Indecent sexual behaviour
• Road traffic incidents
• Unreasonable calls to police
Invisible families

- Advertisements in local mass media
- Leaflets in hospitals
- Meetings with school psychologists
- The most reliable and effective tool proved to be a rumour mill or, as we call it, a gipsy mail

People could see our advertisements, but didn’t believe much
Our team of 7 trainers visited 18 cities and did training sessions to
1800 formal carers from territorial centers
504 district police officers
171 families caring for demented people
288 school psychologists
74 TLU volunteers aged 60 +
Self- and mutual-help groups

• Information: some very basic things about this condition, minimal benefits provided by the government – very small care allowance and (which is most important) job tenure for the carer, because in Ukraine according to the pension reform the job tenure has an important impact on the pension rate.
• Consultations: lawyers, notaries,
• Trainings: nurses, geriatrists, psychologists
• Exchange of practical experience
Self- and mutual-help groups

- Chance to have a break, to meet people, to have a cup of tea and to socialize
- Joint events
- Or simply provide a shoulder to cry on when things get too tough
- Sometimes they come together with their demented parents. And the volunteers arrange pastime for them, too
SMHGs have positive effect on the members

- know the needs and plan the activities
- re-socialisation
- neither paternalism nor judgement
- answers to most burning questions
- feeling of being safe and understood
- practical support from peers or volunteers