

Summary of pilot Works

Seminar to start pilot works

14th of October in Tartu Folk High School

Epp Johani from Viljandi (a small town in South-Estonia) NGO „TEEME“ shared her association experiences with companion ladies and supporting services for aged people. They have 10 active ladies, each visits approximately 3-4 aged persons, Epp Johani said it is maximum to have enough time and energy to visit them regularly. They also visit caring houses for aged. There is more need for the service in Viljandi than they can offer, they are looking for and offer training for new ladies. Ladies appreciate a lot being a companion lady, because it gives sense of being useful, it gives possibility to learn new things and to widen social circle.

What should know a companion lady who makes home visits?

- Should know how to listen actively. Not to give advice but to listen and ask questions so that aged people can find herself/himself solutions.
- How to arrange home to avoid injuries? Check-list and how to use it.
- Grieving topic (they had lectures about different religions and funeral traditions, also seminar how to support emotionally those who have lost someone and also how to talk about fear of death).
- There must be a good match with elderly person, preferably some common interests. They try to find someone from neighbourhood for practical reasons.

On the seminar there was discussion what will be the next activities in Tartu pilot works. Also we set further goals. Similar service that is in Viljandi could be developed in Tartu. It could be done by some existing NGO (some of the participants were from NGOs from the field) or a new NGO could be created. It was discussed what would be the steps to start and run a new project where that service would be offered. Tartu Folk High School offered possibility to participate without fee in a project writing and management training.

In the end of November participants (5) gave feedback of the activities that they have done meanwhile.

Most of them helped someone from relatives or people from neighbourhood whom they knew earlier.

They said that training course in spring and seminar in autumn has been very useful to make pilot works. Some wrote that they liked that on the trainings participants were involved, could share experiences, also learned to know themselves better and it is the base to help others.

They understood better how important is listening and it made communication better. Some of them have paid more attention to security of aged people homes. They were more aware that people, who have stayed at home for a long time, need more convincing to go out somewhere, couple of participants were very proud that finally they could take aged people to some culture event and everybody was happy afterwards. One participant from an NGO has organised an excursion that was very much appreciated by aged people.

One participant has an idea, that each family with young children could have an aged person, who would spend time with children and family, support would be mutual.

One participant took part of the project course and wishes to use new skills.