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| 1. | Name of the project | It'sgreattolive! |
| 2. | Nameoftheorganization | institution"Kirovskydistrictcenter for socialservices of the population" |
| 3. | The physical and legal address of the organization, phone, fax, e-mail | Mogilevregion,Kirovsk,Kirovastr., 63, 8(02237)79533, kirovsk.c@mintrud.by |
| 4. | Informationabouttheorganization | In 2000, the Kirovsky District Center for Social Services of the Population was established to improve work with the population at their place of residence. The main activities of the organization:-identification and differentiated (by category) accounting of citizens in difficult life situations, determination of the forms of social services they need, types of social services, etc. |
| 5. | The head of the organization | Director - AlesyaMikhailovnaSittseva, 8(02237)77302 |
| 6. | ProjectManager | Pashkevich Elena Petrovna, Head of the department of round-the-clock stay for elderly and disabled citizens, 8(02237)74337 kirovsk.c@mintrud.by |
| 7. | Previous assistance received from other foreign sources | In 2023, MBOO "SOFIA" provided foreign gratuitous assistance to strengthen the material and technical base in the form of a hot-water boiler, steel, solid fuel in the amount of 10,860 Belarusian rubles |
| 8. | Requiredamount | 40025 US dollars |
| 9. | Co-financing | - |
| 10. | Projectduration | 12 months |
| 11. | The purpose of the project | Providing disabled and elderly people with round-the-clock departments with the necessary equipment to maintain lost health and improve living conditions: a table for motor skills; a simulator for training, walking with adjustable handrails; an exercise bike; sticks for Scandinavian walking; a rehabilitation slide for walking; a bathroom chair; a bathroom lift; a foot massager; a rehabilitation complex for mechanotherapy of the upper extremities; auxiliary handrails of the bed (10 pcs.) assistance in restoring lost abilities |
| 12. | Projectobjectives | Restoration and development of impaired bodily functions of the elderly and people with disabilities, as well as prevention of diseases in older people living in OKP; formation of a positive attitude towards their health among disabled and elderly citizens; popularization of an active and healthy lifestyle |
| 13. | A detailed description of the activities within the project in accordance with the tasks set | Within the framework of the project, the purchase of equipment will be carried out: a table for motor skills (5 pcs.) – $ 10000.00; a simulator for training, walking with adjustable handrails (5 pcs.) – $ 5000.00; an exercise bike (10 pcs.) – $ 2000.00; sticks for Nordic walking (20 pcs.) – $ 500.00; a slide for rehabilitation walk (5 pcs.) – $ 5000.00; bathroom chair (1 pc.) – $ 25.00; bathroom lift (1 pc.) – $ 1000.00; foot massager (5 pcs.) – $ 2500.00; rehabilitation complex for upper limb mechanotherapy (2 pcs.) – $ 10000.00; auxiliary handrails of the bed (10 pcs.) – $ 4000,00.A number of events will also be held to teach classes on simulators, informational conversations with elderly and disabled people on a healthy lifestyle, on issues of self-preservation behavior, physical activity, healthy eating, and a positive attitude to their health. |
| 14. | Justification of the project | Currently in OKP D. Khvoynitsa is home to 20 people, 4 of them are disabled. The average age of the residents is 76 years. Physical education and sports are important for human health. In addition, equipping the OKP with the necessary equipment will become a place for meaningful leisure, communication, establishing friendly relations, reducing emotional stress, increasing self-confidence, and improving physical well-being.The project provides for the possibility of rehabilitation of the elderly and people with disabilities at their place of residence.The project will be implemented in stages and will begin with a diagnosis, the main purpose of which is to determine the knowledge, skills and abilities of an elderly person and people with disabilities for the subsequent selection of an individual complex of habilitation and rehabilitation measures (individual development trajectory). |
| 15. | Post-projectactivities | Maintenance of the purchased equipment in working condition, its maintenance and effective use for its intended purpose, as well as the obligation to conduct a preventive inspection for serviceability and safety of use, placement of information stands with instructions on the rules of exercises on each of the simulators, a description of safety precautions during training on simulators. Raising awareness of disabled people and elderly citizens on issues of self-preservation behavior, physical activity, and healthy eating;formation of a positive attitude towards their health among the disabled and elderly citizens;attracting at least 10 elderly and disabled citizens living in the OKP to a healthy and active lifestyle during the first year of the project. |
| 16. | Projectbudget | 40025 US dollars |