



KAMPIN 

Friendship of mentally and physically disabled people



# What is KAMPINO?

- an institute of social services which provides social services for physically and mentally disabled



It provides accommodation, board, cleaning, social services and education.

- They try to achieve the highest integration of the clients into society and labour market.



- Clients do voluntary work at the local market, library and sanctuary.
- Clients work according to individual plans which are based on their needs and skills.

# Capacity

- **Daily care (25)**
  - from 6:45 to 5 p.m.
  - clients are divided into 2 groups
  - a social worker prepares a plan of activities
- **Activities:**
  - breakfast (some clients need help), walks, free time, lunch, relaxation and hobby groups.

- **Weekly care (19)**
  - they are divided into blue and green groups
  - accommodation from Monday to Friday
- **Year-round care (6)**
  - supported housing
  - clients live in their own house
  - clients have assistants who spend free time with them (walks into town, cultural events, etc.) and take care of them



„We are INDEPENDENT, we laugh. We make our breakfast, dinner and do cleaning ourselves, too. In a house of social service we clean and cook. Here in the house we do everything on our own.“ – she said proudly. „We learn how to do shopping, I have my own room, which I decorate myself“. (Katka)



# Education

- interactive form or excursions according to various themes, for example:
  - „*The day of water* “ = a guided trip to the countryside
  - „*Walks in Bratislava* “ = exploring the town
  - *English language*
  - „*We are not talking with food*“ = exhibition about healthy food

# Free time

- the clients are interested in different activities
- personal experience is the most important



# Creative workshops

- napkin techniques
- candlesticks
- Easter eggs decoration techniques
- Open-door day



# Sports group

- table tennis, darts, volleyball, basketball, petang, football
- every year clients take part in regional or national competitions in swimming and table tennis
- they have also a lot of medals and awards in these sports events



# Self-advocacy group

- how to express what they want and what they don't want
- how to spend free time in a way they want to
- how to solve common everyday situations
- what rights they have

# Special occasions

- The Valentine's Day
- Carnival
- The Mothers' Day



- The Children's Day
- Santa Claus Welcoming
- 1 May

# Art and culture

- a dance group
- a music and singers' group
- visits to museums and galleries



# Main problems

- **Client in resistance**
  - different reactions every day
  - clients don't want to cooperate and it's necessary to search for new ways of cooperation
- **Illness of clients**
  - clients threatening others
  - insufficient healthcare
- **Financial problems**
  - low salaries
  - low maintenance budget

# What they want to change?

- Stereotypical opinions of society which are based on insufficient information and own experiences



They want to achieve a change by frequent meetings of mentally disabled with the general public

- Make media inputs, talking about making a change of attitude in general public about integration of mentally disabled



promote independence  
of clients and their  
active live

# How can we help?

- Voluntary work – it feels great when you help other people, you get new experiences and practice
- They appreciate volunteers: thanks, invitations to events, recommendations for future employers

# How can you help as a volunteer?

- You bring help, new ideas and experiences and energy to solve the problems
- You can contribute by your work, time, skills and abilities, and by your personality





**Thank you for your attention**

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