

NGO Estonian Carers – Activities and projects

More You Care in Estonia, Latvia, Finland –
MYSELF

Seminar, 10 October 2014, Luhtre



norden

Nordic Council of Ministers'
Office in Estonia



... clean like a wildflower

- ♥ 1993 mothers and grandmothers of disabled children practice respite care: how to cope?
- ♥ 1998 volunteer assistants: how much does it cost to ask – „Hello, can I help You?“
- ♥ 1998 NGO Estonian Homeaid Society's and Suomen Kotipalveluhenkilöt ry first joint seminar at Pivarrootsi, Estonia: Supporting and recognising the work of volunteers and family members caring for elderly or people with disability at home.



First steps

- ♥ 2000 „**How to cope?**“ (The Council of the Gambling Tax)
Justification of need: It motivates volunteers and informal carers when their work is recognised and self-education is considered necessary
- ♥ 2001- 2002 „**Hello, can I help You?**“
(The Baltic-American Partnership Program)
Aim: Support people caring for their family member at home through lectures and sharing information; assist with finding the support persons (Toila, Vigala, Kuusalu, Lihula, Nõo)
- ♥ 2005 Contacts with executive manager of The Central Association of Carers in Finland (Omaishoitajat ja läheiset - liitto ry) Merja Salanko-Vuorela, official call to cooperation (“yhteistyönmerkeissä“)



Daringly forward

- ♥ 2008 „**Together we can!**“
(The Council of the Gambling Tax)
NGO Estonian Homeaid Society changes statutes, new target group – informal carers
International seminar for informal carers
- ♥ Aim – Support for the informal carers and their families, development of social networking to prevent exclusion, creating additional channels for interaction to increase social activity; development of international cooperation



2008-2010 Informal care – together we can!

♥ (Open Estonia Foundation; Norway Grants)

♥ 1. Regional training sessions

10 regions (Võru, Põlva, Valga, Pärnu, Hiiu, Jõgeva, Järva, Lääne, Ida-Viru and Harju County, 19 Local Municipalities in total)

36 hours of lectures and 158 participants

♥ 2. Establishing peer support groups

♥ 3. International cooperation

Training day at Mustiala, Finland (2009, Suomen Kotipalveluhenkilöt ry)

Training day – Informal care in different cultures, Helsinki (2009, Omaishoitajat ja läheiset –liitto ry)

Training day at Pirgu manor, Estonia (2009, lecturers Merja Kaivolainen and Merja Purhonen from Omaishoitajat ja läheiset –liitto ry)



2009-2010 Know how to cope!

- ♥ (European Structural Funds, Innove Foundation)
- ♥ Aim: Prevention of long-term unemployment and inactivity of informal carers; Raising awareness about employment and labour market and supporting active participation in social and work life
- ♥ During the project
 - ♥ 10 regional courses for unemployed informal carers, including 1 course in russian, Jõhvi
 - ♥ 360 participants
 - ♥ 152 lecture hours
 - ♥ 19 days



2009-2012 Back to work life – new opportunities for informal carers

- ♥ (European Structural Funds, Innove Foundation)
- ♥ Aim: Create opportunities for informal carers to receive support and understanding from society, Improve the status and position of carer and provide Training, that helps to manage today's caring responsibilities and See caring as a form of employment after the active care responsibility has ended



Project activities

♥ 1. Social carer course for informal carers

Course is based on the improved Social carer's minimum programme: 80 hours of lectures from estonian lecturers and 10 hours finnish lecturers,

20 hours of independent and guided work,

30 hours of practical training seminar in Finland

In total 140 hours course;

♥ 68 students recieved certifications!



Project activities

♥ **2. Short course for leaders of peer support groups**

♥ **3. Empowerment and respite care
(14 active peer support groups)**

Kärdla, Lümanda, Halinga, Avinurme, Toila, Kuusalu, Anija, Paide-Türi, Imavere, Põltsamaa parish, Sangaste, Võru county, Jõgeva parish, Viljandi

♥ **4. Practical study tour in Finland**

32 informal carers visited Helsinki- Salo- Turku

36 informal carers visited Helsinki- Savonlinna



2010 – Day for Yourself, informal carer!

- ♥ (The Council of the Gambling Tax)
- ♥ NGO Estonian Homeaid Society's international seminar at Luhtre, Estonia
- ♥ First occasion, when for whole 3 days the focus was on the recovery of informal carer's physical and mental health – „caring for carer“
- ♥ Relieving the most frequently used word – „exhaustion“
- ♥ Highly positive feedback



February 2011

NGO Estonian Carers

- ♥ *„There are only four kinds of people in this world:
Those who have been caregivers;
Those who currently are caregivers.
Those who will be caregivers; and
Those who will need caregivers.“ Eleanor Rosalynn Carter*
- ♥ Improving the situation of people who are caring for family members and relatives at home, support and knowledge for informal carers and their family members, local peer support groups and to all people who value the efforts of carers
- ♥ **1st Informal Care Forum in Estonia**



2012 - Projects

♥ YOU KNOW, TELL ME TOO!

Open Estonia Foundation Crisis Programme

Aim: Improve the life quality of informal carers and aid in coping with daily life; support the activities of peer support groups, opportunity for change of surroundings for informal carers and empowerment

♥ TIRED BEE DANCES BADLY!

The Council of the Gambling Tax

Aim: organise national health days for informal carers

♥ ACTION PLAN FOR INFORMAL CARE IN ESTONIA

The Council of the Gambling Tax

NGO Estonian Carers is main partner for Estonian Regional and Local Development Agency to develop the Action Plan for Informal Care

♥ CHILD'S FOREST IS SMALL AND NEAR

The Council of the Gambling Tax

Aim: Organising a forest hike for children with intellectual disabilities and their friends



2013 - Projects

- ♥ **PROUD TO BE AN INFORMAL CARER!**
The Council of the Gambling Tax
Training course with Tallinn Health Care College; 46 informal carers completed 80 hours carer minimum programme and received certifications; support for peer support groups
- ♥ **MALE- INFORMAL CARERS UNDER MAGNIFIER**
The Council of the Gambling Tax
Aim: Provide knowledge and skills to male- informal carers to fulfill their care responsibilities, empowerment and networking to create an active national network of male- informal carers
- ♥ **FIND SOLACE FROM NATURE**
Environmental Investment Centre
Aim: Nature course and hike programme for young people with disabilities; partnership with NGO Ökokratt and Schools for Children with special educational needs
- ♥ **2nd Informal Care Forum in Estonia – international speakers**



2014 - Projects

♥ **HELLO, CAN I HELP YOU?**

The Council of the Gambling Tax

Aim: Continued effort to support people with care responsibilities, informal carers; focus is on the improvement of professional care skills and networking

♥ **MAN IN INFORMAL CARE – KNOWS HOW TO COPE!**

The Council of the Gambling Tax

Aim: Finding support measures and empowerment techniques best suitable for male- informal carers

♥ **CHILDREN WITH DISABILITIES – YEAR IN NATURE**

Environmental Investment Centre

Aim: Raising environmental awareness of children with disabilities, along with their parents and teachers; partnership with NGO Ökokratt and Schools for Children with special educational needs

♥ **MYSELF - More You Care in Estonia, Latvia, Finland**

The Nordic Council of Ministers

Aim: Initiate cooperation between the organisations from three countries and advance the issues of informal carers nationally and on the international level



2014 – NGO Estonian Carers

♥ **BOARD – 2 MEMBERS**

♥ **107 REGISTERED MEMBERS**

♥ **13 PEER SUPPORT GROUPS**

1. Võru county, 2. Türi- Paide, 3. Kuusalu- Rakvere- Tallinn, 4. Tartu- Mäksa, 5. Viljandi, 6. Halinga,
7. Sangaste, 8. Toila, 9. Põltsamaa, 10. Kärkla, 11. Imavere, 12. Saare county, 13. Western- Harju county

♥ **NO PAID STAFF**

♥ **PARTNERSHIP WITH DIFFERENT ORGANISATIONS FROM ESTONIA AND EU**

♥ **PARTICIPATION IN INTERNATIONAL PROJECTS (AIDA, INNOVAGE)**

♥ **PROJECT-BASED FUNDING** (The Council of the Gambling Tax, Environmental Investment Centre, Open Estonia Foundation, Local municipalities)



Scope of activities and membership

- ♥ **EUROCARERS**, European Association working for carers, Helle Lepik board member
- ♥ **EUROPEAN PARLAMENT's** Interest group on Carers, Estonian MEP Marju Lauristin (previous composition MEP Ivari Padar)
- ♥ **NGO EAPN** (European Anti Poverty Network), actions against poverty and social exclusion, **30 national networks**
- ♥ **HUMAN RIGHTS ROUNDTABLE**, assembly of NGOs active in the human rights field in Estonia, aims to advance the issues of human rights, improve networking and cooperation; find opportunities for joint advocacy actions
- ♥ **WELFARE ACTION PLAN**, Ministry of Social Affairs – „Social protection, social inclusion and equal opportunities“ Action Plan 2016-2023; Member of steering committee
- ♥ **ELDERLY POLICY COMMITTEE**, advisory body to the Minister of Social Protection and Minister of Health and Labour



Thank You for the attention!

NGO Estonian Carers

Contact person: Helle Lepik

Phone: +372 52 68 822

E-mail: info@omastehoodus.eu

Contact person : Ivar Paimre

Phone: +372 53 671 418

E-mail: ivar.paimre@gmail.com

