



Zámek Dolní Životice

Home for people with disabilities
and social therapeutic workshops



Term project

1st September 2019
– 31st August 2020

Address

Zámecká 1
747 56 Dolní Životice



Target group

Adults with mental and
other disabilities who
require additional support

Activities

You will assist the users during common activities of everyday life. This includes training and educational activities (e.g. training of memory, development of already gained knowledge and skills, using of practical skills in everyday life). You will participate and assist the users during work activities – in pottery, art and textile workshop, gardening. The activities focus on the development of motor activity, coordination of the movements, development of aesthetic perception and expression and communication with the external environment. You will assist the users during experiential therapies such as relaxing activities. Techniques such as using different balls, positioning, singing and playing instruments, as well as others are used. Individual motoric activation, exercises, stretching, making the users familiar with assistive devices, individual meetings with the users in order to plan user's service will be part of your work. To develop the individual skills, the facilities such as shops, public transport, cultural and sport centres, restaurants, excursions are used. Other activities such as walks and trips with the users and participation in different events are organised.



Challenges

Be prepared work with adults who have mental disabilities, particularly to adults with combined disabilities (mental, physical and mental, sensory) and who need different kinds of support.



Your profile

The volunteer should have a little knowledge of the mental disability. It will be nice to have creative, extroverted and empathetic volunteer. Empathy and creativity is also needed to work to overcome the language barrier - this is important. We will be also happy to have a responsible volunteer.

