

PERSONAL OBSERVATIONS FROM THE 'PERSONAL ASSISTANT FOR PEOPLE WITH DISABILITIES' PROJECT AND THE 'RESPITE CARE' PROJECT

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Introduction

Introduction. Since 2019, the city of Wrocław has been implementing a social support project in the form of personal assistance and respite care. The aim of the project is to improve the quality of life of people with disabilities, relieve their carers and enable them to participate in social and professional life. Development.

Material and Methods

Working in the field of care and support for people with disabilities, I had the opportunity to work with clients of various ages, from 3 to 24 years old, and with very diverse needs: from mild intellectual disabilities to profound intellectual disabilities and physical disabilities. Participating in the project allowed me to better understand the needs of people with disabilities and their families, as well as to appreciate the importance of even small forms of support.



One of the most important elements of my work turned out to be establishing a genuine, sincere relationship with the person I was caring for. Trust requires time, consistency in action, attentive listening and showing respect. I noticed that people with disabilities particularly appreciate authenticity. They do not need pity, but a partnership approach and to be treated with dignity. For me, being an assistant is not only about supporting them in their daily activities, but also about talking, being present and providing a sense of security on a daily basis.

Results / Conclusion

The greatest value of both projects was to relieve parents and carers of children with disabilities in their daily duties. Parents of children with disabilities particularly appreciated the opportunity to devote time exclusively to themselves. Respite care was a real mental and physical support for them, allowing them to recharge their batteries. They often emphasised that such time was rare and a great luxury for them. From the perspective of the children participating in the project, they gained not only care, but also the opportunity to actively explore the world. Despite their limitations, the children were able to bring me a lot of joy and teach me to look at the world in a simple, sincere way.

Key words: personal assistant, persons with disabilities.