

emPOWERment Academy

Author of the idea: Michał Piech, Fundacja Edukacji i Bezpieczeństwa SALUS (Foundation of Education and Security SALUS)

About the idea

Elderly people are often lonely, have limited mobility, rarely leave the house and are often unaware of the outside help available to them. They also need support in carrying out daily activities: making an appointment to the doctor, making any kind of purchases, preparing meals, helping with leaving the house, getting dressed. Above all, they need the presence of another person, company and a conversation.

The idea of the „emPOWERment Academy” is about the creation of a voluntary center for young people and adults. The Academy recruits volunteers, trains them in first aid, care and nursing of the elderly. Volunteers take part in an internship, e.g. in a nearby hospice or a nursing home, gaining relevant experience.

The key assumption of the idea is the three-fold model of volunteering – at least 3 volunteers are assigned to one person under care (the beneficiary). This guarantees the regularity and durability of offered support. In each unit of the three volunteers, a leader is selected, who is the link between the beneficiary and the academy. The emPOWERment Academy is supervised by the volunteer coordinator(s) – it is he/she/they, who assigns charges to volunteers, plans tasks, and watches over the needs of all involved parties.

Volunteers meet systematically with their assigned beneficiaries, establish relationships with them and help in everyday activities. They also implement various initiatives resulting from the needs of the resident, e.g. help, with the aid of a lawyer, to write a letter to a housing cooperative or organize transport of the resident to the grave of a loved one. Volunteers also inform the beneficiaries about the available forms of support offered by other organizations and institutions.

Benefits of the idea

Thanks to the emPOWERment Academy, seniors are given individualized support, gain new acquaintances and enter into close, friendly relations with their caregivers. Contact with volunteers not only allows them to meet their daily needs, but also reduces the feeling of loneliness, activates and allows them to find the (new) meaning of life.

Regular, close meetings with people alone are of great value for the recipients. When volunteers give their beneficiary attention and their free time – they incidentally become a real friend of the seniors, a guardian angel of sorts. It gives people a sense of meaning in life, a sense of being important and not forgotten

Michał Piech

Do you want to know more about this idea? Go to the website:
www.inicjatorpomocy.pl/en

„Inicjator PoMocy”

The „Inicjator PoMocy” competition (eng. „emPOWERment Initiator”) is part of the „PoMoc. Together, we can do more” implemented by the Shipyard Foundation on behalf of the EVZ Foundation (Remembrance, Responsibility and Future). In the competition, we were looking for innovative ideas aimed at improving the quality of life of Nazi persecution survivors.

The competition is funded by the EVZ (Remembrance, Responsibility and Future) Foundation.

In remembrance of the victims of National Socialist injustice, EVZ Foundation works to promote human rights and understanding between peoples. The Foundation is thus an expression of the continuing political and moral responsibility of the German state, the private sector and society as a whole for Nazi injustice and towards the victims.

More at www.stiftung-evz.de.

The organizer of the „emPOWERment Initiator” competition is the Shipyard Foundation.

For over 10 years, we have been creating and supporting effective solutions to social problems, involving citizens in deciding on public matters as well as helping other organizations and institutions to better plan and conduct their social activities.

More at www.stocznia.org.pl.