



Touch the presence

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About the idea

Isolation and, often contradictory, information about different threats appearing in the world result in not only loneliness and deteriorating health among the elderly, but also a deepening sense of loss and lack of agency. Personal contact with a friendly person and with one's own feelings through a conscious work with the body, breath and touch can counteract anxiety, sadness and improve mood.

The idea „Touch the presence” involves organizing a meeting or a series of meetings between a senior and a therapist on the conscious work with the body and the beneficial influence of touch and breath on well-being, mental and physical health. People trained in these areas will accompany an elderly person in learning how to independently perform breathing exercises, self-massage of hands, feet and face. By repeating the learned exercises and having the opportunity to practice them with the therapist, seniors will be able to take care of their health on their own.

Benefits of the idea

The study and then practice of body work by a senior will deepen the perception of their own body, emotions and needs. It will also support them in having healthy emotional responses in the event of recurring pain. It will also simply improve their everyday functioning. It can also be helpful in working through traumas deeply hidden in the body.

The body reflects not only the level of health – it is also a confidant of memories locked in it, not always easy ones. Breathing techniques are crucial in working with fears and even traumas trapped

in the body. „Touch the presence” idea offers help in sensitizing seniors to signals coming from their bodies, teaches self-diagnosis, exercises motor skills and affects the improvement of the quality of life on multiple levels

Karolina Marcinkowska

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.stoczni.org.pl.