



Dom upokojencev
NOVA GORICA



Hiša dobre volje
Miren

Municipality of Nova Gorica (Slovenia), Tina Krog

HOUSES OF GOODWILL

AN EXAMPLE OF GOOD PRACTICE:
STIMULATING AND FRIENDLY ENVIRONMENT FOR PEOPLE WITH
DEMENTIA AND QUALITY ACTIVATION IN OLD AGE

Authors of photographs: Dance with Guru and archive of the House of Goodwill



What is the House of Goodwill?

- Goodwill houses are **upgraded day care centers for seniors** with integrated **all-inclusive care**.
- It is not just about **spending quality time** with participation in workshops and education, it is the form of **daily living**: we offer daily care, warm meals, exercise, animation, creative workshops and more.
- In our Houses the seniors get everything that is necessary for them to be **fully provided under the same roof** with very important part – our seniors **return to their loved homes** every day – our program is a very successful combination of semi-institutional and home care.
- The House is designed for those who are **totally independent** and those **who need help with care and protection**.
- The usage **time is adaptable** to the individual's and caregiver's needs.
- The great importance of the House of Good Will is in **relieving caregivers**.

Goodwill House is a gift for seniors

- The purpose of our daily program is the support and the stimulation for a **quality life** within and outside the House - by **activating the maximum independence** of the individual is achieved.
- **An excellent interface** between home care and the institutional care for elderly people – it avoid or postpone accommodation in institutional care.
- As **a substitute for home and family** - everyone should come happily to their second home and then happily return to the embrace of their own home.
- **Home as Emotion** - home is not just a materialistic property, but it is a chest of memories and emotions: replace this feeling is naive, but our goal is to approach positive feelings that home gives us and we believe that that is a key to successful integration and rehabilitation.
- It is necessary to bring **home cheerfulness and warmth** in our everyday life – we must be a great and sincere **family**.

An inclusive environment for people with dementia and activation in old age

- An environment that promotes **positive emotions** - warm, family friendly, loving, calming and creative atmosphere **creates genuine relationships** and quality relationships enable successful and pleasant aging.
- Goodwill houses represent an important **curative and preventive environment** for people with dementia and not only – the houses are very important also for completely independent and healthy individuals - **an inclusive environment** encourage empathy and solidarity.
- The House of goodwill as a **family** - in good and bad times - strengthens **affiliation** and **loyalty** among all.

Basic care for healthy life

- We provide **social and health care** and **entertainment activities**:
 - Regular **diet**,
 - Regular **hydration**,
 - Caring for regular **medication**,
 - Caring for **body care** and **hygiene**
 - **Animation**.
- When it is taken a good care of the basis, **secondary needs**, which are highly **individualized**, come to the forefront - optimal basis allow an **upgrade of life quality**.









Upgrading the quality of life

We have **a lot of fun** on a daily basis:

- Everyday **gymnastics** – it is a must!,
- Regular **literary engagement** - we read and we write,
- Reading **daily news** - updating and promoting social awareness (including criticism),
- **Singing** and **dancing**,
- Brain **games**, table games, playing cards and social games,
- A lot of **laughing**,
- Creative **workshops**,
- Caring for the **House** and **plants** and **flowers**,
- **Walks** and **excursions**,
- **Celebrations** of birthdays and other holidays,
- Active life with the **Local Community** and many, many more ...

We are **motivated for common goals**.











































Combating isolation and deactivation

- A person with dementia is often **pushed away** - contacts are every day more rare, the isolation is deeper – the activation in our house works **against isolation**, one of the consequences of dementia and aging in general.
- With **activation**, socializing, stimulating positive emotions, communication, positive experiences and receiving stand out from isolation, inactivity and monotonicity **calm down** people with dementia and **slow down the progress** of the disease.
- Being part of our inclusive, friendly, active, compassionate and understanding environment helps to a person with dementia **to become again a human being**, a person, **a respectable part of our community** - they feel friendship, acceptance, love and comprehension and they gain **self-confidence**.



































Consolidating a sense of usefulness and value

- The importance of **motivation, stimulation** and good **examples**.
- According to their abilities and interests, users participate in activities and develop **creativity, psycho-physical power** and **skills** and improve the sense of **usefulness**, confirm their **self-confidence** and **positive self-image**.
- Old people are full of wisdom, knowledge, skills and creative inspiration - it is right that they **transfer their knowledge and skills to others**, both peers and younger generations: we created a few brilliant artists, who are mentors to others.
- Old people are worthy of **media attention** - they easily make better day and with their stories, humor, courage and experience show that life is beautiful and that it is worth to live each day as if it was the last one: we invite you to take a look to our **FB and Youtube** channel „**None in Nonoti**“ – we are very proud to be so interesting for media, our users participated in several films and documentaries.
- **It's wonderful to see a hundred years old person so happy as only a child can be.**







































Combating loneliness

- **Optimal socialization and making close friends** is the best protection against loneliness.
- In a healthy and active society an individual maintains an **active mind and body** – we shouldn't underestimate the need for socializing, love, friendship and warmth.
- **Caring for others** helps to strengthening empathy and solidarity.
- **Caring for nice appearance** – nice hair, clothes and hygiene are very important for our users – especially women compete who is more beautiful 😊.
- It is important to be **visible and accepted**.





An absolute kindness is a must!

- Create **positive emotions** and a **cheerful atmosphere** full of **positive experiences** – a nice word and kindness takes as much time as bad word and hostility, but if we want cooperation, we must be friendly and absolutely prohibit any negativism and hostility.
- The name of our center „**Hiša dobre volje**“ or "House of Good Will" was **given by users themselves**: a positive, happy and active environment is everyday reality.
- A satisfied and happy **senior** is more **motivated** and more **flexible** - this reinforces independence and postpones accommodation in institutional care.
- The goal of the House is to create the conditions for a happy, satisfied and creative life, which allows a **carefree life of their caregivers**.
- A key motto of our House is to build relationships on a simple rule: **behave with others just as you would like them to behave with you**.











Animal therapy

- We are pleased when **various animas** come to visit us.
- We welcome puppies, birds, neighbors dogs, cats and other fluffy animals that makes us very happy and even more motivated.







Care for caregivers

- **Dementia affects not only the diseased person but also the whole family and caregivers** - Feelings of guilt, helplessness, alienation and unwantedness can be severe.
- **Distress** can be very severe and often there is no comprehensive listener to reduce it – we must be a good support.
- The importance of relatives' **trust and open communication** with caregivers, we offer support through conversation, information or through education.
- The house of Good Will offers to caregivers **the chance to relax** from daily worries.
- While the user is in a stimulating, loving and caring environment, the caregivers can **take care of their lives**.

Cooperation with the local community

- **Intergenerational** interactions,
- Close connection with the **municipality**,
- Constant cooperation with **local communities**,
- Constant **contact with people**,
- **Our doors are always open** for everyone:
we offer the best coffee in the town and it's free. ;-)



































Pomlad v hiši dobre volje

V Hiši dobre volje Miren kljub dežju nenehno aktivni

Zdi se, da Hiša dobre volje Miren ne pozna besede »počitek«, čeprav bi se ji glede na povprečno starost to lahko zmotno hitro pripisalo. Stalno je aktivna in v objemu doživetij.

Prisrčna zahvala KS Miren

Dobrovoljci in dobrovoljke smo ob čevapčičih postavljali mlaj in se imeli med prazniki nasploh zelo lepo. Takrat so predstavniki iz KS Miren mislili na nas in na krajevnem prazniku, v katerega so vložili že tako ogromno časa in truda, zbirali sredstva za oplemenitenje našega bivanja s prav posebnim darilom. Tega ne bomo nikoli pozabili in klopco vedno spoštovali kot pomembno vez med nami. Upam, da bomo na njej večkrat skupaj sedeli. Seveda bomo njihovo dobroto z veseljem vrnili z našim dobrim delom. Hvala iz srca!



Slastno in krasno sodelovanje z Vincencijevo zvezo dobrote

V zadnjem obdobju smo prav posebno vez spojili z mladimi iz Vincencijeve zveze dobrote. Ne samo da prihajajo otroci z Mirenskega gradu k nam, tudi mi smo se z veseljem odzvali vabilu in se odpravili na grad peč krofe, štravbe in miške. Seveda v najboljši družbi – v družbi otrok in mladostnikov. Po tem smo se še večkrat dobili, skupaj rajali, peli, se pomerili v družabnih igrah in se nasploh fajn imeli. Veseli in hvaležni smo, da smo stkali tako pristno in lepo prijateljsko vez, ki lepša naša življenja.



Nepozabni obiski nadarjenih učenk in učencev OŠ Miren

V čast nam je, da nas tako radi obiščejo izjemni talenti iz OŠ Miren. Skupaj smo pod mentorstvom **Marte Petrovič** preko koncerta prebudili gregorjevo in se še nekajkrat zatem napolnili s krasnimi melodijami, ki so Hišo začarale in očarale preko instrumentov simpatičnih, sproščenih in zagotovo zelo nadarjenih glasbenikov in glasbenic. Tako zelo lepo je bilo, da si je celo ravnateljica **Nikolaja Munih** privoščila ples z našim dobrovoljcem. Krasno je bilo! Njihova briljantna izvedba je vedno nepozabna. Veseli smo tudi za to, da nam je zborovodkinja pevskih zborov OŠ Miren in njenih podružnic **Minka Markič** privoščila, da smo si generalko pevskega nastopa na reviji ogledali tudi v naši Hiši! Zelo hvaležni smo tudi učiteljem in učiteljicam iz podaljšane bivanja, ki so omogočili, da so skupaj s pevci prišli k nam na obisk tudi njihovi učenci in učenke. Toliko otrok s tako lepimi glasovi pri nas zagotovo še ni bilo. Prava poslastica.



Podružnična OŠ Bilje vedno za akcijo

Naša najnežnejša in najmekkejša čustva privrejo na dan takrat, ko nas obiščejo najmlajši otroci. Tudi v tej pomladi smo z vzgojiteljico **Vesno Klančič** in njenimi otroki ustvarjali voščilnice za naše zlata vredne ženske in mame. Odzvali smo se tudi vabilu učiteljice **Lilijane Kavčič** iz Podružnične OŠ Bilje in v vseslovenski prostovoljski akciji Dan za spremembe. Z učenci in učenkami, s Krajevnim odborom Rdečega križa Bilje ter s predstavniki VDC Nova Gorica smo v Biljah izpeljali akcijo Od čuta do čustva po poti sočutja. To je bil krasen dan, ki je poleg spletnja pomembnih vezi med nami odkrival svet čutov ter vzpostavil učno senzorično pot. Z Lilijano Kavčič in njenimi učenci smo sodelovali tudi na odprti kuhinji Podružnične OŠ Bilje ter s palačinkami pocrkjali mnogo lačnih ust.



Vseslovensko petje s srci

In ker je pesem pri nas doma in ni dneva, da ne bi zapeli tako z glasom kot s srcem, smo se z veseljem odzvali na vseslovensko pobudo in skupaj s Centrom za dnevne aktivnosti Šempeter šli na OŠ Ivana Roba ter tam prisostvovali krasnemu pevskemu dogodku. Zelo nas je osrečilo tudi gostoljubje ravnatelja **Primoža Hvale Kamenščka**, ki nas je prav po kraljevsko pogostil v svoji živi pisarni. Z veseljem se bomo vrnili. Veseli bomo vašega obiska! Pokličete nas lahko na **051 660 818** ali nam pišete na **center.miren@dung.si** ali nas med 7 h in 17 h kar obiščete.

Tina Krog

Foto: iz arhiva Hiše dobre volje



Naša dobra volja vabi v Hišo še več dobre volje



Navkljub naši neizmerni dobri volji vedno sprejmemo še dodatno dozo in se ne bojimo, da bi se predozirali. Tako smo si lahko s plesom večkrat razmigali noge, s pesmijo napojili srca in z lepoto prebudili oči. Obiskale so nas pevke Društva ženskih žbir in nas pobožale s svojimi lepimi glasovi. Tudi energična bomba deklet iz UNITRI nas je s prepletom plesa, gledališča, petja in havajskega ukulele melosa dodobra napolnila z življenjem. Po moje so nam vsi skupaj podaljšali življenje vsaj za nekaj let! Da smo tudi duhovno preskrbljeni, pa redno poskrbi naša zlata vredna in vseprisotna **sestra Ancila** z Mirenskega grada, ki si vedno vzame čas za nas. Zelo veseli pa smo bili tudi obiska naše zdravnice **Polone Campolunghi Pegan**, ki je prišla predvsem preveriti, ali lahko kar na recept predpiše našo dobro voljo.



Živahna Hiša dobre volje Deskle vabi v svoj objem

Že pol leta skupaj gradimo to našo lepo Hišo, ki z dneva v dan potrjuje naše osnovno pravilo: dobra volja in veselje nikakor nimata roka trajanja. Tudi na pragu stotih let se imamo namreč lahko krasno. In ker smo skupaj, je to še toliko lažje, saj beseda da besedo, nasmeš rodi nasmeš in pesem ustvari cel koncert lepih doživetij, ki krajšajo dneve, krepijo našega duha in nasploh dvigajo kakovost naših življenj.

Dobrovoljci in dobrovoljke v Desklah so ustvarili krasno skupino, ki s polnim navdihom in neverjetno ustvarjalnostjo vsak

dan znova preseneti s kakšno novo domisljico. Izdelkov imamo že toliko, da bi lahko odprli trgovino. Smeh, pesem in dobra

volja so naša stalnica. Še niste bili pri nas? Naša lepa Hiša morda prav za vas hrani udoben sedež, ki vam bo omogočil novo poglavlje v življenju. Kar naenkrat bodo dnevi polni in polnovredni. Nič več dolga, nič več čakanja na priložnost za pogovor. Nič več čakanja na objem.

V Hiši dobre volje Deskle namreč vsakodnevno poskrbimo, da se imamo fajn. Tukaj popijemo daleč najboljšo kavo in se posladkamo z najboljšimi priboljški. Skupaj sedemo za družinsko mizo in uživamo ob raznolikih kosilih. Kako lepo je pojesti kosilo v družbi! Vsak dan ustvarjamo raznorazne stvari, prilagojene našim željam in sposobnostim, ter s tem ohranjamo naše roke, um in domišljijo žive in aktivne. S tem pa našo formo. Ker cenimo svoje zdravje in se zavedamo, da živi zdrav duh v zdravem telesu, poskrbimo tudi za svojo razgibanost in si vsak dan privoščimo varno, sproščujočo in vsake-mu prilagodljivo telovadbo. Lepo vreme izkoristimo za sprehode in uživanje na svežem zraku. Vsak dan beremo, pojemo in se sproščeno hecamo. Praznujemo rojstne dneve in druge praznike. Zelo veseli smo raznoraznih obiskov in dogodkov, ki nam še polepšajo in oplemenitijo že tako doživet dan. Če potrebujemo kakršno koli pomoč, za nas z veseljem poskrbi srčno osebje. Skratka – vsak dan znova z veseljem ugotovimo, da je življenje lepo in da je še toliko lepše v dobri družbi odličnih ljudi. In zelo pomembno



Občinska uprava

dejstvo je, da se vsak dan vrnemo v objem svojega doma, kjer zleknjeni v svoj fotelj podoživljamo dogodke dneva in se nato zbudimo v svoji postelji, željni novih dogodivščin v Hiši dobre volje Deskle. Kaj je lepšega kot dan kakovostno preživeti v družbi in se nato vrniti prijetno utrujen in zadovoljen domov? Spet naslednji dan pa priti v tople objem Hiše dobre volje.

Dobrodošli. Smo v stari menzi bivšega samskega doma (Cesta ob Soči 2) in prav z veseljem vas sprejmemo vsak delavnik med 7. in 17. uro. Za več informacij pridite k nam – naša vrata in srca so na stežaj

Ob tej priložnosti pa vse občane in občanke še enkrat prosimo, da pobrskaajo po podstrešjih in kletah in Hiši dobre volje darujejo blago, volno, stare razglednice, voščilnice, darilne vrečke, papir in druge materiale ter stvari, ki bi nam prišle prav za naše res ustvarjalno življenje. Recikliramo vse – tudi strgane in razvlečene bombažne majice in stare puloverje, pogrizene od moljev. Vsaka stvar lahko pri nas dobi novo, lepo in uporabno podobo! Tako da ...
... najlepša hvala vnaprej!

odprta. Lahko pa nas tudi pokličite na 051 320 327 ali nam pišete na center.deskle@dung.si. Če smo gostili avtobus ljudi iz Centra za dnevne aktivnosti

Šempeter, ki so si želeli od blizu spoznati našo lepo zgodbo, bomo odprtih rok sprejeli tudi vas. Se vidimo.

Besedilo in fotografije: Tina Krog



Duhovitih domisljic in izvedb nikoli ne zmanjka. Ker je smeh pol zdravja!

Our success is the result of good work

- **A positive experience and a positive feeling** - people with dementia and elderly are emotionally very sensitive and feel everything even more - we must feel with them and get closer to their emotions.
- **No tolerance to negativity and stress.**
- **Activation and motivation** - fortifying the sense of usefulness.
- Socializing, talking and building **genuine relationships**.
- We respect **autonomy, individuality, discretion** and **dignity**.
- House as a **support to caregivers** - relieving their lifes!

The key motto

Satisfying needs and wishes, respecting the autonomy, individuality and dignity.

Being a family. A **true family**.

The right to a **decent life and choice** is the basis for developing **personal integrity** - this requires genuine human contact and pure love.

Humanity is the key for cooperative relationships.

The importance of networking: sensitisation and local awareness

- Our first house is almost four years old now.
- After three years, we got **a new house in Deskle**, but we will not stop until **the House of Good Will comes into every village!**
- The houses give to community **direct contact with dementia** - an opportunity to learn about dementia and to get rid of prejudices, stereotypes and taboos.
- **The House teach us** that seniors can be still very active and absolutely worthy of our deep respect.
- The House of Good Will **raises awareness** and offer to community education, support and compass.

The importance of cross-border cooperation

- Since we are located in the border area, it is important **to promote** our houses also in **neighboring Italy**.
- Although we already had many visits and also users from a neighboring country, we would like to have **more inter-neighborly cooperation**.
- The fact that we are at the frontier is an advantage and people who live here are connected irrespective of the boundaries.
- Our seniors were **divided** after the war and many have created a life in the neighborhood - even though they were **separated by the wall**, the **bond was strong** and in the time of freedom it must become even more solid than it was.
- We need to build **a common House of good will with our Italian friends** – that's our wish, our vision.





The opening of House of Good Will Deskle









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Wellcome!



Dom upokojencev
NOVA GORICA



Hiša dobre volje
Miren



Thank you for your attention!

I wish you a lot of good will.

