



**Vilnius, 4 – 5 June 2019**

**Assisting older people in  
Eastern Slovakia through FEAD**

**Slovak Red Cross  
Humenné**

**What is the project about?**

**FEAD provides food and basic material assistance to the most deprived persons and households in the Slovak Republic.**

**Most at risk are the elderly, single-parent families, large families with more children, and the homeless.**

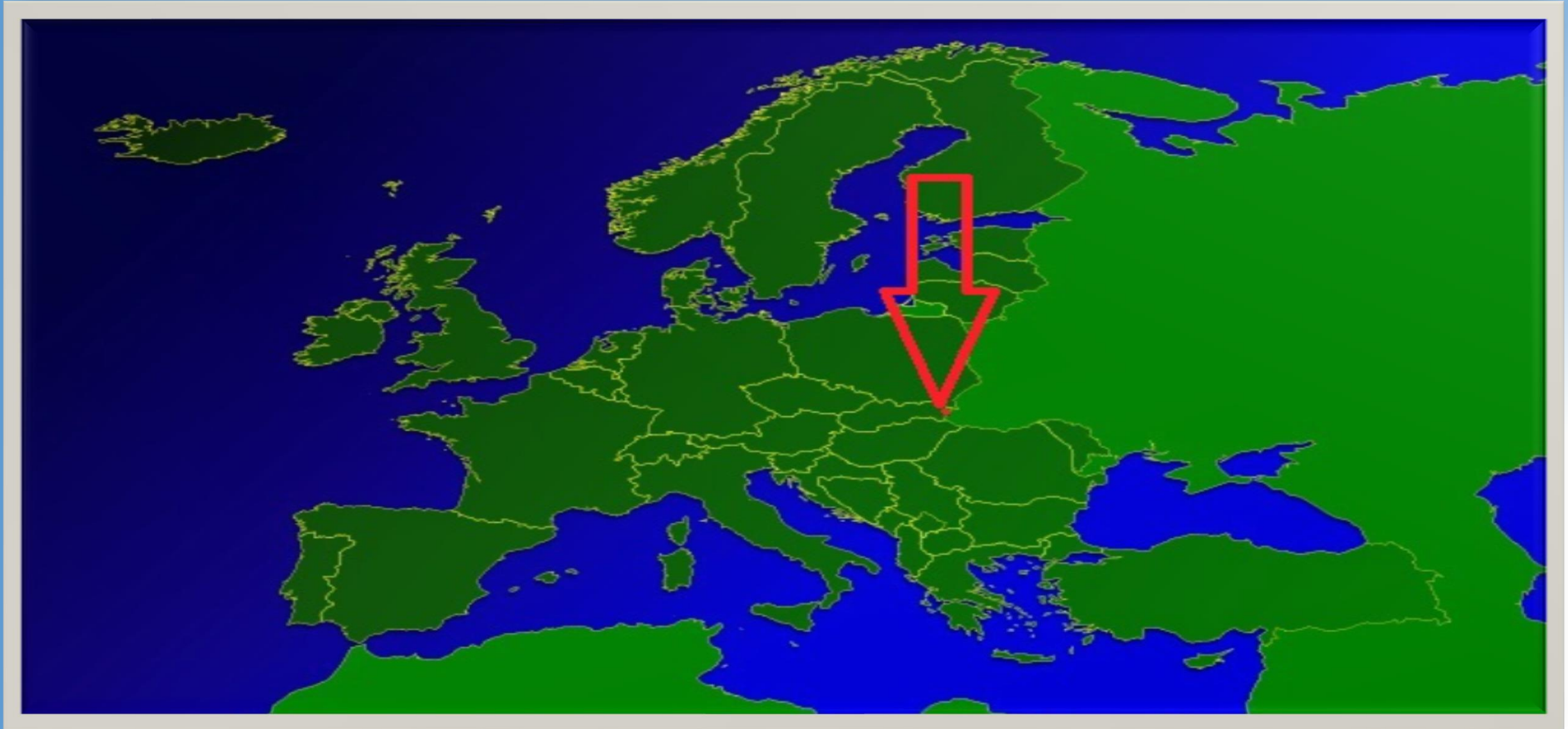
**The operational programme works to reduce financial pressure on at-risk groups through the provision of food aid and toiletry packages.**



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**Slovak Red Cross (SRC) as one of the partner organisations in Slovakia delivers parcels to centres of assistance or directly to where at-risk people are living.**

**The regional branch of the SRC in Humenné is in charge of delivery of food and hygiene supplies in the very East of Slovakia.**



**In many cases, we can hit the target as long as the family, the local authorities, and the community members co-operate.**

**We work closely with a wide range of organisations and with the massive support of our volunteers, who play a very important role, especially as the first contact, informing us about the needs and problems during implementation.**

**Our neighbourhood partners include people with physical disability and also association of older people and various church organisations.**

**What we deliver?**

- **4x a year food aid**
- **1x a year toiletry**
- **6000 parcels**
- **1000 people**
- **60 villages**





- in hard-to-access terrain



- 2 vehicles / 8 weeks a year / 4200 km a year on the minor roads



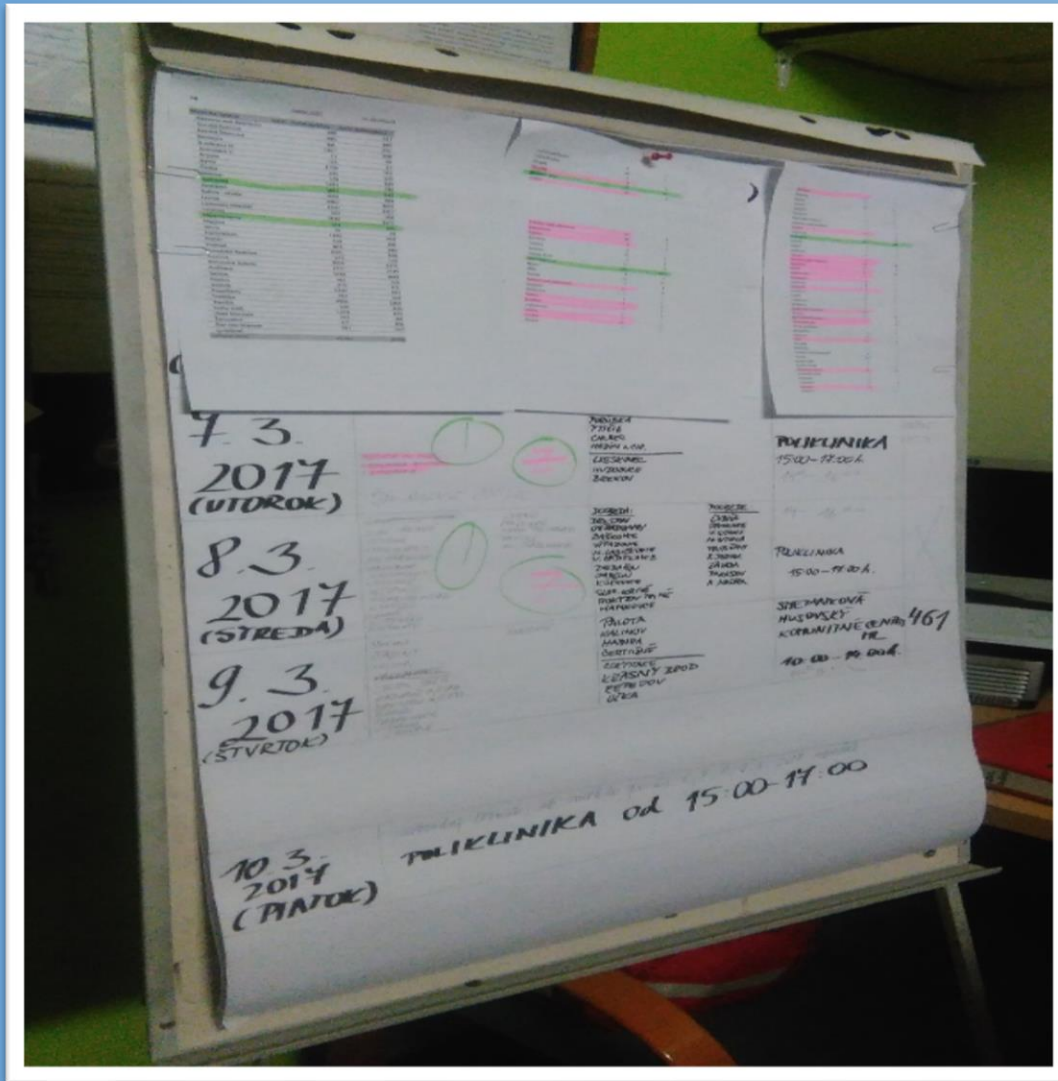
- physically demanding loading and unloading



- more than 50 volunteers with the special training have joined FEAD distribution since 2016 – they are our first contact persons, looking for people in need



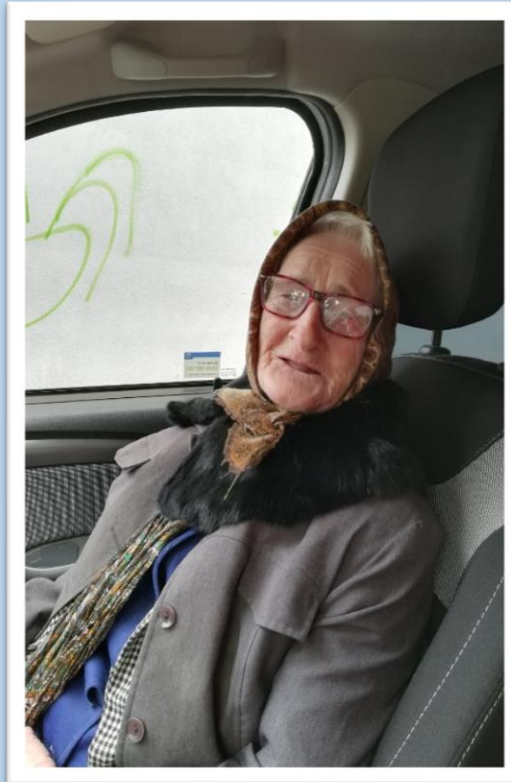
- in co-operation with municipalities and the local branches of SRC



# **Accompanying measures**

**Our regional branch of the SRC focuses on providing help to vulnerable people living in their home environment:**

- **transport services using specially adapted vehicles with a ramp to suit a variety of mobility needs**



- home care for the lonely and isolated older people or disabled
- with financial assistance of Operational Programme Human Resources

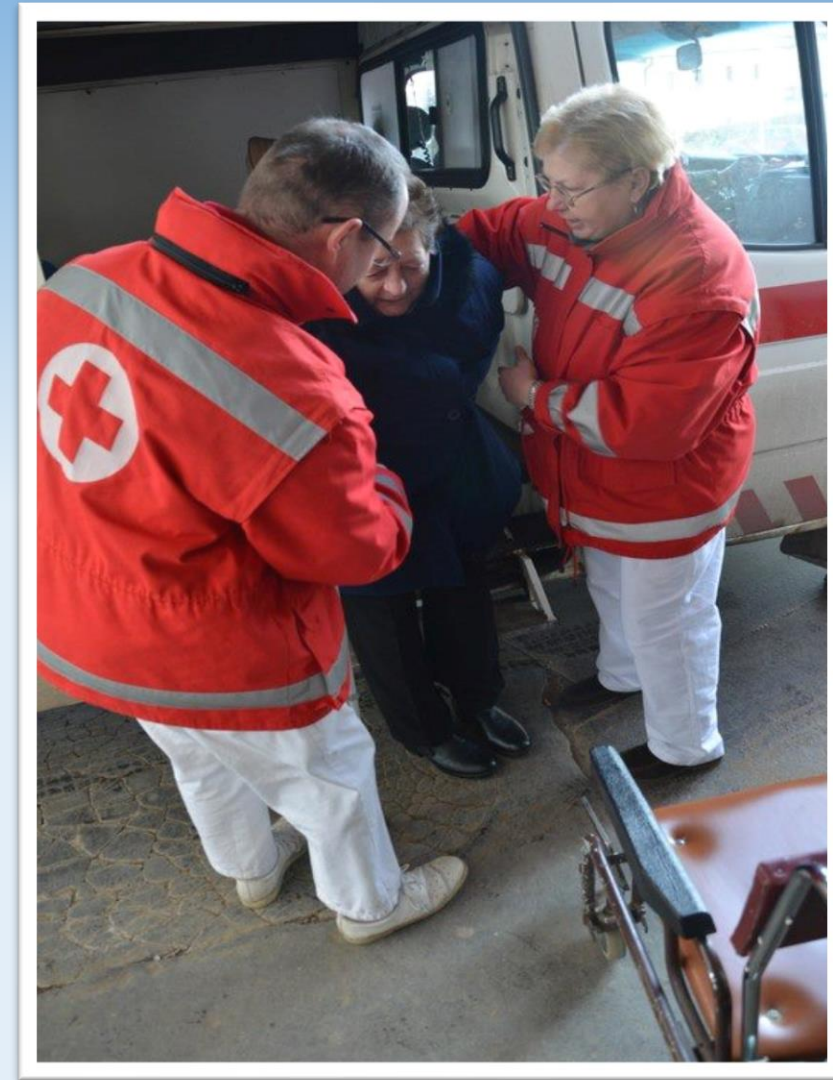




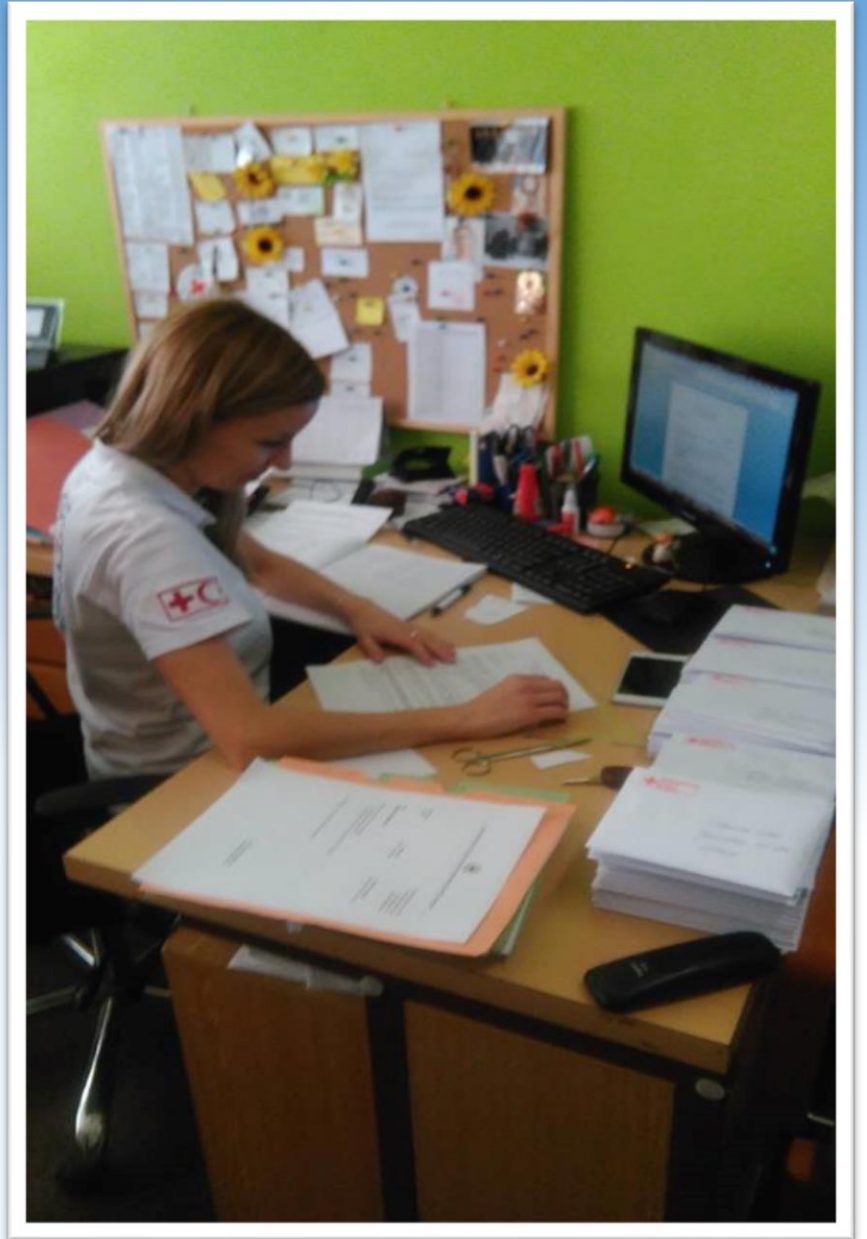
- 20 care assistants
- helping clients with washing, dressing and maintaining their hygiene, as well as helping them with basic day-to-day tasks like paying bills, shopping or visiting a doctor
- emotional support and company



- guidance services for clients without relatives



- telephone social counselling
- in-home crisis intervention services



- rental of medical equipment  
(adjustable beds, wheelchairs,  
crutches, walkers for seniors  
who need assistance with their  
mobility,...)



**Our goal is to help clients who face aging or a disability or a life-threatening disease or a social problem, such as unemployment, or abuse.**



**We aim to supply older adults with services that help them live independently and with dignity, focusing on the physical, psychological, and social aspects of daily living.**

**Most of these services are provided free of charge or just a symbolic fee is applied to help people living on a very low income.**

# The main challenges of implementation

**Many young people have left the region we live in due to a lack of job opportunities, so during our regular routes we can see villages with a few lonely living pensioners and many empty dwellings.**

- costly and time consuming - sometimes we travel 50 km into a distant village with 2 packages and 50 km back**
- language and cultural barrier - the second target group of our interest are the marginalised Roma communities, most of them entirely dependent on welfare benefits**

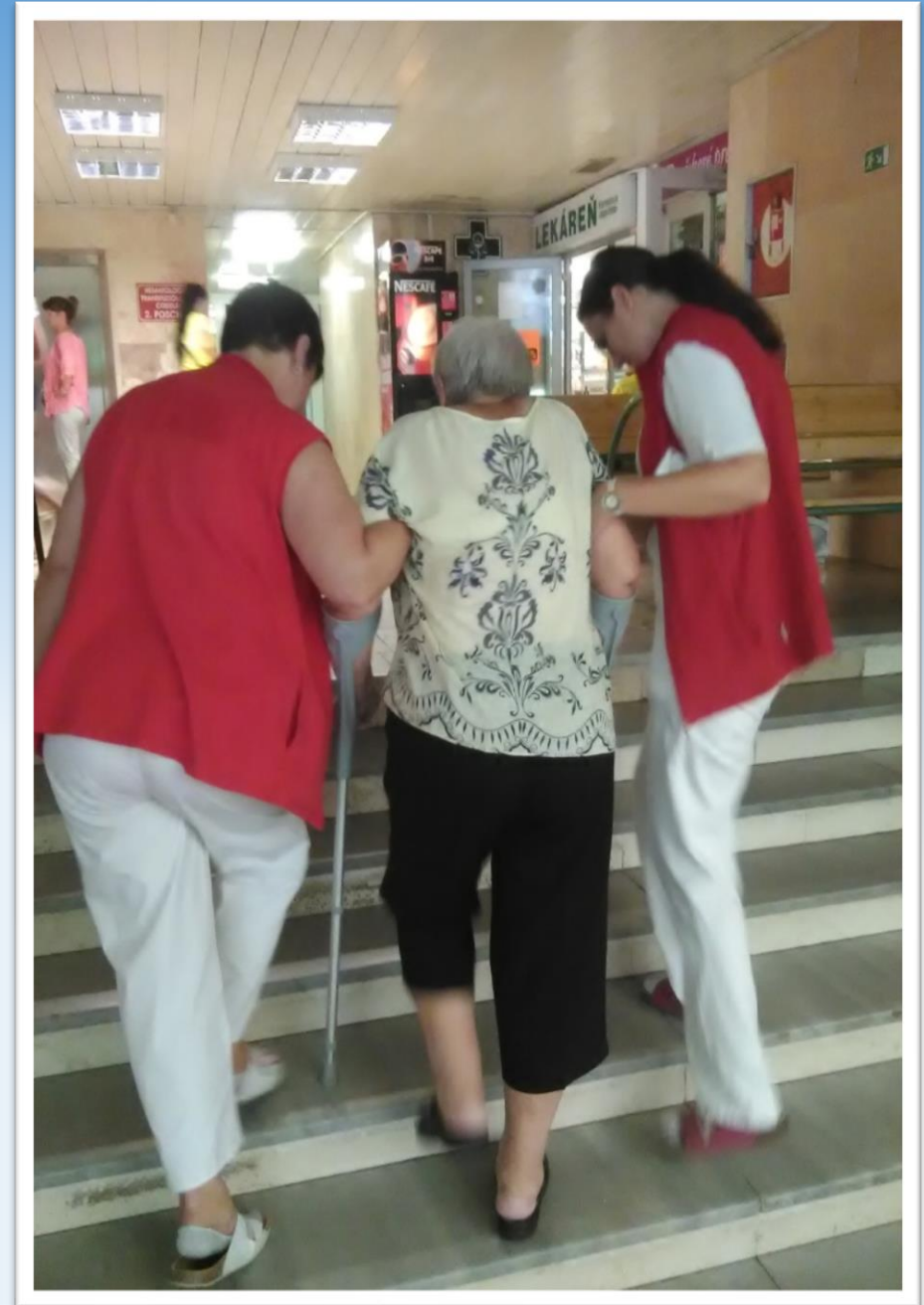




- a lack of skilled professionals willing to work in social care due to low salaries, so they prefer working in the more developed parts of Slovakia or abroad – in Austria, Germany, etc.
- volunteer burnout – physical, mental and emotional exhaustion

**The biggest issue is to acquire sufficient financial means which are necessary to pay for the expenses of the accompanying measures.**

**We are supported by a lot of our volunteers who provide the uncountable hours of work, however there is a considerable amount of money needed, for example to purchase fuel, to rent a warehouse to store the packages before delivery and to maintain the medical devices.**



# Positive outcomes

**We work predominantly with elderly people and Roma community.**

- **FEAD distribution helps us to keep in touch with our target groups in the remote areas, as well as to maintain accompanying measures financially**
- **distribution of the food and toiletry packages gives a new, economic dimension to our social services**



- being FEAD partners since 2016 has brought us many new opportunities to reach more people in need, who have often had limited social contacts while visiting the local church or the nearest doctor
- without FEAD it would have been difficult to learn about them and get in touch with them



- thanks to FEAD we have added to our database many people that needed to be supported in other ways (social counselling, etc.).





**In the future,  
we would like to continue  
working closely with these  
vulnerable communities.**

**We believe that we will be  
given the chance to join  
FEAD activities again.**

# Thank you

