

مرحمت



MERHAMET

MUSLIMANSKO DOBROTVORNO DRUŠTVO



Brot
für die Welt



Mobilna ekipa za pružanje usluga kućne njege

Mobile home care
with knowledge transfer
in the Canton of Sarajevo
Bosnia and Herzegovina

H.O. „Merhamet“ MDD Regionalni odbor Sarajevo, kroz Projekat kućne njege starih, bolesnih i iznemoglih osoba, godinama odgovara na potrebe starih osoba koje su prepuštene same sebi. Ovaj projekat od 2015. godine realiziramo u saradnji sa humanitarnom organizacijom “Diakonia” iz Austrije, uz finansijsku podršku Federalnog ministarstva za rad, socijalna pitanja i zaštitu potrošača i “Chiesa Valdese” iz Austrije.

Populaciju starosne dobi iznad 65 godina čini 15,80% stanovništva Bosne i Hercegovine (izvor Agencija za statistiku BiH). Također, veliki broj starih osoba BiH živi u uvjetima izrazitog siromaštva koje, pored ostalih faktora, imaju teške posljedice na njihovo zdravlje i značajno utiče na njihovu socijalnu isključenost. Uzevši u obzir navedeno, starim i bolesnim osobama je teško ostvariti dostojanstvenu starost.

H.O. Merhamet MDD Regional Committee Sarajevo has been involved in addressing the needs of the lonely, elderly people for a number of years, through the Homer Care Project for the Elderly, Ill and Feeble Persons. Since 2015, this project has been implemented in cooperation with Diakonie from Austria, and is financially supported by the Federal Ministry of Labour, Social Affairs and Consumer Protection and Chiesa Valdese from Austria. According to the BiH Agency for Statistics (BHAS), the elderly population (individuals above 65) accounts for 15, 80 % of total population of BiH. In addition, a huge number of elderly people live in extreme poverty, which, with other factors, severely affects their health and considerably contributes to their social exclusion. Taking into consideration all the above, it is very difficult for elderly and ill persons to live through a dignified old age.





KOD KUĆE JE NAJBOLJE

Stoga je osnovno načelo ovog projekta: pomoć starim i nemoćnim osobama kroz organiziranje života u njihovim domovima, uz konkretnu psiho-fizičku pomoć našeg osoblja, koje će svojim svakodnevnim posjetama omogućiti starim ljudima osnovne egzistencijalne usluge i tretman u skladu sa savremenim dostignućima zajednice, te poboljšati kvalitetu života, osjećaj pripadnosti, uvažavanja i uključenosti, kako bi dostojanstveno proživjeli starost.

HELP AT HOME IS THE BEST

Therefore, the core principle of this project, is to help elderly, ill and immobile persons by organising their lives in their homes, with specific psycho-physical assistance of our staff which will, on regular, everyday basis, provide essential services and treatment for elderly people in line with the those that exist in the modern communities. They will also improve the quality of their lives, the sense of belonging, respect and inclusion, to enable them to live a dignified old age.



KAKO TO RADI „MERHAMET“

Da bi postigli postavljene ciljeve potrebno je organizirano obilaziti domove starih, bolesnih i nemoćnih osoba i pomagati im u rješavanju osnovnih i svakodnevnih životnih potreba. „Merhametov“ multidisciplinarni, stručni tim svakodnevno pruža sljedeće usluge:

- pomoć pri održavanju osobne higijene i higijene prostora u kojem žive stare, iznemogle i bolesne osobe
- pomoć pri nabavljanju, pripremi i uzimanju hrane
- pomoć pri nabavci ogrijeva i loženju vatre
- pomoć pri nabavci i uzimanju lijekova
- prijevoz do zdravstvenih i drugih ustanova radi ostvarenja svojih prava i dužnosti
- određivanje osnovnih vitalnih indeksa (mjerenje šećera, holesterola i triglicerida u krvi)
- pomoć i rješavanje administrativnih problema

Kako bi ovi ciljevi bili i provedeni u djelo potrebno nam je prvenstveno:

- volja za rad sa starijim osobama
- materijalna podrška
- financijska podrška
- razvijanje volonterstva.



HOW IS IT DONE BY MERHAMET

In order to achieve the set objectives, it is necessary to organise the visits to the homes of elderly, ill and immobile persons and help them in dealing with their essential and everyday needs. Merhamet's multidisciplinary, professional team provides the following services on everyday basis:

- assistance in maintaining personal hygiene as well as the hygiene of the dwelling,
- assistance in purchasing, cooking and consuming the foodstuffs and other necessities,
- assistance in procuring firewood and building the fire
- assistance in purchasing and taking the medicines/drugs
- transportation of the elderly to medical facilities and other institutions to exercise their rights and responsibilities
- determination of basic vital indices (glucose, cholesterol and triglycerides blood tests)
- assistance in solving administrative problems

In order to actually fulfil these objectives, we primarily need the following:

- willingness to work with the elderly
- material support
- financial support
- development of volunteerism.





**SVAKO ŽELI DA DUGO ŽIVI,
ALI NIKO NE ŽELI DA BUDE STAR...**

Da bi se planski pristupilo pružanju adekvatne pomoći staroj osobi, neophodno je u prvim kontaktima sveobuhvatno procijeniti stanje korisnika, a zatim sačiniti plan aktivnosti i usluga koje će se pružati u narednim mjesecima.

**EVERYBODY WANTS TO LIVE LONGER,
BUT NOBODY WANTS TO GROW OLD**

In order to develop a planned approach in providing adequate assistance to an elderly person, we must, in the first contacts, conduct a comprehensive assessment of the status of the beneficiaries, and subsequently develop action plan and plan for services which will be provided in the following months.





*Svako želi dugo da živi,
ali niko ne želi da bude star...*



Merhamet MDD - Regionalni odbor Sarajevo
Trg solidarnosti 17, 71 000 Sarajevo, Bosna i Hercegovina
tel: +387 33 628 107, fax: +387 33 628 107
e-mail. merhamet.mdd@bih.net.ba