

## **Work exchange experience in Alsómocsolád, Hungary 1st-13<sup>th</sup> of April 2017**

We have now been practicing in Hungary for two weeks, as a part of the big project called Pilot project for quality ageing in the municipality of Alsómocsolád.

During this period we have been working in “The Autumn Light” Nursing Home, participated in the closing conference of the project.

We have visited different care institutions in the county of Baranya. The visits included three elderly homes, one day-care institution for disabled grownups and one big school for disabled children and youngsters.

This is our reflections with elderly care:

Our impression is that elderly is taken good care of, and the employees work with respect and dignity.

They have less equipment and staff than Norway, but still we think they are doing a very good job. We see that the elderly in Hungary are allowed to use longer time to manage things on their own before being helped. And maybe this can help them to keep their functions and the self depending longer.

We were also impressed by the activity offers in all the places we saw. They all had activity leaders, who motivated the elderly to be active every day, both mentally and physically. With exercises, reading, talking about old days, and singing familiar songs. In Norway, very few nursing homes have access to this kind of everyday training.

On the other side, we have also seen that the elderly that cannot come out of bed by themselves often are left alone in their beds. We think that they would have better life quality if they could be taken out in a wheelchair everyday to join the social areas, such as group activities, dining situations and the priest arriving for Mess.

Altogether our experience is that the elderly care in Hungary is in good quality.

But we see that the nurses had been helped a lot with equipment to release the heaviest lifts, and have some more nurses employed.

We also think that if the home-care system would be better developed, more of the elderly could live in their own home for several more years if they wanted to.

In Norway most elderly people are helped by the home-care system, long before they are going to a nursing home.

Our reflections in the care of people with disabilities:

We were very curious to see how this care-system worked, and we got positive surprised by what we saw. The school we visited had 350 pupils with disabilities, and the resources were good enough for the teachers to adjust the learning to each individual needs. We saw a lot of happy, self independent kids.

This was a segregated school. In Norway we integrate these pupils to normal schools and classes.

The day-care center (Babtista) had many different activities for 90 people with disabilities. Age between 18-70.

They could join classes for Judo, gym and art, work in production, such as handcraft, painting and packing.

The director was positive and had ideas how to integrate this people in to normal jobs, and in the society.

In Norway we have similar institutions, and many of them have success with integrating this people into ordinary companies as employees, or in the voluntary sector as helpers in different ways.

All together, we had a great experience during this two weeks, and we are so thankful for the kindness and love we were shown, by the elderly themselves, the nurses and all of the other people we met trough this project.

And we see that we both can learn from each other, and together we are stronger then alone.

Anita Evjen and Irene Skofterod