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Estonian experience from “Education and Empowerment for Transition to the Community” training



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Võisiku special care home
Tartu recovery college



Võisiku

- We started the training at Võisiku special care home because due to deinstitutionalization the home will be closed.
- A group of 10 people moves to Tartu – everything is new
- 2 times 1.5 h, 5 times 2 x 1.5 h

*I have to stand on my own two feet
in the future.*



Võisiku group process



- They new faces, maybe name. They had not really spoken to each other before
- In the institution 2 – 30 years
- Everyone has been at the hospital
- Opening slowly
- Grateful for the training, waited for the next time
- They gradually took the materials with them
- Support continues during the process of moving

Safety – what it meant for the participants

I really need this topic!

ARMASTUS
VÕIKS
SAIA
SÜJA,
NII KUI
ON.

Lapsi
Armastus.

- KMS ASUB SEE KOHT? (KASE TÄ?)
- MIS SEAL ON? MILLINE ON TUBA, SUURUS?
- VÕIBAD / MÕNESED
- UUED TÖÖTÄJAD
- EI TEA KUI PALJU RAHA SAAN KULUTADA, TASKURAHK
- ET EI PEAKS OLEMA TEISTEGA KOGUS
- ET POLEKS SILTI OTSA EES
- VALETAMINE?
- KAS SEAL ON TEISI KLIENTE VEEL?
- ET KEEGI TUNNEMKS HUVI MINU OSKUSTE VASTU JA MINU VASTU
- ET OLEKS TÖÖD VÕI MIDAGI TEHA
- KAS TELEKAS ON?
- KAS SÕPRU SAAB KUTSUDA?

Tartu recovery college

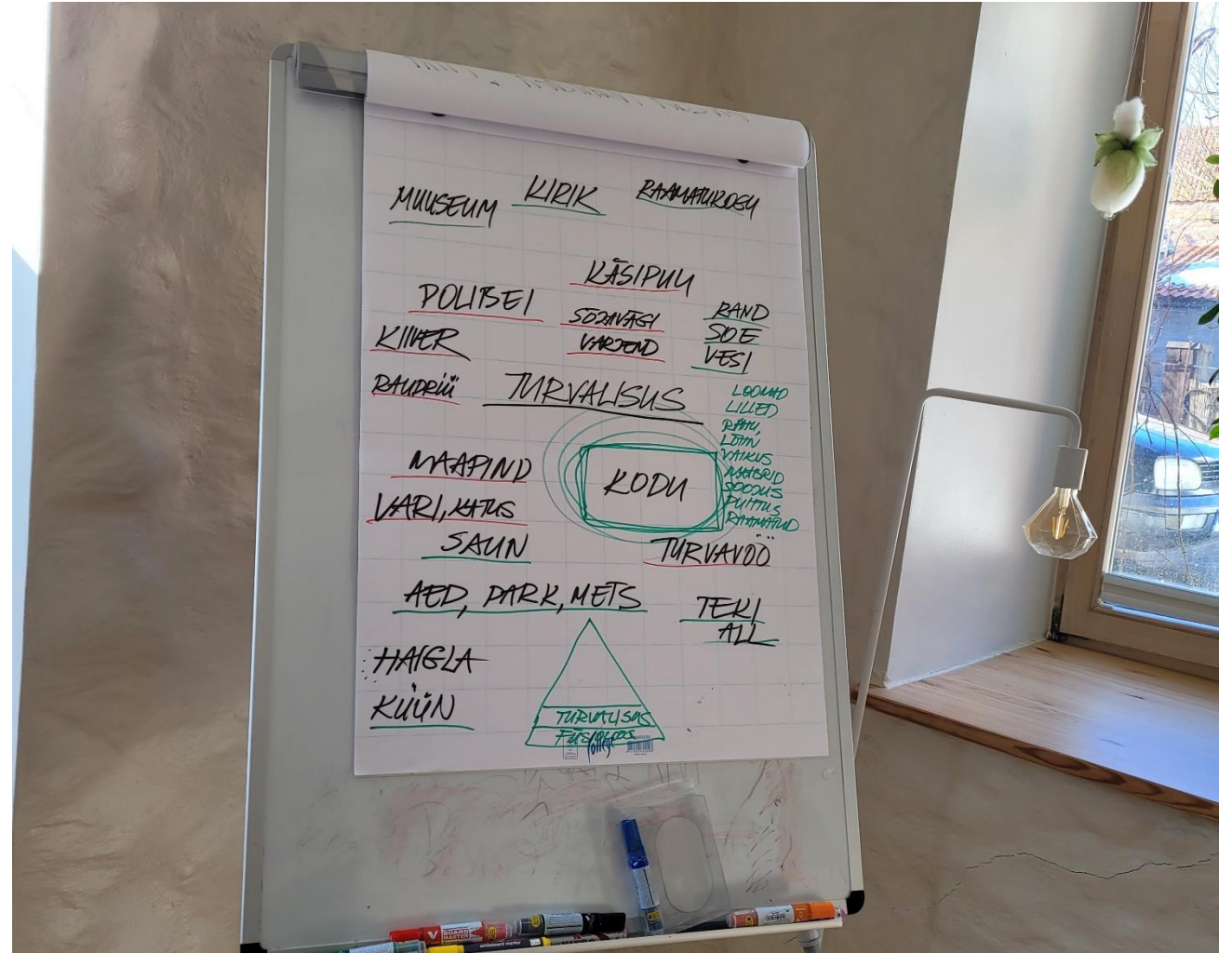
- In Estonia there are two separate systems: medicine and social welfare. We, from social welfare tried half a year to get in from hospital door but did not succeed
- We started a group of 8 at recovery college
- Active participants to work with their inner world
- 4 days x 3 x 1.5 h

We had a chance to share and listen!



Meaning of safety

- Living independently – home needs to be safe
- Different thoughts, needs, also expectations from community



Our trainers team



Anita's video greeting

<https://drive.google.com/file/d/1PpLSLcf5Ux2n7AsxfcZy72cXp8jjPpFK/view?usp=drivesdk>

Safety materials content

1. What home means to me?

Safe place: story of peer trainer

The meaning of safety at home

Exercise: Safety at home

Basic needs at home

Things I need to sort out

Exercise: What I need and what I need to do?

Everyday Routine

Exercise: Things to do EVERY DAY to help me set up routine and enjoy again my life after hospital (after crisis)

2. My safe place

Home safety

Exercise: Things to avoid

What are triggers?

Exercise: Find out your triggers

How to create my own safe place?

Exercise: Steps to create a safe place

3. What is good for my body and soul

Mental and physical wellbeing

Exercise: Things I might to do for myself every day to keep myself feeling all right

Mindfulness

Exercises: Mindfulness

4. My support network

Feeling of security: story of peer trainer

My supporters and people important to me

Exercise: Social network analysis

What meaningful roles I have and what I can offer others

Exercise: My roles

Sources of support in the community and how to contact them

Exercise: Support Resources in my community

Thank you for listening!

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