



LTC in Romania: Spirituality in elderly care homes

Ilarion MATA

Vicepresident A.D.I.V. Romania

***President of St. Stephen the Great Association - Hârja,
from the Filantropia Federation of the Romanian Patriarchate***

Prague, 13-14 September 2018



Is there a **SPIRITUAL** future of Long-term Care in Europe?

What can we learn from each other...from the Romanian Spirituality

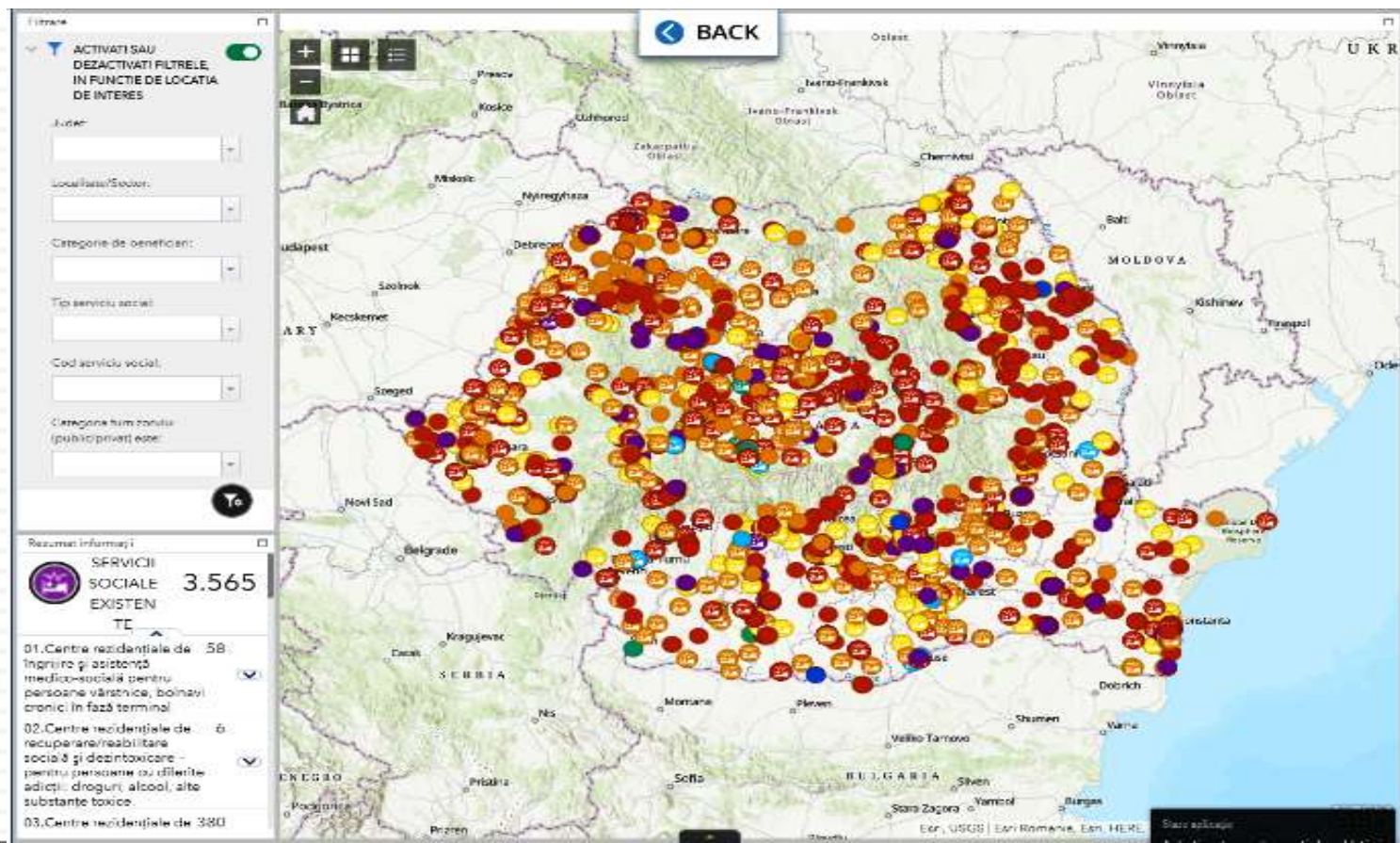
Romania at 1. 01. 2018 – 21.2 millions
Eldery people- 3,3 millions – 15,6%



demographic evolution



map of existing social services – 3565





GENERAL OVERVIEW



- ❑ 1. THE SOCIAL ASSSITANCE SYSTEM
- ❑ 2. SOCIAL SERVICES SYSTEM: POLICIES - present and future
- ❑ 3. NATIONAL CARE SYSTEM OF LTC IN ROMANIA.

A.D.I.V. Romania

- ❑ 4. THE ROLE OF SPIRITUALITY IN THE LIFE OF THE ELDERLY
- ❑ 5. SPIRITUAL THERAPY - A CERTAINTY IN OVERCOMING THE CRISIS OF ELDERLY ADAPTABILITY IN THE PROCESS OF INSTITUTIONALIZATION



SOCIAL SERVICES SYSTEM – POLICIES: PRESENT and FUTURE



The Ministry of Labor and Social Justice is in charge for:

- ▣ **implementing the accreditation process** for social services providers and for social services
- ▣ **the mapping of social services** through the implementation of the project "Implementation of a policy-making system in the field of social inclusion at Ministry of work and social justice" (SIPOCA 4) which elaborates a set of strategic planning tools: maps on social services, infrastructure, social infrastructure and social services to support the citizen-oriented decision-making process;
- ▣ **improving the legislation in the social services field**
- ▣ **implementing the objectives** included in the National Strategy on Social Inclusion and Poverty Reduction (SNISR) 2015–2020
- ▣ **the promotion of integrated community services** needed to prevent social exclusion and fight against poverty



NATIONAL CARE SYSTEM OF ELDERLY IN ROMANIA (legislation and institutional construction)



- **Law no. 17/2000 on social assistance for the elderly**, as amended and supplemented (2016) - make specific provisions on the organization, provision and funding of social services for the elderly;
- **National Grid needs assessment of elderly** (GD 886/2000)
- **Nomenclature of social services** (GD 867/2015)
- **Minimum standard costs for social services** (GD 978/2015)
- **The national strategy for promoting active aging and protection of the elderly** for the period 2015-2020 and the Strategic Action Plan (GD 566/2015), setting out the priorities and strategic directions for action by social policies to promote active aging and increase the quality of life of the elderly.



NATIONAL CARE SYSTEM OF ELDERLY IN ROMANIA (legislation and institutional construction)



Financing of social services (I)

Contributions from beneficiaries

Local Budget:

- own sources of the administrative authorities at local level
- sponsorships, etc.

State budget:

- a) 10% of the sums deducted from VAT (for residential centers for elderly)
- b) Grants for NGO's
- c) Programs of national interest

Contracting social services



NATIONAL CARE SYSTEM OF ELDERLY IN ROMANIA



Current situation - Beneficiaries of social services for elderly: over 3,3 mill. persons aged 65+ (15,6 %)

Disparities in spatial distribution of the share of elderly population (regional and rural/urban)

Growing trend of population aged 60+

Over **13,000 elderly** beneficiaries residing in residential centers

The total number of social services for elderly LICENSED which are included in the Electronic Registry of social services - 27/08/2018

Residential centers for elderly	390
Respiro centers	4
Day centers for assistance	113
Home care units	211
Social canteens	103
Community assistance services	47
Medical-social units in terminal phase	57
TOTAL SERVICES AND UNITS FOR ELDERY	925



A.D.I.V. (Association of the Directors of Institutions for the Elderly) Romania



- The association represents Romania at E.D.E.
- The organization was funded with the purpose of bringing together at the national level the directors and the managers of the centers for long-term care for the elderly in order to strengthen the constructive exchange of experience and good practices in the management of elderly care and assistance services, both at home and in residential, private and public sectors, in order to improve the quality of life of the beneficiaries



WHAT WILL BE DONE? OR...some conclusions



FOR ELDERLY

- **strengthening social protection system** for improving the quality of life of the elderly and **finding solutions to facilitate the access to LTC services** of the population from rural area;
- modifying legislation by including the dependency allowance for the dependent elderly from the state budget as a measure for preventing institutionalization in residential centers for elderly
- **developing domiciliary care services and rising the quality of care in residential facilities;**
- **training the personnel**, especially caregivers, social workers and nurses in geriatrics problems and practical aspects of LTC;
- **identifying the appropriate means to stop the external migration of women who care the elderly** from the western countries of EU where the demand for care givers is higher than in Romania now.



WHAT WILL BE DONE? OR...some conclusions



FOR ELDERLY

- **changing human resource policies for better integration** of older workers, preventing and combating discrimination against them, their pre-retirement counselling;
- promoting and **encouraging mentoring and volunteering** among the elderly in order to maximize the potential, knowledge and skills of older people to generate added value in order to ensure the prerequisites of sustainable development of the Romanian society and to promote intergenerational dialogue;
- **providing community services** for elderly;
- **Improving health care at home by providing services**, such as: periodic health evaluation for chronic diseases, use of medicinal products, examination and psychological evaluation;



THE ROLE OF SPIRITUALITY IN THE LIFE OF THE ELDERLY



- ***Counseling or psycho-spiritual therapy (holistic)*** is a complex and profound process of inner awareness, conducted under the guidance of a **multidisciplinary team**: psychologist, psychotherapist, social worker, doctor, priest and other specialists who help the beneficiaries to efficiently and effectively resolve certain tensions, crises and psychic blockages that can prevent a certain period of life from experiencing the natural state of joy, happiness, harmony and well-being and psycho-emotional.



THE ROLE OF SPIRITUALITY IN THE LIFE OF THE ELDERLY



- ❑ **Spiritual therapy** only addresses the physical and psychic state, extending upon our relationship with the Divinity. Spirituality is more than a way to regain mental health for some, even the purpose of life itself.
- ❑ This process takes into account all the structures of our being (physical, energetic, emotional, mental, spiritual) and helps us to realize that these structures intertwine and constantly influence each other. If one of these structures suffers, sooner or later the others will be affected.



THE ROLE OF SPIRITUALITY IN THE LIFE OF THE ELDERLY



- ❑ **The role of the multidisciplinary** is to help the beneficiary access their own potential, help them to decipher the message of some unpleasant experiences in their lives, build a positive, beneficial mentality in harmony with their spiritual qualities and create a system of healthy beliefs, according to the desires and aspirations of the beneficiary.



THE ROLE OF SPIRITUALITY IN THE LIFE OF THE ELDERLY



- Loneliness, unsuccessful attempts to engage with other people can evoke the feeling that "everyone has friends, I do not," and that "no one understands me." These thoughts lead to the loss of trust in others, reluctance to change or restraint in trying new things for fear of rejection by others. Poverty, illness, drug dependence are factors that contribute gradually to self-isolation.



THE ROLE OF SPIRITUALITY IN THE LIFE OF THE ELDERLY



- And then it is very important to listen to their emotions, whatever they may be: regret, anger, relief, blame, etc., to focus on the present by exploring the internal and external resources and their orientation towards the future, the reversal of thoughts, feelings and negative attitudes, to explore the elderly's resources to relate to the present in positive terms, by dissolving interpersonal communication skills.



THE ROLE OF SPIRITUALITY IN THE LIFE OF THE ELDERLY



- Another aspect I would like to point out to which ***elderly people are inevitably thinking is the end time.*** A person's reactions to his or her own death vary according to the personality structure of the individual, the attachments formed, the severity of the disease they suffer, and the relationship with God. Thus, a person's values and beliefs about himself and the world can favor the process of accepting the imminence of death or, on the contrary, prevent the person from recognizing this.



THE ROLE OF SPIRITUALITY IN THE LIFE OF THE ELDERLY



- ❑ **Concluding, *spiritual therapy has beneficial influences*** on personal attitude towards death and the future, imparting to the beneficiaries a sense of normality and safety during the last stage of their life. On the other hand, the rejection of spiritual therapy involves the feeling of anxiety in the face of death, the inability to mobilize its own resources and negative attitudes towards the life lived to this point.



SPIRITUAL THERAPY - A CERTAINTY IN OVERCOMING THE CRISIS OF ELDERLY ADAPTABILITY IN THE PROCESS OF INSTITUTIONALIZATION



- ***Spiritual therapy*** has beneficial influences on personal attitude towards death and the future, imparting to the beneficiaries a sense of normality and safety during the last stage of their life.
- Some of the elderly have the power to find new motivations, to devote themselves to activities they have always wanted to accomplish.
- Some studies show that ***spirituality-based psychotherapy is more effective than other types of psychotherapy***. These therapies are designed to meet the needs of people who are confronted with a wide variety of problems.



SPIRITUAL THERAPY - A CERTAINTY IN OVERCOMING THE CRISIS OF ELDERLY ADAPTABILITY IN THE PROCESS OF INSTITUTIONALIZATION



- ***Spiritual therapy is relevant to all institutionalized elderly people*** with chronic / terminal illnesses, people with disabilities because it is the only viable alternative for avoiding trauma of leaving home or children / relatives, giving them maximum autonomy, respect for human dignity, individuality . In addition, the program offers the possibility of engaging in recreational social activities, within the limits of physical and mental peculiarities, encouraging people-to-people contacts.



SPIRITUAL THERAPY - A CERTAINTY IN OVERCOMING THE CRISIS OF ELDERLY ADAPTABILITY IN THE PROCESS OF INSTITUTIONALIZATION



- The service also comes in support of the family, the caretakers by reducing their overburden and the correct information about psycho-socio-spiritual recovery techniques.
- In order to streamline these services, we will attempt to validate ***the bio-psycho-socio-spiritual model*** according to which person, viewed with all the attributes of his need, is also a social being, with a biological background marked by a psycho-emotional life dependent on the other above- spiritual life.



SPIRITUAL THERAPY - A CERTAINTY IN OVERCOMING THE CRISIS OF ELDERLY ADAPTABILITY IN THE PROCESS OF INSTITUTIONALIZATION



- In Romania and I think also in Europe, after the European sociological research I made in 2016, needs to be more consistently researched in this field of ***integration of religiosity and spirituality in therapy***, the availability of therapists to explore the spirituality and the religiosity of the beneficiaries, to offer specialized training courses for the integration of spirituality and religion in counseling.



SPIRITUAL THERAPY - A CERTAINTY IN OVERCOMING THE CRISIS OF ELDERLY ADAPTABILITY IN THE PROCESS OF INSTITUTIONALIZATION



- It is a relatively new vision of elderly care in residential centers, the application of spiritual therapies based on the consent of the beneficiary to get closer to the divinity and why it is positive, with the help of this method applied by ***the pluridisciplinary team consisting*** of a social worker, psychologist, nurse, spiritual guide and other specialists.

The spiritual therapy in Social - medical center for elderly people from Hârja, Romania



SPIRITUALITY IN OUR ORGANIZATION

- Our organization's intervention plan includes spiritual counseling, an important component of complementary therapy that is done individually, to each beneficiary by the spiritual counselor and by the entire multidisciplinary team using a common instrument.
- ***Spirituality is directly related to other activities***, combining prayer, meditation and good mood with the work done by beneficiaries for self-financing and the social economy.

view from inside the courtyard



Playful activities



Household activities



Cultural events



Economic activities for self-financing

vegetables greenhouse



bakery



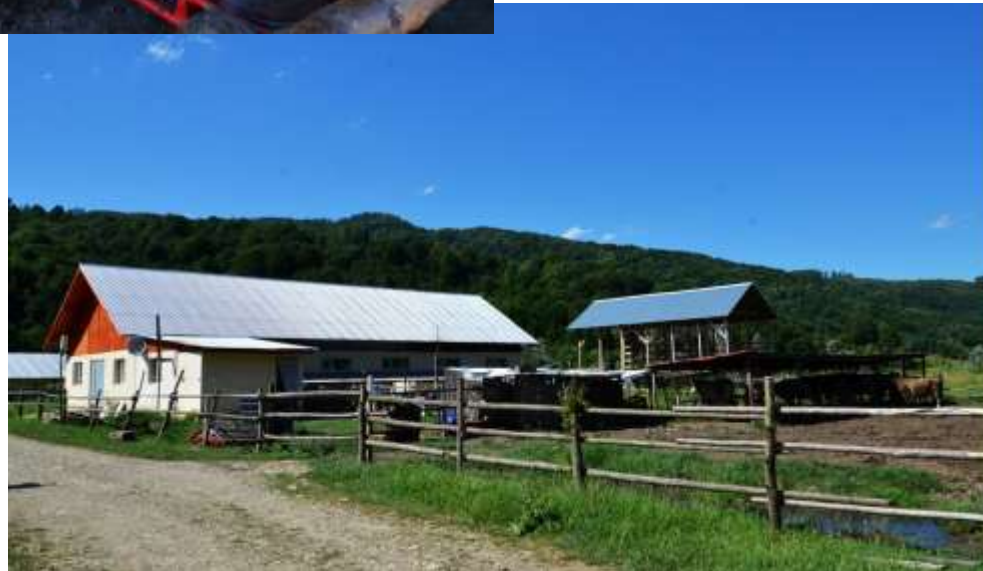
candle shop



embroidery and weaving workshop



animal Farm



We save resources through

.....

recruiting young volunteers



Identifying students in the end
year who can be future
employees



...and no less importance is given to sociological research and to the improvement of the quality of life of elderly people from day to day



PR. ILARION MĂȚĂ

MODELE DE BUNĂ PRACTICĂ ÎN ASISTENȚA SOCIALĂ INTEGRATĂ A PERSOANELOR VÂRSTNICE

Ghid comparativ al unor servicii sociale
din România, Germania și Italia în ediție bilingvă



MODELS OF GOOD PRACTICE IN INTEGRATED SOCIAL ASSISTANCE FOR THE ELDERLY

A comparative guide of social services
in Romania, Germany and Italy - bilingual edition



Innovative program for measuring beneficiaries' spirituality- **Spiritual manifestation assessment model**

- the **indicators** chosen to show interest for spirituality before institutionalization, the amnesty of admission in the residential center, 3 and 6 months after becoming a beneficiary of social services for:

A. THE INDIVIDUAL SPHERE

1. personal prayers
2. has an individual relationship with the spiritual mentor
3. fulfilling the ritual suggested by the spiritual guide

Innovative program for measuring beneficiaries' spirituality- **Spiritual manifestation assessment model**

5. watching TV shows on religious themes
6. listening to religious radio stations and sacred music
7. holds and manifests interest in icons or other religious symbols
8. receives the blessing and periodic purification of the priest or spiritual mentor

Innovative program for measuring beneficiaries' spirituality- **Spiritual manifestation assessment model**

B. THE RELATIONAL AND INDIVIDUAL SPHERE

1. receives visits focused on spiritual themes from relatives
2. receives visits focused on spiritual themes from friends
3. visits focused on spiritual themes
4. dialogs on moral / religious / spiritual issues with other residents
5. participate in common groups and activities of prayer or spiritual meditation
6. participates in helping people in distress

Innovative program for measuring beneficiaries' spirituality- **Spiritual manifestation assessment model**

C. THE SPHERE OF RELIGIOUS / SPIRITUAL MOBILITY

1. participation in the commissioning of religious services and religious rituals
2. participation in pilgrimages or visits to sacred places

Innovative program for measuring beneficiaries' spirituality

Time scale for spiritual manifestations

	Moment 0: at home, before the institutionalization takes place				Moment 1: at the admission of the current institution				Moment 2: three months from the moment one				Moment 3: six months from moment two			
	6	3	1	0	6	3	1	0	6	3	1	0	6	3	1	0
A) Individuality sphere																
- individual prayers																
- has an individual relationship with the spiritual (personal/beliefs) aspect																
- the fulfillment of ritual suggested by the priest / confessor / spiritual adviser (confession, communion, prayer or ordinance or particular Catech)																
- reading sacred and patristic texts and other spiritual reading material																
- watching religious TV programs or programs dealing with spiritual themes																
- listening to religious music and to the radio programs on spiritual themes																
- keeps and manifests interest when speaking about sacred paintings and other religious symbols																
- receives the recurring personal blessing and the life style purification from the church or from the spiritual guide																
Score	0	4	0	0	0	0	0	0	0	0	0	0	4	0	0	0
B) Relational and community sphere																
- receives visits from the family which have the main point spiritual themes																
- receives visits focused on spiritual themes from friends and other people																
- performs visits focused on spiritual themes																
- debate on moral - religious / spiritual issues with neighbors / people living in Center																
- in groups people practice collective prayers activities and spiritual meditation activities																
- participates at activities which help people in need																
Score	0	4	0	0	0	0	0	0	0	0	0	0	4	0	0	0
C) Mobility sphere with religious / spiritual purpose																
- participating in the church service and community religious celebration rituals																
- participating at pilgrimages and visiting holy places																
Score	0	4	0	0	0	0	0	0	0	0	0	0	4	0	0	0
caption:	0	often	3	occasionally	0	often	3	occasionally	0	often	3	occasionally	0	often	3	occasionally
	1	daily	2	never	1	daily	0	never	1	daily	0	never	1	daily	0	never
SCORE A + B + C =	0				0				0				0			
Caption:	0 - 24 = poor manifestations; 25 - 62 = relative manifestations; > 62 = optimal manifestations.															
Notes:																

Innovative program for measuring beneficiaries' spirituality

CAPTION:

6 - often

3 - occasionally

1 - seldom

0 - never

TOTAL SCORE: A + B + C = ?

Explanation of results:

0-31 = weak interest

31 - 62 = relative interest

> 62 = optimal interest

what motivates you as an elderly person



...this is our particular way to care for the elderly, putting the two generations in a relationship



....instead of conclusions



....so through culture, tradition and spirituality
you can still provide high quality services, at
European standards....

We must only to believe in God, to fight,
continuously to learn from the others and think
that you are not alone.

It was a great honor to be with you!



***Thank you very much
for your attention!***

mata_ilarion@yahoo.com

www.adivromania.ro

www.caminharja.ro