



Црвен крст на Република Северна Македонија  
Kryqi i Kuq i Republikës së Maqedonisë së Veriut  
ЦРВЕН КРСТ НА ГРАД СКОПЈЕ / KRYQI I KUQ I QYTETIT TË SHKUPIT



## DAILY CENTRE FOR THE ELDERLY AND HOME ASSISTANCE CENTRE



### ABOUT US

Since September 2011, within the City Red Cross of Skopje, a project dedicated to elderly care is being implemented, i.e., the “Daycare Centre for the Elderly and Home Assistance Centre” project, sponsored by the City of Skopje and the “Albiz” Foundation. The main goal of the development and implementation of the project is developing forms of non-institutional protection and providing care and health protection to the elderly and the frail. There are three Day Centres within this project located at HHO “Dare Dzambaz”, Red Cross Local Branch Chair, and at the Elementary School “Dituria” in Saraj.

### SERVICES AND ACTIVITIES

- Qigong exercises;
- Health activities and activities on prevention;
- Various creative and painting workshops, knitting workshops;
- Administrative support;
- Humanitarian activities and bazaars;
- Joint walks (parks, museums, theatre, cinema, etc.);
- Discussions on diverse topics (books, movies, current affairs);
- Celebration of the Red Cross calendar activities (*Cardiovascular Disease Awareness Week, Tuberculosis Awareness Week, Elderly Care Awareness Week, International Day of Older Persons, etc.*);
- Organizing social and/or competitive games (*chess, cards, dominoes*);
- Music activities.

**CONTACT:**

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**The target group of this project** is the elderly and frail people who live alone or with their spouse and have medical and psychosocial support in home conditions and active elderly people who need socialization and a program of active aging in a form of a day center for elderly people.

The specific goals of the project are:

Promotion of life quality, health, and psychophysical condition of the elderly;

Meeting the health and social needs of the elderly;

Socialization and enrichment of the level of education of the elderly;

Promotion of active aging and active approach to life in old age;

Promotion of volunteerism, involvement of citizens in voluntary work in the activities

**For the implementation of the objectives** included in the project dedicated to the elderly, who are the target group of the project, the program has developed a structure for acting and functioning on field, i.e. providing care at home.

Medics and volunteers visit each elderly person in their home once in a week or whenever the person has the need for that. There are 8 volunteers and 6 medics included in the project.

The medics visit people on the area of 8 municipalities: **Centar, Kisela voda, Karpos, Gjorce Petrov, Chair, Shuto Orizari and Saraj.**

**The services provided by the medics in home condition are:**

- Measuring blood glucose
- Checking the blood pressure
- Contacts with doctor
- Distributing free medication
- Giving advice for taking the medication
- Giving advice for food
- Escort on the old person while going to the doctor

**The services provided by the volunteers in home conditions are:**

- Talking and other activities for socialization
- Food distribution
- Help with shopping at grocery stores and pharmacies.
- Keeping them company when they visit the doctor, when they go for a walk etc.
- Finishing administrative work for the older person.

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