



Maria Cecilia Cooperative, born in 1989, operates through actions aimed at mitigating and overcoming social problems. Our operational experience in the design and management of social services began in a poor district of the city of Biella (Piedmont Region - Italy) where, in collaboration with the municipality of Biella were activated pre-business courses for young people in distress and troubles. There were therefore born in the city services such as youth centers.

In twenty years, Maria Cecilia Cooperative has gained experience in the management of care services, rehabilitation and animation for the elderly and disable people, working with several local institutions (nursing homes, day care centers, schools, social services, etc..).

The local presence has enabled the cooperative to participate actively in the planning of policies and services in the social sector, participating in the development of "area plans" and sharing strategies and objectives for overcoming social problems.

Components of the organization: members of the Cooperative Maria Cecilia are people with professional qualifications in the social and health sector, such as educators, youth leaders, social workers, nurses and physiotherapists.

Usual target group: children, youth, adults and seniors in situations of fragility and / or social disadvantage.

Place of performance of the service: schools, meeting centres, nursing homes.

### **Activity 1: CASA DI RIPOSO GALLO**

"Casa di Riposo Gallo" is an RSA (Healthcare residence for the elderly) for partially and non self-sufficient elderly people located in Cossato (12 km away from Biella), easily reachable by means of transport. The structure has 54 beds, divided into three departments: yellow department with 14 beds, green department 20 beds, blue department 20 beds. The elderly residents have both physical disability (they have difficulty walking, some of them move thanks to the use of specific aids) and psychic (eg dementia, Alzheimer, etc) The service is organized according to the provisions of the regional and national regulations of the sector. About 30 working members of the Maria Cecilia Cooperative work in the structure with different professional skills and tasks. In the RSA they work OSS (Health Care Workers), Nurses, Physiotherapists, Social Animators, auxiliary staff for cleaning services. The structure is also equipped with an internal kitchen. The volunteer will be involved in the daily activities of the structure, as a support to the staff and as a promoter of socialization and animation activities for the elderly residents.

### **Activities 2: OTHER ACTIVITIES**

1) at "condominium of solidarity" participation in animation activities and manual workshops, cognitive stimulation, events and free time outside on the territory; for the condominium, the volunteer should be a Tutor of some aged people (that consists in taking care for some simple actions as support in the differentiated collection, for the laundry, for the weekly expense etc...);

2) Free time with elderly in Trivero, there is a group that meet weekly to do something together, as events, exhibitions theatre, walks in the park, dinner together and meetings at the library, the group



is composed by aged people with fair autonomies and the goal of the activity is that one to oppose the isolation promoting cultural and tied up activity to the territory.

3) On the territory of Trivero, Biella and Cossato, specific activities with some people with fair autonomies; we ask the Volunteer to accompany these people in recreational activities, in daily aggregation centre for elderly (similar to a coffee bar!).

### **ROLES AND ACTIVITIES OF THE VOLUNTEER**

The tasks, carried out exclusively in co-presence with the operators, will be of a recreational-recreational, educational and rehabilitation type. The role of the volunteer will be to assist the operator specialized in the provision of services, collaborating in all phases: from the design of the intervention, to the provision and at the end of the evaluation.

The activities in which the volunteer will be involved are:

- recreational and recreational activities: board games, manual workshops, etc.
- cognitive rehabilitation activities (for memory, for orientation): commented reading of the newspaper, memory, bingo, crosswords, etc.
- leisure activities: shopping in the centre, sports activities; bar and gelateria; half-day and one-day trips (museums in big cities, safari zoo, aquarium).
- educational activities and personal enhancement: write your own biography in words and / or images; learn and acquire new skills, etc.
- psychomotor activity: group gymnastics; theatrical activities of corporeal expression, etc.