

# Social Support and Recreational Activities for persons with disabilities

## Sotir, Social Support and Recreational Activities for persons with disabilities

The Center of Rehabilitation, Social Support and Recreational Activities for Persons with Disabilities, Sotir, is a non-profit organisation.

Sotir aims at **providing special education**, vocational training, social inclusion and independent living.

The Center operates two Supported Living Apartments, a simulation of Supported Living Apartments, three Day Care Centres, two Creative Activities Centres, a gym that provides physiotherapy sessions, and a music therapy centre.

### Beneficiaries of the service

The Center supports **persons with disabilities**. Their needs are different and, therefore, the approach needs to be flexible and responsive to their personal needs.

### The staff

**Staff includes:** Four **live-in caregivers** that operate using a rotating schedule and assist the individuals with their day-to-day lifestyle.

A **psychologist** that supports users via daily meetings. A **social worker** who supports their interaction with the communities.

A **psychiatrist**, who monitors their medical prescriptions.

Staff members must undergo every six months an evaluation process regarding their personal and professional development.



Thessaloniki, Greece



### Contacts

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### The approach

- ① The users are selected based on their socioeconomic and family status in conjunction with the criteria of the organisation.
- ② A public invitation is posted when there is a vacancy in either apartment. Individuals can express their interest.
- ③ The support plan is individualised based on the needs of the tenants.
- ④ A daily programme is followed and daily meetings with the psychologist are held.
- ⑤ The setting is designed to promote and ensure inclusion in the community in every aspect of the users' lives.

### The model

The Center “Sotir” supports the inclusive living of adults with disabilities by promoting their autonomy and offering an environment that enhances and improves their social and daily living skills.

The model supports a total of 8 adults with intellectual disabilities in two apartments accommodating 4 persons each.

The support services are offered on a 24/7 basis, with 2 staff members per shift.

Sotir supports individuals to decide on their own whether they wish to join the practice, by providing information about their new life at the Supported Living Apartments.

Sotir’s support is based on two pillars:



**1. The constant involvement of the residents in all household activities.**



**2. The ongoing promotion of the social presence of the users in the community.**



### Strengths

- Safe, accepting and empathetic environment.
- Family-like atmosphere.
- Strong relationships.
- The setting resembles the life of an active member of the society.



### Weaknesses

There are no weaknesses.