



Is a non-profit, non-governmental organization based in the town of Nová Paka in the Czech Republic

As expressed by our name ŽIVOT BEZ BARIÉR, meaning LIFE WITHOUT BARRIERS, the mission of our organization is to help people with disabilities, people with mental illness, seniors and their families to overcome barriers to live as full life as anyone else.

For this to be reached, we promote equalization of opportunities for people with disabilities within the community including all respective authorities, and provide various social services.

## STORIES OF OUR CLIENTS

**RUZENKA:** I lost my sight 9 years ago. I used to sit at home without a possibility to return to society. I started working in the sheltered workshop 6 years ago and since that time every month brought me more experiences than those years which I had spent at home. I took part in sewing and weaving courses and got a working place perfectly equipped regarding my disability.



**LUBOŠ:** "My family used to assist me with every little thing. Since I have started visiting the day care centre, I have learnt how to do the washing, how to prepare simple meal, how to make coffee and much more. I have become more self-sufficient and assumed part of housework".



### Presentation overview:

- ≈ Social services
- ≈ Other services
- ≈ Completed and on-going projects
- ≈ Other activities
- ≈ Our future
- ≈ Contact details



## SOCIAL CONSULTING

Are you or your family member disabled, facing temporary handicap, in the course of recovery after medical intervention or a senior searching for advice on:

- ≈ how to start the process of inclusion?
- ≈ how to adjust accommodation and working place to be suitable for someone with a handicap?
- ≈ how to communicate with central and local authorities while searching support?
- ≈ which compensatory and rehabilitation devices are suitable for you?

**Our SOCIAL COUNSELLORS** help people with handicap, seniors and their family members to navigate complicated situations by provision of necessary information, referrals to follow-up services providers, facilitation of communication with authorities and advices and recommendations on how to tackle arisen problems and issues.





## SOCIAL REHABILITATION

≈support to return to normal life?

≈professional assistance to practice how to cook, iron or do the laundry in order to become more self-sufficient when assuming household chores?

≈professional assistance to practice shopping, negotiation with authorities or a visit of a cinema in order to become independent of your caregivers?

Are you or your family member disabled, facing temporary handicap, in the course of recovery after medical intervention or a senior searching for:

**The team of our SOCIAL WORKERS** creates a HEALTHY SOCIAL ENVIRONMENT for people with disabilities and temporary handicap, people with mental illness and seniors to learn and practice behaviour in everyday situations thus helping them to restore or form relationships, avoid isolation and achieve independence.





≈ isolated while being given care only at home?

≈ to be placed to a nursing home or a psychiatric hospital because you do not have capacity to provide him/her a round-a-clock care?

## DAY CARE CENTRE

Is your family member a disabled person and you do not want him/her to be:

**Our DAY CARE CENTRE** is intended for people whose capabilities are limited, particularly in the areas of personal care and household care and who cannot live at home on a daily basis without someone else's assistance. Provided social stimulation and recreational activities improve or maintain physical and cognitive functions of people with disabilities while their caregivers are enabled to work or to have a break from their caregiving responsibilities.





≈and as such not able to compete in open job market?

≈looking for a supportive environment where physically or mentally challenged persons can acquire new skills and experience?

### SHELTERED WORKSHOP

Are you or your family member disabled:

**Our WORKSHOP** employs persons with disability, who would otherwise become excluded from work opportunities. Work in our ceramic and textile workshops enables our employees to acquire job skills and vocational experience necessary for their further work integration. We produce handmade



souvenirs, gifts and complementary goods and/or inputs for production companies.



## RENTAL SERVICE OF COMPENSATORY AND REHABILITATION DEVICES

- ≈ to try the respective wheelchairs, positioning beds, walkers or other compensatory or rehabilitation devices to find out which is the most suitable one before making decision about its purchase?
- ≈ to rent a compensatory or rehabilitation devices while facing only a temporary disability?

Are you or your family member disabled, facing temporary handicap, in the course of recovery after medical intervention or a senior searching for the possibility:

**Our RENTAL SERVICE** offers a wide range of both rehabilitation devices and devices compensating for disabilities at reasonable prices with no medical report or a letter of recommendation required.





- ≈ Would you like to visit Krkonoše National Park, which lies in the highest mountain range of the country, or make a trip to Bohemian Paradise with its sandstone cliffs, so called "rock towns"?
- ≈ Are you disabled and would you like to organize a trip with your family members and friends?
- ≈ Do you organize workshop sessions and need a venue comprises barrier-free accommodation, equipped workshops and moreover a large terrace with a beautiful view available for your activities?
- ≈ Are you a company or an organization looking for an attractive venue to organize a retreat, training or a team building session?
- ≈ Are you looking for someone who would organize barrier-free ceramic and textile workshops tailored to fit your specific requirements?

#### **BARRIER FREE ACCOMMODATION, CONFERENCE AND WORKSHOP FACILITIES**

**Our Barrier-free centre** comprising multifunctional conference hall up to 50 persons, barrier-free accommodation up to 10 persons in two self-contained flats, an equipped exercise room and both ceramic and textile workshops.





## COMPLETED AND ON-GOING PROJECTS

- ≈ **NOVÁ PAKA – BARRIER-FREE TOWN** – continuous removal of physical indoor and outdoor barriers to free movement of disabled people in cooperation with local authorities, institutions and companies.
- ≈ **EXCHANGE OF EXPERIENCE AND LESSONS LEARNT IN THE FIELD OF INTEGRATED APPROACH TO DISABILITY** with partner organizations from Switzerland  
EU – Partnership fund – Program of the Czech-Swiss Cooperation
- ≈ Reconstruction of the building designed for **CENTRE WITHOUT BARRIERS**  
EU - Regional Operational Program NUTS II North-East
- ≈ **ACTIVE WITHOUT BARRIERS** -cooperation with Związkiem Niewidomich Dzierżoniów (Polish organisation that helps blind or partially sighted people)  
EU - Fond Euroregion Glacensis – Program of the Czech-Polish Cross-border Cooperation
- ≈ **INJURY PREVENTION** – discussions between disabled people and students at Czech schools
- ≈ **COMMUNITY SERVICE** – engagement of long-term unemployed in maintenance work  
Open Society Fund Prague
- ≈ **COMMUNITY SERVICE** – engagement of prisoners in maintenance and small construction works







## OTHER ACTIVITIES

- ≈ **GAMES WITHOUT BORDERS** – annual sport meet for people with disability
- ≈ **PERFORMANCE WITHOUT BORDERS** – annual theatre-music festival for people with disability
- ≈ **EDUCATION FOR PEOPLE WITH DISABILITY** – PC courses, language courses and other for people with disability
- ≈ **THE CLOISTER IS ALIVE!** – annual music festival for the general public promoting inclusion of people with disability
- ≈ **CHRISTMAS AND EASTERN CRAFT FAIRS** – annual events for the general public promoting inclusion of people with disability through sale of products from the sheltered workshop
- ≈ **CRAFT WORKSHOPS FOR PARENTS WITH CHILDREN AND SCHOOLS** – regular event promoting inclusion of people with disability and raising public disability awareness





## OUR FUTURE

**Our MAIN OBJECTIVE** is to increase diversity and amount of the services and activities we provide to the people with disability and seniors, further promote their social inclusion and raise public disability awareness.

**Our SPECIFIC OBJECTIVE** is to complete the reconstruction of former Paulaner cloister in Nová Paka in order to restore its original function; to serve ill, disabled and senior community members.

In 2011 the reconstruction of a side agricultural building of the former Paulaner cloister compound was successfully completed and was opened as the Centre without barriers.

The project budget was ca. 1 250 000 Euro.



The construction of the main Paulaner cloister building has yet to start.

The project is prepared and the process of fundraising has started.



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