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СОЦІАЛЬНА РОБОТА З ЛЮДЬМИ ПОХИЛОГО ВІКУ В УМОВАХ ВОЄННОГО СТАНУ

Стаття присвячена проблемам умов воєнного конфлікту, які викликають серйозні вимоги до соціальної роботи з людьми похилого віку. Війна в Україні спричинила значні проблеми для людей похилого віку, які є однією з найуразливіших груп населення. Багато людей похилого віку опинилися в ізоляції, їм бракує їжі, ліків та медичної допомоги. Вони також відчують сильний емоційний стрес через війну.

Війна може призвести до порушення доступу до медичної допомоги, обмеження пересування та інших факторів, які погіршують якість життя цієї вразливої верстви населення. У статті розглядається роль технологічної соціальної роботи в сприянні та наданні необхідної підтримки літнім людям під час воєнного конфлікту.

Дослідження здійснюється шляхом проведення системного аналізу наукової літератури та наявних досліджень з теми соціальної роботи з людьми похилого віку в умовах військового стану, а також таких методів, як аналіз документів, опитування, опитування, інтерв'ю, збір даних спостережень для дослідження.

Умови воєнного конфлікту можуть підвищити вразливість людей похилого віку та погіршити умови їхнього життя. Нові технології соціальної роботи зменшують ці специфічні потреби та забезпечують

адаптивність відповідно до них.

На основі теоретичного аналізу та емпіричних досліджень у сфері соціальної роботи з людьми похилого віку можна зробити висновок, що ефективна робота з особами похилого віку групи ризику або в кризових ситуаціях потребує індивідуального підходу до кожної людини.

Соціальна робота з людьми похилого віку в умовах воєнного стану є складною, але необхідною. За допомогою індивідуального підходу та співпраці з іншими фахівцями соціальні працівники можуть допомогти покращити життя людей похилого віку в цей складний час.

Ключові слова: воєнний конфлікт, люди похилого віку, вразлива група населення, технології, соціальна робота.

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SOCIAL WORK WITH THE ELDERLY IN WARTIME CONDITIONS

Social workers play a crucial role in assisting older adults during times of war. They provide essential services such as case management, counseling, and advocacy. In addition, social workers can help older adults access food, shelter, and medical care.

Social workers must be prepared to work in challenging and often dangerous conditions. They must also be culturally sensitive and able to understand the unique needs of older adults in war-torn societies.

Despite the challenges, social work with older adults in wartime is a rewarding and important profession. Social workers can make a real difference in the lives of older adults who are affected by war.

The article discusses the challenges and opportunities of social work with older adults in wartime. It also provides recommendations for social workers who are working with this population.

Key words: military conflict, elderly people, vulnerable population group, technologies, social work.

Researched in the contemporary Ukrainian situation, the effects of the war are most felt by the elderly, far more than any other demographic group, despite the fact that they constitute a significant part of the general population. According to data from the Office of the United Nations High Commissioner for Human Rights for the period from February to September 2022, people aged 60 and over account for 34% of all civilian victims of shelling and other military events, although their number is only a quarter of the total population. There are several reasons that explain this uneven distribution of tragedies [5, 464].

The purpose of the article. On the basis of theoretical study and empirical research, investigate and analyze the availability of specialized programs and services aimed at providing security and social work for the elderly under martial law.

Social work with older people in the context of military conflict is an important and responsible business, as these people may be particularly vulnerable and need special support and protection [6].

In wartime, access to food, water, medicine, and shelter may be limited. Social workers should contribute to the provision of these basic needs for the elderly by cooperating with humanitarian organizations and local authorities. Elderly people may be particularly vulnerable to physical and social security threats in the context of military conflict. Social workers should work to ensure their safety, including by organizing evacuation and providing advice on personal safety. Social workers help build and maintain social communities among older people, which helps reduce feelings of loneliness and isolation and helps maintain neighborhood relationships. It is important to ensure access to information about their rights and opportunities to receive assistance in conditions of military conflict. Social workers can provide advice and legal assistance to ensure that the rights of older people are protected [4].

Adapting to new living conditions is a difficult task for older people, who lose many of their usual resources and have a limited ability to adapt. They may feel alienated and unwanted in their new environment, leading to increased feelings of self-isolation and social alienation [12].

Elderly people face a number of serious psychological problems, which can be the result of stress, anxiety and depression caused by the conditions of war itself. This stress can be especially difficult for them because they can feel vulnerable and defenseless in such conditions. Separation from family and loved ones, which often occurs as a result of war, can further deepen these people's feelings of loneliness and isolation [3].

Adapting to new living conditions that change as a result of international conflict can be extremely difficult. This may include the instability of living conditions, limited availability of necessary resources and services, as well as the destruction of the usual social and cultural environment. Such changes can have a serious impact on the cognitive functions of people in adulthood, reducing their ability to adapt to new situations and respond to stressful events [5].

Retirees can face a variety of economic challenges that threaten their financial stability and security. Pensions and other social benefits, which are often the main source of income for this category of people,

can be delayed or even stopped due to the limited availability of financial resources during the period of military confrontation. This creates serious difficulties and can lead to a lack of funds to cover life's necessary expenses. [2].

Presentation of the main research material. For many years, social work has been marginalized in comparison to other specialties such as child welfare, mental health and substance abuse, etc. But the current reality and changes in demographic indicators require a radical change in the nation's priorities.

The growing share of elderly people in society necessitates the development of effective systems of social work with this population category. Social work with the elderly has its own characteristics due to age changes, psychosocial problems and needs.

The main directions of social work:

- Provision of social protection: information about rights and benefits, assistance in filing documents, provision of material assistance, psychological and legal support.
- Social adaptation: help in solving household problems, organization of leisure time, promotion of social activity, prevention of loneliness and isolation.
- Social care and patronage: providing assistance to people who cannot take care of themselves, care for the sick, help with household chores.
- Socio-psychological rehabilitation: psychological correction, work with emotional states, overcoming stress, help in solving personal problems.
- Socio-pedagogical work: promotion of education and self-development, organization of interest groups and clubs, lectures and seminars.

The role of social workers in elder care offers unique opportunities that include establishing deep and meaningful connections with clients and their families, changing problematic systems at both the individual and societal levels, and realizing that their work has a direct positive impact on people.

The technology of social work is understood as a set of techniques and methods used by social services, social service institutions, public and other organizations, social workers, volunteers to achieve the set goal of social work, solving various kinds of social problems, ensuring the effectiveness of the implementation of tasks of social assistance to the population [10].

In the practice of social work with the elderly, the following can be distinguished:

1) general technologies that provide for the organization and implementation of activities:

- social diagnosis – a general method of obtaining sufficient information about the client-an elderly person in order to establish a social diagnosis for the development of a social assistance program;
- social therapy – providing an elderly client with help in personality development, elimination of negative influences and overcoming qualities that interfere with a full-fledged life, which will contribute to the improvement of his social health;
- social counseling – provision of comprehensive information about options for social assistance to an elderly client and his choice of actions, forms of behavior in order to achieve an optimal solution to his problem;
- social adaptation – the process of active adaptation of an elderly client to new social conditions of life for him;
- social support – activity aimed at compensating the resources of an individual or a social group lost under the influence of a problem.

2) special technologies that are the basis of various types of social assistance and are aimed at solving specific problems:

- social care – assistance in meeting the needs and protection of civil rights to elderly persons who are physically unable to do so independently or recognized as incapacitated, is provided by a social worker in accordance with state legislation;
- social patronage – assistance in organizing life activities for elderly clients who have fallen into a difficult life situation and are unable or have lost the opportunity to overcome it on their own, is carried out on a long-term basis and for the period necessary to resolve this situation;
- social service – provision of a complex of social services to elderly and old citizens at home or in specialized institutions;
- social representation – protection of the rights and interests of senior citizens in institutions and organizations [8].

In addition, Ukraine has a compensation system that aims to help those who care for the elderly. These benefits can help cover care-related costs such as food, clothing, medicine and transport.

It should be noted that natural persons who provide social care services on a non-professional basis for persons who cannot take care of themselves have the right to receive monthly compensation.

The amount of compensation is calculated as the difference between the subsistence minimum per person and the average monthly total income of the person providing the services.

Such compensation is assigned for 12 months and is paid monthly.

An individual who provides social services receives only one compensation, regardless of the number of persons he cares for.

Family members can receive compensation, namely: married partners, children, grandchildren, brothers and sisters of an elderly person may be eligible for compensation if they care for them for at least 4 hours a day, 5 days a week. Other people who are not family members may also be eligible for compensation if they care for an elderly person on a professional basis.

Presentation of the main research material. In the empirical part of our research, we devoted the main attention to the study of the effectiveness of the provision of the social service Care at home for the elderly in war conditions, which they receive from the BF "Care and Care", which is especially important in the conditions of martial law.

The study was conducted in the organization BO "BF "Care and Care" in the city of Kamianets-Podilskyi, which provides care at home for the elderly. Namely, a free interview was conducted with the social workers of this organization, to learn about their experience and to determine the challenges faced by social workers when providing care services at home [7].

Research progress:

- Survey of elderly people receiving care at home. The survey was conducted in the form of interviews and questionnaires. Elderly people who receive care at home in Kamianets-Podilskyi took part in the study [1].

- A free interview with representatives of the BF "Care and Care", which provides social services to the elderly.

- Analysis of documents and reports on the state of home care services for the elderly in Kamianets-Podilskyi. The research used documents and reports of the charitable foundation [13].

The study involved elderly people receiving care at home, 20 women, aged 62-84 years, and 10 people with IDP status (one person from the village of Yampilchuk, lost her home, the other from Khotyn, a cancer patient, divorced from seven (for example, the family remained in the occupied territory), 2 beneficiaries have disabilities, all the others also have major health problems, but the disability is not registered for various reasons. A large percentage of those who took part in the survey have a higher education, namely, some medical, some pedagogical, economic, technical, biological. It was carried out according to the author's survey "Satisfaction of the elderly with the work of social workers in wartime conditions" (Fig. 1).

As already mentioned earlier, we used qualitative and quantitative methodology in the research. We used the free interview method to obtain qualitative data. It was attended by 4 social workers from the charitable fund of the BF "Guardianship and Care", most of whom have been working since 2022. Each interview took approximately 20-30 minutes. The interview included 21 main questions.

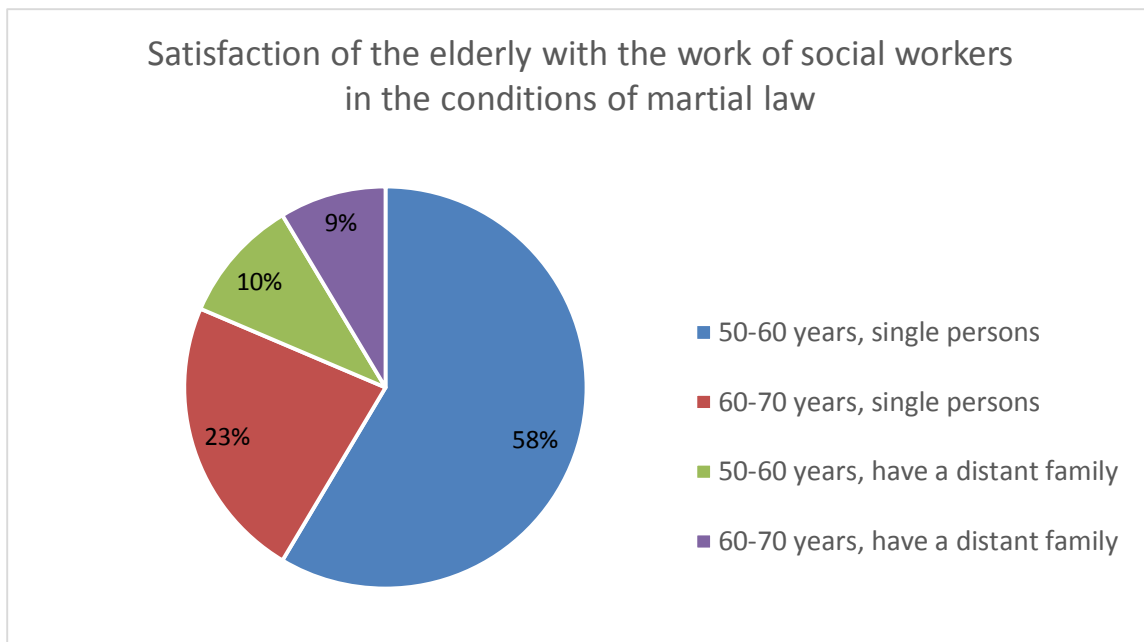


Fig. 1. Elderly people by the work of social workers

The results of the satisfaction survey in wartime conditions:

Participants:

- 20 women
- Age: 62 – 84 years
- 10 IDPs

- 2 persons with disabilities
- Most have higher education (medical, pedagogical, economic, technical, biological).

Based on the results, we claim that the category of 60-70-year-olds who have distant relatives is 9%, they are satisfied with interaction with their environment, they feel safe. They may have some worries or problems, but in general they consider their situation satisfactory. The category of 50-60 years old, who have distant relatives – 10%, this group includes people who do not show any expressed emotions or attitude to the wartime situation. They can be completely indifferent to what is happening around them. The next category is 50-60 years old, single people – 59% and 60-70 years old, single people – 23%, they feel significant discomfort and fear during the military conflict due to the lack of support and communication.

The work of social workers is quite important in providing emotional support and positive communication [1]. The best outcome is where social workers can play an important role in maintaining communication with distant relatives or family. This may include arranging video conferencing, phone calls, correspondence and other means of communication to enable communication and support. Social workers can provide support and help if distant relatives or family cannot be there. This may include support in performing household tasks, medical assistance, psychological support and other services. During martial law, information is important. Social workers can provide up-to-date and reliable information about the situation, protection and safety advice and other useful advice [9].

Social workers help coordinate different services and resources to provide a full range of support for older people with distant relatives or long-distance family [11].

Conclusions. Thus, based on the obtained results of the theoretical study of the literature on the issues of social work with the elderly and the conducted empirical research, it can be noted that the social work of caring for the elderly at home during the martial law is faced with numerous challenges and difficulties that require a complex and differentiated approach. It should be noted that safety, access to medical care, emotional support, resources and communication become important components of the successful performance of social functions in conditions of military conflict. In today's world, where conflicts and states of war are not uncommon, it is important to consider the issue of social support for the most vulnerable sections of the population, in particular for the elderly. The study emphasizes that the regulation and prevention of crisis situations in this context requires effective planning and implementation of social programs.

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