Summary

The findings of our research have proven our hypotheses described at the beginning of our research.

Our former research hypotheses can be described as facts proven by research findings:

1. To improve the situation of the old and the disabled, in addition to the existing helping modes, further services are necessary and possible.

From the answers given to our questions during our questionnaire research it is clearly seen that the situation of the old living in the assessed settlements makes it necessary to establish further helping services.
Similar experience was obtained for the disabled as well.
It became certain that to improve coexistence and alleviate social problems, new types of support are necessary.

2. Parishes are suitable to establish new strategies, intervention modes and services to take part in the solution of the social and human problems of their vicinity.

Our research findings proved our assumption that the parishes are suitable to establish new interventions, services and support modes, which fit well to the solution of the real social and human problems arisen.
The answers given to the questions of the questionnaire described the specific ways of support which can be efficiently utilised in practice after the appropriate organisation work.

3. Transnational cooperation makes it possible to establish a widely used knowledge base, based on the experience obtained in various settlements, the good practice, the available professional knowledge and the personal competences of the heads and members of the parishes.

Considering the similarities between the social problems, it became practical to get to know some good practices, professional knowledge and personal competences, which facilitate the development of local support. Of course, the individual characteristics and the features of the settlements make it possible not to simply adapt a pattern found beneficial elsewhere, but to establish the local model by customising it to the local features and considering the experience found in other settlements.

I.   Recommendations on the practical alleviation of the social problems revealed during the research

Possibilities of the efficient support of the old and the disabled living in the assessed settlements, and the specific recommended programmes aiming the performance thereof:

As regards both target group, we can ensure that it is not the financial support to be necessary in the assessed settlements, and it is not the lack of financial assets to trigger the biggest problem.

As for everyone, especially for anyone of any disadvantage, acceptance by others, appreciation and the desire for success are strong and basic needs, just as the need for financial assets essential for subsistence.

It is typical of the social situation of the old and the disabled living in the assessed settlements that their human relations are inadequate. For the old, this is usually expressed in solitude and in that they do not feel being sufficiently important and useful.

It would be very important to reinforce human relations and to establish and develop communities where the participants get the possibility to express their positive characteristics and can collect appreciation and acceptance. The reinforcement of the social cohesion of the local community would accompany with the reinforcement of the positive identity of individuals and the decrease of social problems.

The mission of churches and the people belonging to the churches could be the reinforcement of human relations which would make possible for the individual to manifest and show their talent and the majority of their skills, and in this way, they could get positive feedback which could become the basis of acceptance and appreciation.

I.   Series of presentations and conversation on human coexistence

This is an open programme. The aim is to get the most possible participants among the inhabitants of the settlement.

Topics of the presentation:

1. Change of our lives with the lapse of time

2. Preservation of our health, recovery and rehabilitation

3. Acceptance of ourselves and others

4. To give and to get, to help and to accept help

5. Operation of self-help groups

6. Together, for each other, for ourselves

7. Man as a separate world, a wonder created by God in his image

After the presentations of experts, there would be guided conversations with an attitude aiming understanding and agreement. In a lucky case, a group regularly meeting, paying attention to each other and supporting each other may form.

II.   Making a database who can give what and who needs what

First, two groups are organised. In one of the groups, there will be the old who undertake something. In the other, there will be the disabled who undertake something.

It must be emphasised in both groups that the starting point is what we can do for our settlement, for the people living here and needing help, especially for the old, the disabled, but mostly for ourselves. We collect the data who can do what, how one could help and what kind of help one would need.

Data about the ways of help are recorded in a digitised way.

In the second stage of the programme, the two groups jointly get to know the collected data. We strive to establish links where helping the others is made based on mutuality. Presumably there will be many demands for the satisfaction of which there is a sufficient offer. In a luckier situation, there will be cases where one can give what the other needs and the other can offer what is gladly received by the one.

Afterwards, the collected and digitised data are recorded in a designated interactive website. In this way, it would become possible for anyone to access to data, to make an own offer and to describe one's own needs. The continuously updated website can be developed on, if necessary. The online relations formed in this way regularly get reinforced, and get completed by personal meetings and discussions.

In this way, we can support not only the solution of social problems, but we can efficiently serve the integration of local community and the reinforcement of its cohesion.