



Day care centre for persons with disability

Here you can get information about what is a day care centre for persons with disabilities



Republic of North Macedonia
**Ministry of Labor
and Social Policy**



SUPPORTING MODERNISATION AND DEINSTITUTIONALISATION OF THE SOCIAL SERVICES

Produced in the framework of the EU-funded project "Supporting modernization and de-institutionalization of social services" - Europe Aid/139649/DH/SER/MK

Welcome!

Here you can get information about what is a day care centre for persons with disabilities.

There are day care services for adult and children.



The right to use a day care centre for persons with disabilities is defined in the Law on Social Protection.

There is a **Rulebook** for the day care centre services. It tells us what is a day care centre, who can come there and what you can do there.



It is important to know your rights and this document will help you with that!

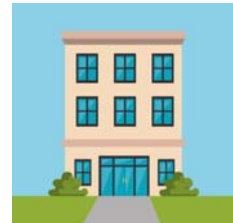


What is a day care centre?

A day care centre is a place where people with disabilities go. Here they learn many things and spend time together.



- It can be located in a house or in an apartment in a building



Many people come to the day care centre:

- Male and female
- Younger and older



In the day care centre there are special activities for younger and older people. There you can do what you need or what interests you.



In the day care centre you can make friends.

Why to go to a day care centre for persons with disabilities?

A disability is a condition that makes us require support to understand and to do certain things.



Because of that we may sometimes need support from someone else to improve skills and knowledge.



What can we do in the day care centre?

In the day care centre you can get individual support and take part in group activities:

- You can read on your own or with support if you need it.



- You can practice walking around.



- You can talk to others.



- You can learn letters and words.

- You can learn how to say the words.



- You can be part of a group.



- You can learn and understand new things.



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- You can play games.



- You can sing and listen to music.



- You can draw.



- You can solve puzzles or exercises.



- In the day care centre you can learn to use a computer



- You can receive help how to use a cell phone



At the day care centre we learn to take care of our bodies

How to brush your teeth correctly.



How to shave by yourself.



How to use the toilet.



Why is it important to exercise and how to exercise correctly so that we do not get hurt.



In many day care centres you can get help to use your legs and hands better.



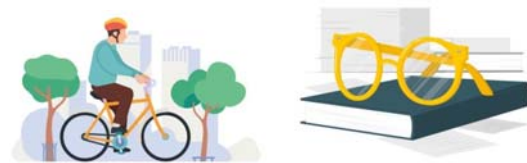
We learn how to take care of our possessions

In the day care centre, you will learn how to take care of your things. Such as:

- Cell phone, your watch
- ID card



- Bus ticket or a bus card
- Your bike or your glasses



We learn about things that we do at home

In the day care centre you learn how to do things at home.

You will learn:



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- Who are your friends and to whom you can open your front door



- How to take care of your plants



- How to take care for your pets



- How to tidy your room and your bed



- How to fold your clothes and your shoes



- To prepare a simple meal



We learn how to take care of our money and how to earn money

You will learn the value of money and what you can buy with them.



In the day care centre you will also learn how to spend your money.



How not to lose your money.

You will talk about what do you want to work with.



You will learn about different professions, for example:

- A baker, a driver



- A chef



Learn how to take a walk outside your home

Sometimes you will go for walks with your friends from the day care centre.



Sometimes you will be accompanied by someone from the centre.

Sometimes you will be accompanied by your parents, brothers, sisters, grandparents.



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You will learn :

- How to cross the street by yourself



- How to use a bus



You may visit some of these places:

- The park, or the zoo



- The mall



- The theatre or cinema



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- You may drink a coffee in a coffee bar



We learn how to play sports

In the day care centre, you will try different sports:

- Football
- Basketball
- Table tennis



Maybe you will watch a game on the TV



Maybe you will go to see a game live



You will learn how not to get mad if you lose when you watch and play games.



And not to laugh at the friends who lost.



Maybe you will even take part in sporting events with friends from other day care centres.



Maybe you will participate in the special Olympics.

Who will help you at the day care centre?

There is staff at the day care centre that are hired just to help you:



- To teach you new things
- To help you if something is difficult to do or if you cannot understand it
- To speak with you if you are scared or confused



Everyone must behave well at the day care centre

You must behave well at the day care centre!



You should not argue with the others.

You should not enter into fights.



You must be careful not to hurt yourself or somebody else.



You must not say out loud or write down bad words.



You must not take someone else's things without asking.



You must not eat someone else's food without asking.

In the day care centre we are all friends.

If you do something wrong, someone will explain to you how to do it better.



What if I do not like it at the day care centre?

If you do not like it at the centre, or have a problem with something, you can get support to solve it.

For example:

- If you do not like the things that you are doing in the centre.
- If the staff or other persons in the centre are not treating you well
- If you do not like the friends that you are sitting with or playing games with.



You can tell your family at home or the staff in the day care centre about your difficulty and they will help you.



Do you want to go to a day care centre? It is easy!

You can go to the Social Work Centre in your city and they will inform you about this service.

Or you can go directly to the day care centre of your choice and they will tell you how to apply.



The documents you need are:

- ID card
- Your medical documentation



- Expert finding

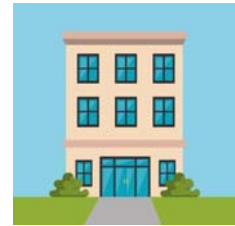
Note: The expert finding is a piece of paper which informs you what things you can do best and what support you need.



How to choose where to go?

There are different types of day care centres and in them you do different things:

- In many day care centres you will get therapies, like physiotherapy.
- In some day care centres you can learn new working skills



You can go to the Social Work Centre in your city to get information.

You, your parents and your social worker will decide what the best choice is for you.



A **social worker** is a person who knows you and can help you to decide what is best for you.



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- You may chose a centre that is near you.



- Or one that you can get to by bus,



You may call or visit our day care centre.

We will be very happy to meet you and your family and give information about our day care centre.



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If you need additional information, contact us:

Logo of organization	Name and contact details of organization
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Responsible Social Work Centre:

Add name and contact details of CSW here
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Republic of North Macedonia

Ministry of Labor
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