



## Help for Self-Help in Social Work

Iryna Trubavina<sup>158</sup>

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### Abstrakt

Pomoc ke svépomoci implementuje do sociální práce myšlenku osobního rozvoje jako vytvoření podmínek k realizaci a ochraně lidských práv v sociálních službách, podpoře, pomoci, svépomoci, každá s vlastním účelem a vlastními osnovami. Cíle systému sociální práce zahrnují práci s klienty jako předmětem vašeho života. Zahrnují hlavní složku systému (cíle), cílové složky, které odrážejí strukturu a metody práce (diagnostické, motivační, prognostické, týkající se osnov, provozního řízení a korekční), a komponenty, které odhalují pracovní podmínky (orientační, etické, metodické, organizační). Základem pomoci ke svépomoci je teorie lidských práv a teorie rozvoje člověka.

**Klíčová slova:** Sociální práce. Pomoc ke svépomoci. Sociální služby. Systém sociální práce.

### Abstract

Help for self-help implements in social work the idea of personal development as the creation of conditions for the realization and protection of human rights in social services, support, help, self-help, each with its own purpose and curriculum. The aims of social work's system is to work with clients as subject of your life. It includes main component of system (aim), target components that reflect the structure and methods of working (diagnostic, motivational, prognostic, curriculum, operational control and correctional) and components that expose working conditions (orientation, ethical, methodical, organizational). The basis of Help for Self-help is the theory of human rights and theory of human development

**Keywords:** Social work. Help for self-help. Social services. Social work system.

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## 1. Main text (chapter)

In elaborating the conceptual basis of social work in Ukraine, we, as a scientific advisor of State Social Service for the Family, Children and Youth analyzed the best world experience on this problem. So, the ideas of the conception "Help for Self-Help" meet the progressive ideas of the world community, the ideas of creating the social state in our country, ethical standards and rates, the aim of social work and its main principles. The "Help for Self-Help" has certain positive experience of realization through the joint project of League of Social Workers of Ukraine and German International Union (supported by TACIS) concerning the work with unhappy families in the system of social services for children and youth. But in 2001 when we elaborated our model of social work, this strategy was not clearly formulated, it had no theoretical basis; it complicated the selection of work content, the choice of methods of work with clients. The German experience required taking into account the peculiarities and tasks of social work in Ukraine; in addition the work with families has not yet been the subject of special attention with the scientists in scientific respect, but it has already become the task of social services.

Let us consider the main provisions of "Help for Self-Help":

1. The attitude of social, pedagogical workers to children, youth, families as to the wholesome subjects of work, as to persons having their own rights, purposes, interests, experience, intentions, resources; they are responsible before themselves for their choice of decisions in their life-activities. It means to propose the variants of services and interaction in solving the family

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158 Kharkiv G.S.Skovoroda National Pedagogical University, Doctor of Pedagogical Sciences, Professor of General Pedagogic and Pedagogic of Higher School Chair, e-mail: trubavina@gmail.com, Tel: 00380675751236

problems, leaning upon personal, family, general human values, upon the rights of a child in society and in a family. It foresees certain duties concerning the members of the family and the society, focus on the formation of life skills and experience.

2. The interaction between a social pedagogue and the child, the family may be carried out only in the interests of the child and in the interests of the family for the preservation of their integrity as a collaboration and a partnership, that reflects different degrees of readiness of individuals and families to solve problems, to overcome difficulties, to install ability for independent life and motivation for interacting. The collaboration assumes the formation of positive motivation for interaction with specialists, for independent solving problems; it also assumes accepting the services proposed, the organization of realizing by the personality and the family the impossibility to solve the problems independently or to eliminate the reasons of these problems, the proper self-estimation of one's resources and possibilities for help, understanding the prospects of interaction in the context "Help for self-help". The interaction foresees the decision concerning the acceptance of services; this decision the personality and the family make independently and search of the ways of solving problems is realized together with the specialist on the basis of diagnostics (including the inspection) and self-estimation, which in their turn are the basis of the general plan of "solving the problem". Aims, requirements, terms, conditions, forms and methods of work are being coordinated, as well as mutual rights and duties, expected results in the case it was found out that the social situation threatens the life or health of the child or other family members. The decision on intruding into the situation and carrying out the corresponding work is made on the basis of legislation and professional ethics.
3. Offering services as a support in performing functions and realizing rights which the family can not carry out independently under present conditions in given time, offering services which provide for the change of the situation and the development of a personality, a family or social changes: the family first gets the support and after the successful interiorization of rights proceeds to self-help. Support means social services that give the possibilities to the family to fulfill their duties, it is carried out in the course of a certain period, it gives the chance to realize their rights in the micro-medium and a society; it foresees rendering temporary shelter, clothes, money assistance, assistance in improving the health of children, social custody over the children; informing the members of the family on the consequences of the problem as well as giving consultations as an advice.

Support may be carried out in the form of tutorship, supervision and inspecting the living conditions and relations between the family members, or in the form of giving advices, facilitation and mutual help in the group, or in the form of involving into activities under different conditions and in accordance with better samples. Support foresees the consumption by the personality and the family certain social services selected by them, minimal independence of the child and the family in solving the problems with their own efforts. But the support shows that it is possible to find the services if one is in search of them; support leads in the direction of ways and variants of solving the problems, stimulates to collaboration in solving the problems, contributes to softening the most complex of them; the limitation of support in time and size leads to the transition of help into participation in solving the problems.

Help is a complex of social services that contribute to solving the problems of the personality and the family together with the former with taking into consideration the peculiarities of this personality, as well as the resources of subjects of the social-pedagogic work, the plan of work with the family; it has as its consequences the renovation or upgrading the social status of the family and its development on the basis of acquiring the life skills and habits. Help is fulfilled in the form of improving health of the children, through contributing to the organization of their leisure, in the form of social custody, social education, giving consultations on solving different problems, information on the resources, ser-

vices, possible problems, difficulties, ways, means of prevention, through participation in the groups of mutual help, facilitator ship, work in the community, etc. Help may be combined with support.

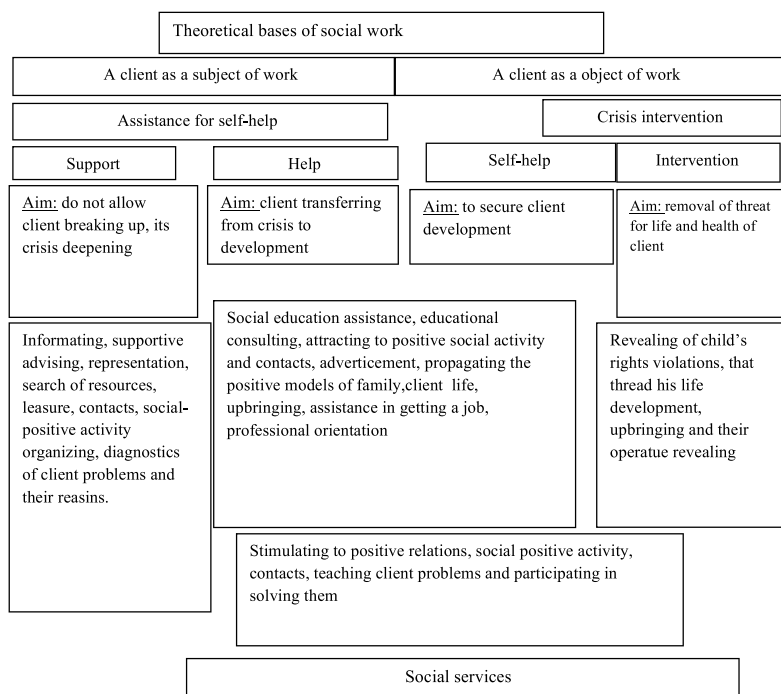
Self-help is a partnership, independent work of the family and groups of families in solving their own problems or the problems of other people similar to their own. It is carried out according to the plan which was elaborated together with a specialist or coordinated with him by way of using one's own resources or resources of those attracted under the supervision or control of a specialist (in case it's he who gives the resources), by way of strict control from the side of families. Partnership provides for the access, participation, making decisions and giving powers. Partnership foresees that social services may be rendered directly by clients/users through self-help groups and groups of similar interests, NSO (non-state organizations), etc. The partnership may be carried out in the following directions: analysis of children groups, youth and family problems; initiating the investigations and projects; studying the needs of the clients of social services; participation in making decisions touching upon groups of users; addressing and lobbying the common interests, information and exchange of resources with the aim of solving the problem; solving the common problem on the basis of responsibility, resources and services division, coordination and cooperation; training of leaders; expert evaluation and control of projects, decisions, actions, supervision of certain directions of work; systematization of experience in solving the problems; self-education, self-upbringing; working out common plans and projects; volunteer-ship. Self-help foresees the independence of a personality and families in solving the problems but reflects their needs and professional incompetence; these factors, in their turn, cause partnership with the institutions of social sphere. The consequence of self-help is the ability of the personality and the family to lead independent life, the ability to solve the problems independently on the basis of acquiring one's own rights and developing life skills through partnership with a specialist, participation in the groups of self-help following the directions or in accordance with one's own initiative, through self-education, through independent practical work or in other ways.

4. Technologies of realization of "Help for self-help" are subject-subjective, they are oriented on the awareness and action of families as subjects of life-activity and social work, reflect the content of support, assistance and self-help. The choice of technologies is performed by specialist dependently on the problem, wishes of the personality and families concerning the choice of ways to solve the problems, professional skill of a specialist.
5. Strategy "Help for self-help" may be realized under the following conditions: using the management of social services, oriented on giving services to concrete person or concrete family;
  - presence of mobile multidisciplinary team of professionals specializing in a certain problem and acting as a conference, elaborated temporarily for rendering services in dependence upon the problems of the personality and the family;
  - readiness of specialists to work on the basis of subjective relations with the personality and the family, mastering corresponding technologies and ethics of work with them;
  - limitation of support in time and size and the information of the personality and the family about it;
  - defining the indices of the efficiency of rendering help and addressed social advertisement; stimulating the personality and the family for receiving support, assistance and transition to further self-help;
  - presence of the alternative variants of solving the problems of the personality and the family as well as forms and methods one chooses himself;
  - giving up the criticism touching upon the personality and the family, leaning upon the experience of the person and the family and everything positive in them in the presence of efforts in solving the problems; tolerance and equality in attitude to wards the clients, availability of certain status, rights and duties necessary for realizing social custody and inspecting the families, etc.;

- coordination, integration and exchange of resources by the subjects for children and family protection; creation of the network of social services;
  - qualitative comprehensive diagnostics of the problem and condition;
  - control, mutual-and self-control following the process of rendering social services and in-time correction.
6. “Help for self-help” may be used in different kinds of social work: social service, prevention and escort as an independent work as well as in the process of rehabilitation after the crisis intrusion. The spheres of realizing the strategy are different, such as public, economic, educational, tutorial, cultural, curative. It should be noted that the leading services among other social ones which transfer the personality and the family from the state of a crisis to the state of functioning and after that to the state of development appear to be the social-pedagogic services, such as teaching the new positive models of solving the problems of socialization and development.

The diagram 1 below shows the scheme for realizing the conception of ‘Help for self-help’ in the social work with the families within the system of centres of social services for the family, children and youth.

**The diagram 1.: Help for self-help in social work**



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