Stowarzyszenie Mudita
Mudita Association

SUPPORTING FAMILIES AND CARERS OF PEOPLE WITH DISABILITIES

www.stowarzyszeniemudita.pl kontakt@stowarzyszeniemudita.pl
We care for those who care for others every day

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<th>Respite support</th>
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<td>guidebook for parents who received diagnosis of their child’s disability or special needs</td>
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Everyday logistics:

- **007** - special tasks (legal or daily issues support)
- **Powitalnik**
- Guidebook for parents who received diagnosis of their child’s disability or special needs

![Respite support](image1)

![Psychological support](image2)

![Everyday logistics](image3)
Support for refugees with disabilities from Ukraine - since February 2022

Helpline
Reception Points
Integration Support Point
Psychological Support
Mobile Assistants
Respite Care
Helpline for people with disabilities from Ukraine

from monday to friday
10:00-18:00

phone and e-mail
reaching out to refugees by various means

bilingual staff (polish and ukrainian)

+48 539 866 471
ukraina@stowarzyszeniemudita.pl
Helpline - what we do?

- dealing with official matters, incl. PESEL number, passport, a certificate of disability and other formalities necessary to obtain benefits, rehabilitation, medical care
- finding rehabilitation, therapeutic centres, medical care, psychological help, arranging medical appointments
- help with delivery medical and rehabilitation equipment (wheelchairs, crutches),
- looking for apartments and accommodation, transport adapted to people with disabilities, employment in Poland
- looking for transport adapted to people with disabilities
- remote translations in offices and during medical visits, translation of documents
- cash assistance from other organizations or polish government
- information support in the daily challenges of caring for a person with disability
## Integration Support Point

**for polish and ukrainian people with disabilities and their families**

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- polish language classes
- education, qualifications
- relax and respite events
- meetings, integration
- psychological support
- information support
- legal support
Reception Point for people with disabilities and chronic diseases

- Accommodation (up to 30 days)
- 3 meals a day
- Wheelchair accessible
- Adapted toilets and showers
- Psychological help
- Information support
- Assistance, volunteers help
- Polish language classes
Accessibility in our Reception Point

- wheelchair accessible, free from architectural barriers
- 2 specialist beds, changing tables for kids and adults
- adapted toilets and showers, toilet seat covers, handrails, shower chair
- pictograms, AAC symbols
- personal assistance, volunteer support
Reception Point - Cracow
Na Zakolu Wisły 12A
+48 602 248 237
punktkrakow@stowarzyszeniemudita.pl

Day Activity Centre - Warsaw
Aleje Jerozolimskie 123a
+48 602 248 136
punktwarszawa@stowarzyszeniemudita.pl

Helpline
+48 539 866 471
ukraina@stowarzyszeniemudita.pl
Respite Care Assistants

We connect families with assistants who volunteer on a regular basis to spend time with a child or adult with a disability and help in care. Thanks to the presence of an assistant, other family members can rest, take care of themselves or do what they need.

- **Warsaw**
- **Cracow**
- **Poznan**

- Assistance in caring for a child or an adult with a disability
  We connect families with assistants who volunteer on a regular basis to spend time with a child or adult with a disability and help in care. Thanks to the presence of an assistant, other family members can rest, take care of themselves or do what they need.

- Respite event for parents of all families

Contact: asysta.ua@stowarzyszeniemudita.pl
Mobile Assistants

Warsaw

- Help with translation from Polish into Ukrainian and vice versa during visits to the doctor and in offices.
- Assistance in completing official formalities and documents necessary to stay in Poland, obtain benefits and access to medical care (PESEL number, passport, certificate of disability etc).

Cracow

contact: via helpline
Medical Care

- We organize free-of-cost medical visits to specialist doctors for people with disabilities from Ukraine.
- Mobile assistants accompany during visits to doctors and translate from Polish to Ukrainian and vice versa.

118 free medical visits in 2023!
The newsletter contains information and tips on helping people with disabilities and their families who had to seek shelter in Poland as a result of the war.

Subscribe:
https://landing.mailerlite.com/webforms/landing/y5w1g4
Our help in 2022 for ukrainian families

2000

300

1500

700

300

400

shelter in two reception points

helpline

cash assistance

polish classes

psychological support

MUDITA

for Ukraine

для України
Our help in 2022 - for polish families

- 50 families support by respite volunteers
- 170 hours respite support in a month
- 45 sessions flying spa
- 300 people support by psychological helpline
- 10 online support groups (polish)
- 8 respite events for families
We cannot make disability disappear, but we can make it easier to cope with the challenges along the way.
Watch video about Mudita with subtitles in English

https://youtu.be/s2HOwT2hUXU
Let's stay in touch

www.stowarzyszeniemudita.pl
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stowarzyszeniemudita
@stowarzyszenie.mudita

CEO of Mudita Association: Olga Wojdyńska
olga.wojdynska@stowarzyszeniemudita.pl