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

MUDITA

Respite support

- **respite care** (by voluneers)
- **"flying spa"**
- **respite events**
- **respite family camps**

Psychological support

- **support groups** (online)
- **psychological support helpline**

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

Support for refugees with disabilities from Ukraine - since February 2022

Helpline

Reception Points

Integration Support Point

Pychological 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)

MUDITA

+48 539 866 471

ukraina@stowarzyszeniemudita.pl

MUDITA for Ukraine для України

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 goverment
- 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

MUDITA

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

MUDITA

accomodation (up to 30 days)

3 meals a day kitchen

wheelchair accessible

adapted toilets and showers

psychological help

informaton support

assistance, volunteers help

polish language clases

Accessibility in our Reception Point

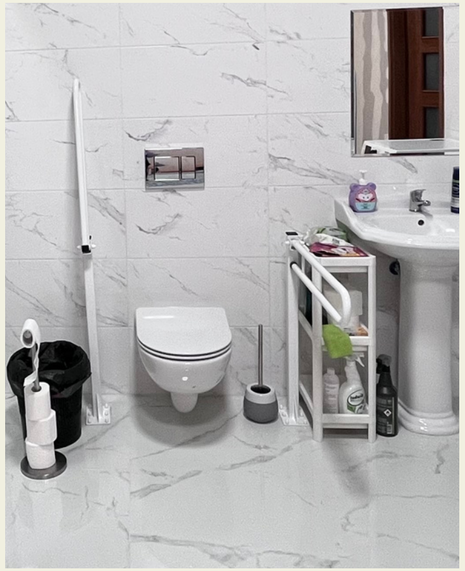
wheelchair accessible, free from architectural barriers

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

7 days
24 hours

Day Activity Centre - Warsaw

Aleje Jerozolimskie 123a
+48 602 248 136
punktwarszawa@stowarzyszeniemudita.pl

monday - sunday
8:00 - 20:00

Helpline

+48 539 866 471
ukraina@stowarzyszeniemudita.pl

monday - friday
10:00-18:00

Respite Care Assistants

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

for Ukraine
для України

Mobile Assistants

Warsaw Cracow

- **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 benefitsand access to medical care (PESEL number, passport, certificate of disability etc).

contact: via helpline

MUDITA for Ukraine
для України

Medical Care

- **We organize free-of-cost medical visits to specialist doctors for people with disabilities from Ukraine.**

- Mobile Aassistants accompany during visits to doctors and translate from Polish to Ukrainian and vice versa

118 free medical visits in 2023!

Newsletter in Ukrainian and Polish

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

MUDITA for Ukraine
для України

MUDITA for Ukraine
для України

Our help in 2022 for ukrainian families

2000 hh

300 hh shelter in two reception points

1500 hh helpline

700 cash assistance

300 polish classes

400 psychological support

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

MUDITA

Stowarzyszenie Mudita
Mudita Assiociation

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

kontakt@stowarzyszeniemudita.pl

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