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РЕАБІЛІТАЦІЯ ДІТЕЙ ТА ОСІБ З ІНВАЛІДНІСТЮ В УМОВАХ ЦЕНТРУ РЕАБІЛІТАЦІЇ: ДОСВІД СУМЩИНИ

Враховуючи багатофункціональні порушення і наслідки захворювань та їх лікування, реабілітація має багато цілей та направлена на відновлення фізичного, емоційного, соціального, рольового і когнітивного функціонування дитини чи особи з інвалідністю, а також осіб з інвалідністю до попередньої трудової активності. Принципи здійснення реабілітаційних заходів значно відрізняються, в залежності від системи забезпечення, в котру вони включені. Основний зміст статті сконцентровано на розкритті змісту інтелектуальної технології «Система комплексної реабілітації дітей та осіб з інвалідністю», котра впроваджується у Сумському обласному центрі комплексної реабілітації для дітей та осіб з інвалідністю (Україна). В число основних питань цієї теми включені: направлення роботи спеціалістів установи, особливості про порядок оформлення документів на реабілітацію до центру реабілітації, система комплексної реабілітації для дітей та осіб з інвалідністю у структурних підрозділах установи.

Метою дослідження є висвітлити досвід роботи Комунальної установи Сумської обласної ради – Сумського обласного центру комплексної реабілітації для дітей та осіб з інвалідністю (Україна).

Ключові слова: центр реабілітації, діти з інвалідністю, реабілітація, реабілітаційні заходи.

Natalia Bezdidko. Rehabilitation of children and persons with disabilities in the conditions of the rehabilitation center: experience of Sumy region

Taking into account the multifunctional disorders and consequences of diseases and their treatment, rehabilitation has many goals and is aimed at restoring the physical, emotional, social, role and cognitive functioning of a child or a person with a disability, as well as a person with a disability to previous work activity. The principles of implementation of rehabilitation measures differ significantly, depending on the support

system in which they are included. The main content of the article is focused on revealing the content of the intellectual technology «System of comprehensive rehabilitation of children and persons with disabilities», which is being implemented in the Sumy Regional Center of Comprehensive Rehabilitation for Children and Persons with Disabilities (Ukraine). The main issues of this topic include: referral of the work of the institution's specialists, specifics about the procedure for processing documents for rehabilitation to the rehabilitation center, a system of complex rehabilitation for children and persons with disabilities in the institution's structural subdivisions.

The purpose of the study is to highlight the experience of the Communal Institution of the Sumy Regional Council – the Sumy Regional Center for Comprehensive Rehabilitation for Children and Persons with Disabilities (Ukraine).

Key words: rehabilitation center, children with disabilities, rehabilitation, rehabilitation measures.

Introduction Comprehensive rehabilitation is a system of medical, psychological, pedagogical, physical, professional, labor, sport, social and household measures aimed at restoring and compensating for lost body functions.

Patients who have undergone specific treatment for oncological pathology need further rehabilitation. Rehabilitation should be aimed at getting rid of medical, social and labor problems.

Rehabilitation is an integral part of helping children with cancer. Opportune, properly organized rehabilitation measures help to achieve optimal treatment results, alleviate or prevent complications, minimize or slow down the development of disabling consequences of the disease.

Rehabilitation measures should include measures aimed at eliminating complications related both directly to the toxic effect of oncological neoplasms on the child's body and to the consequences of chemotherapy and radiation treatment.

Materials and methods:

During the research, the experience of implementation of complex rehabilitation measures for children and persons with disabilities was considered and summarized, which makes it possible to properly formulate theoretical provisions and practical recommendations in this field; methodical approaches to determining the needs of children with disabilities in comprehensive rehabilitation services have been developed and substantiated.

Analysis of recent research and publications. In the last two decades, a significant number of works, dedicated to the development of rehabilitation centers and the provision of complex, high-quality, socio-

pedagogical rehabilitation services to children and persons with disabilities have appeared. The conceptual foundations of socio-pedagogical rehabilitation activity and its methodological foundations are presented in the works of many scientists: the content and forms of socio-pedagogical work with the family, which is raising a child with a disability (T. Alekseenko, V. Kravets, I. Trubavina); organizational and methodical bases of activity of child and youth rehabilitation centers (O. Kuzmenko, S. Tolstoukhova).

The analysis of literary sources and the results of scientific research on the problems of correctional pedagogy allows us to conclude that the problem of comprehensive research of socio-pedagogical work with children and youth with disabilities in rehabilitation centers and the community remains neglected in the numerous and significant theoretical and applied assets of this science. It is worth noticing that certain aspects of socio-pedagogical activity highlighted in the above-mentioned areas of scientific research are carried out precisely in various social institutions of the territorial community and require generalization. Separate works by I. Zvereva and A. Kapska are devoted to issues of work in the community as a component of the activity of a social pedagogue and social worker. However, the problem of correctional activities in rehabilitation centers is most fully revealed in the works of foreign authors H. Brager, M. Bopp, M. Mayo, P. Taylor and others.

Presenting main material.

The implementation of an individual approach is ensured, which involves the creation of an individual model of rehabilitation for each child, taking into account his age, the complexity of the diagnosis, the absence/presence of accompanying disorders, as well as the individual characteristics and strengths of the child. All these programs were aimed at restoring physical and psychological health, promoting the child's physical, mental, sensory-emotional, intellectual, speech, artistic and aesthetic development, adapting to the conditions of the subject and social environment, and strengthening child's internal potential.

It is also worth realizing that the psycho-traumatic impact of the disease has a negative effect not only on the child, but also significantly worsens the psychological state of his immediate environment. Therefore, the object of rehabilitative influence is the family – the child and his relatives (parents, caregivers, etc.). Rehabilitation measures are aimed at the development of flexibility, the formation of adaptive behavior, which

will contribute to the independent search for effective solutions to solve the life problems of this family, will increase the level of independence for the child and the family.

What is the mechanism for registration of comprehensive rehabilitation services for children and persons with disabilities?

The lists of services provided at the expense of budget funds to persons with disabilities, children with disabilities with various diseases, are defined in Appendix 6 to the State Standard Program for the Rehabilitation of Persons with Disabilities, approved by Resolution No. 1686 of the Cabinet of Ministers of Ukraine dated December 8, 2006.

On March 1, 2022, Resolution No. 31 of the Cabinet of Ministers of Ukraine dated January 19, 2022 entered into force, which approved the Procedure for implementing rehabilitation measures.

1. To receive the state service of complex rehabilitation, the legal representative of the child applies to the executive body of the village, settlement, city council of the relevant territorial community or to the center for the provision of administrative services (in cities of regional importance to the territorial administration of social protection of the population).

2. Submits an application for receiving complex rehabilitation services (on a form approved by the Ministry of Social Policy). The application can also be sent by mail.

In the application for receiving complex rehabilitation services is indicated information about:

- individual rehabilitation program;
- the conclusion of the medical advisory commission of the state or communal health care institution with recommendations regarding the provision of services;
- passport of citizen of Ukraine, for foreigners and stateless persons
- certificates of application for protection in Ukraine/ identity card in need of additional protection/ refugee certificate/ foreigner's passport document and temporary residence permit or permanent residence permit, birth certificate (for children under the age of 14);
- a document indicating data on the registration number of the taxpayer's account card;
- extracts from the medical card of an outpatient (inpatient) in the form approved by the Ministry of Health.

At the request of the recipient or his legal representative or authorized person, copies of relevant documents may be attached to the application.

Where in Sumy region can you get complex rehabilitation services for children and people with disabilities?

We recommend familiarize with the working experience of the Sumy Regional Center for Comprehensive Rehabilitation for Children and Persons with Disabilities.

The activities of the Sumy Regional Center for Complex Rehabilitation for Children and Persons with Disabilities present years of experience combined with modern equipment and innovative work methods. The Center successfully implements more than 800 rehabilitation programs for children with disabilities per year.

The work of the institution is based on the principles of timeliness, continuity, consistency and accessibility in providing comprehensive rehabilitation assistance to children with physical and intellectual developmental disabilities. The doors of the center are open to children from all regions of Ukraine.

Center today:

- 110 places of inpatient stay for children,
- comfortable rooms and 5 free meals (in departments with 24-hour stay),
- visiting multidisciplinary team that examines children in cities and districts of the region,
- use of innovative rehabilitation methods,
- a creative team in which pedagogical and medical staff work harmoniously,
- an atmosphere of sincere care, mercy, optimism. [https://www.canva.com/design/DAFh4DMCmm4/CI_Knn5cB1gQW2h5qwOaOg/watch?utm_content=DAFh4DMCmm4&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink]

Employees of the departments provide medical, physical, psychological-pedagogical and social rehabilitation services. Pedagogical and medical workers, whose staff consists of almost 160 people, work as one coordinated mechanism at the Center.

The Pedagogical Department of the Center directs its activities to the comprehensive development of children with disabilities, conducting

psychological and pedagogical diagnostics and correction, teaching basic social skills and developing creative potential by means of art therapy. Traditional and constantly implemented new corrective and developmental methods are used. On the basis of the Center, SES (Service of Senior Experts) projects are implemented in the directions of using the Montessori-therapy, hippotherapy, and art therapy methods. Teachers conduct classes in fairy-tale therapy, music therapy, artistic relief sculpting, computer programs are used, classes in snuzlenotherapy, sand therapy and sand animation are interesting. [https://www.canva.com/design/DAFh4Gwa2hY/zdUzO850KSOHX6iBAXR9fw/watch?utm_content=DAFh4Gwa2hY&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink].

The Center's medical department works on restoring the full or partial physical and mental health of children, carry out medical and preventive measures aimed at preventing disability in children, prevention of exacerbation of the main disease, correction of physical, somatic and mental conditions. Children's neurologists, orthopedic traumatologists, pediatricians, psychiatrists, reflex therapists, physical therapy and sports medicine doctors, and physical rehabilitation specialists work in the department. [https://www.canva.com/design/DAFh4DKY710/pV8YGjF65CKZqFM564-UKQ/watch?utm_content=DAFh4DKY710&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink]

Children are provided with the services of massage, therapeutic physical education (therapeutic gymnastics, Vojta therapy, Bobat therapy, the method of dynamic proprioceptive correction using the reflex-loading device «Gravistat», «Motomed», the apparatus for equivalent walking «Parapodium»), mechanotherapy, neuro-orthopedic corrections, physiotherapy, reflexology (acupuncture, acupressure, point massage).

The method of hydrokinesotherapy (hydrotherapy) has been introduced to restore children's motor activity. The swimming pool is equipped with a sauna and sauna therapy has been introduced, which promotes muscle relaxation, improves blood supply to all organs, improves the child's immune system, and reduces nervous tension. Sauna therapy procedures are combined with aromatherapy, which significantly improves the child's adaptive capabilities, has a positive effect on metabolism, and increases the body's resistance to adverse environmental factors.

In the field of physiotherapeutic treatment of children with pathologies of the nervous system, joints, skin, broncho-pulmonary system, the method of laser therapy has been introduced.

The «Doctor Kyparis» physical rehabilitation technique is being implemented. Today it is the undisputed leader in the field of correct sitting, prevention and treatment of diseases of the spine, osteochondrosis, scoliosis, kyphosis, pain in the back, neck and lower back.

For children with postural disorders and scoliosis, a set of exercises using the Yevminov board has been developed. Exercises aimed at treating spinal curvature and creating a muscle corset by strengthening various muscle groups are used.

The physical therapy hall is equipped with a universal cabin for suspended therapy. This is a special system of loading the musculoskeletal system to restore amplitude, normalize muscle tone and increase their strength, improve balance and develop coordination of movements.

In the inpatient department of a mixed type of round-the-clock stay, located in the village Ribci of the Sumy district, children receive complex rehabilitation using aerotherapy, ozone therapy, physiotherapy, heliotherapy, hydrotherapy, therapeutic horse riding, and sauna therapy.

In the institution considerable attention is paid to pre-professional and labor rehabilitation. Work is organized in the following directions: «snuzlenotherapy», «ceramics», «cooking», «psychological correction», «speech correction», «hipotherapy». [https://www.canva.com/design/DAFh4EI1N7E/8tIUovWK51ET7c60DrwWrg/watch?utm_content=DAFh4EI1N7E&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink].

The most important role is given to hippotherapy – therapeutic horseback riding. This technique has been used in the Center since 1994, and more than 200 children undergo rehabilitation every year. The course of hippotherapy is 21-30 days. Classes are held 5 times a week. One session lasts up to 30 minutes. A set of classes is selected for each child in accordance with the diagnosis and individual capabilities.

A contact zoo has been created in which ponies, pigs, rabbits, rams, and goats live.

The Center has opened **an inpatient day care department for children aged 3 to 18 years.** During the day, children are under the supervision of experienced teachers and medical staff. The class schedule is made so that

the child constantly changes the type of activity and learns to communicate with peers and adults, helps others, adheres to the daily routine, and positively perceives himself and others.

In addition to inpatient care, the Center provides advisory, diagnostic, informational and educational assistance to children with disabilities, their legal representatives, specialists of rehabilitation departments in various districts of the region, as well as pupils of boarding schools in the region.

The visiting multidisciplinary team, which includes specialists of the Center, conducts up to 25 visits every year, during which from 400 to 450 children with disabilities are examined. During the work, the team's specialists involve representatives of district medical and advisory commissions and employees of the social protection department. Such cooperation makes it possible to conduct professional consultations for legal representatives and provide rehabilitation services to a larger number of children with disabilities.

Creative initiatives and charitable projects of the Center:

- For 15 years, the regional festival of children's creativity «Rozmay», which takes place on the basis of the Sumy Regional Rehabilitation Center, lights new stars on the artistic horizons. Every year, more than 200 children with disabilities from districts and cities of the Sumy region demonstrate their abilities at the festival.

- For 13 years, the city of Sumy has been a meeting place for theater groups not only from Sumy, but also from other regions of Ukraine. The Sumy regional integration theater festival of people with functional limitations «Rainbow», which is organized by the Center's team, is traditionally held on the eve of the International Children's Day.

- Charitable initiatives, master classes, social events, projects are held that unite artists, photographers, designers, business representatives, local authorities and the public sector around the idea of supporting children with disabilities. [https://www.canva.com/design/DAFh4YTFbSk/y1visEBKasDQu8aeS_cWNw/watch?utm_content=DAFh4YTFbSk&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink]

The grounds for not providing rehabilitation services to children and persons with disabilities in the Center may be: 1. Persons whose health condition makes it impossible to carry out rehabilitation measures, namely with the following medical contraindications: acute infectious diseases

before the end of the isolation period; all diseases in the acute stage and infectious form; frequent seizures and their equivalents; diseases accompanied by severe behavioral disorders, dangerous for a person and his environment.

Conclusions:

After internal monitoring carried out by specialists of the institution, it was concluded that as a result of comprehensive rehabilitation measures, the general condition of service users became better, tactile sensitivity, mental and physical activity increased, general and fine motor skills improved, and the body as a whole became stronger. Social rehabilitation measures contribute to the improvement of self-care skills, economic and household skills. For many recipients of services, the degree of external dependence is reduced, which has a good effect on their psycho-emotional state, they have more independent life support skills, and become more confident in their own abilities. Children with intellectual disabilities, who are doomed to loneliness, isolation from society and do not have the opportunity to realize themselves, as a result of comprehensive rehabilitation measures reveal their great creative potential. This is evidenced by the products made in labor classes, the achievements of children in creative competitions and general cultural events, the quality of their socially useful work, and acquired self-care skills.

Due to complex of social, psychological and pedagogical rehabilitation measures, the children's communication skills, phonetics, the grammatical structure of speech, motor-visual coordination and mental activity improved, children and young people socialized in a team, learned certain rules of behavior, children were integrated into educational institutions. Evidence of a qualitatively organized individual approach is a stable, high indicator of the effectiveness of rehabilitation. According to the results of the implemented rehabilitation measures, most of the children were discharged with an improvement in their condition.

The use of effective rehabilitation methods, extensive experience of specialists, modern rehabilitation equipment provide the Center with one of the leading places among rehabilitation institutions in the Sumy region and in Ukraine as a whole. But the main asset of the team's work is the children, their small and big victories, successes, fulfilled dreams.

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