

ABSTRACT

Subject matter of graduate qualification work: Social work techniques aimed at improvement of the life quality of elderly citizen (exemplified by the Daily Stay Department of Pyatigorsk Complex Public Social Service Center)

Author: Chakhkieva Anzhela Musaevna

Scientific supervisor: Davydova Elena Vladislavovna, Candidate of pedagogic sciences, Associate Professor of the department of creative and innovative management and law

Customer organization: State-financed social service institution “Pyatigorsk Complex Public Social Service Center”

Topicality of the research: The tendency of population aging is observed in all countries of the European Union. In recent decades, this process rose to significant extent and became a global phenomenon. According to the UN, the number of people on the planet at the age of 60 and higher reached 962 million as of 2017, comprising 13% of the world’s population. Considering such a rapid growth of the number of elderly people, drastic change of social policy towards this population group is needed. Today, the need of additional professional education is becoming relevant for elderly people. Social service centers in the regions are not capable of providing this service due to lack of trained specialists, which is the main problem of the state in the sphere of education of elderly people. All of this conditions the need of the improvement of education technologies in social work, as well as development of module program on increase of the education level of elderly people in public social service centers.

Objective of the research: research of social work techniques aimed at improvement of the life quality of elderly citizen to develop a module program for the improvement of education level of elderly people in a public social service center.

Tasks of the research:

- analyze gerontological theories in definition of the term “elderly person”;
- detect and characterize social work techniques that have an impact on the quality of life of elderly people;
- define the quality of life of elderly people as a social and political paradigm of modern societies;
- analyze modern social work techniques with elderly citizen in Russia and abroad;
- generalize the analytical work experience of the Department of Daily Stay for elderly people and disabled people of State-Financed Social Service Institution “Pyatigorsk Complex Public Social Service Center” with elderly people;

- develop a module program for improvement of education level of elderly citizen - recipients of social services of complex public social service centers.

Theoretical and practical relevance of the research lies in the fact that the results of this research allow expanding the theoretical understanding of social work techniques aimed at improvement of the quality of life of elderly citizen in Russian Federation and abroad. Statements, conclusions, and methodical recommendations of this research may be used by public social service centers and pedagogues to increase their work efficiency, as well as in the process of social work with elderly people, teaching of social work courses.

Results of the research. In the process of the conducted research, we established that global changes are taking place in the modern society. Merely 10 years ago, the concept of “elderly person” implied that the person belonging to this category is not self-sufficient and needs constant care. Today, elderly people are full members of the society capable not only of independent decision making and implementation, but also active participation in social life, as well as participation in socially important projects of any level. In contemporary social and economical conditions of the life of the society, there exist many risks and hazards, which may have an adverse impact on the quality of life of all people, especially elderly people. Elderly people need positive social contacts, material support from the state, and spiritual support from the society. To achieve welfare for elderly citizen, the state, together with public social service centers, develops and implements innovative methods and techniques of social work with elderly people. The direction of achievement of social welfare for elderly people depends on which technique of work with elderly people will be chosen by a social worker. In the modern times of social works, a vast variety of techniques for social works with elderly people are developed. The following are the most efficient: creation of hobby clubs, organization of “self-help groups”, information and communication methods, art therapy, which is divided into drama therapy, music therapy, bibliotherapy, color therapy, etc., labor therapy, social tourism technique, and, the most modern and innovative technique of creation of “Third age university”. A wide range of social work techniques allows choosing the most fruitful social technique for every elderly person, which will help improve his/her life quality.

Recommendations. Due to modernization of social work in State-Financed Social Service Institution “Pyatigorsk Complex Public Social Service Center” and State-Financed Social Service Institution “Predgorny Complex Public Social Service Center”, we conducted social research and analysis of the needs of elderly people in the sphere of leisure, due to which, we developed and implemented a new model of education program, which includes a wide range of educational directions. We composed the following educational modules: “History, culture,

literature”; “Psychology”; “Foreign language”; “Trainings of active and positive communication in modern society”; “Health as technology of active social life”.

Implementation of the suggested innovation into the work practice with elderly people may bring the social work of the State-Financed Social Service Institution “Pyatigorsk Complex Public Social Service Center” and State-Financed Social Service Institution “Predgorny Complex Public Social Service Center” to a completely new level. Additionally, the application of the technique of social work with elderly people “Third age university. Life-long education” may provide significant social and psychological support to elderly people, support of their relevance for the society, general well-being, legal literacy, improvement of the level of general knowledge.