

Overview family and health Upper Austria

“Foundations of preventive health care and health promotion”

November 2019 - August 2023

Meeting in Targu Mures from 24th to 26th of may 2023



Erasmus + Team Upper Austria

- **Barbara Schinnerl** (head of pedagogic controlling)
- **Johannes Berger** (social worker)
- **Cynthia Loibl** (head of mobile family services)
- **Evelina Glöckner** (head of Caritas integration)
- **Catherine Spöck** (head of Point of Ukraine)
- **Bettina Furlan** (project accompanied parenting)



What happened until now?

- **Event at Caritas Café Carla in March 2023**
 - Presentation of the questionnaire and discussion about the results
 - Key note speech from Kordula Palser (psychologist)
 - Book presentation from Evalina Glöckner (head of Caritas integration)
 - Lecture from Cornelia Pfeiffer (author, representative of interests)
- **Exchange and discussion about health care and health promotion in Caritas Upper Austria**
- **Focus on health among the inclusive editorial team:**
 - Different articles and activities done and planned
- **family forum at KIJK in April 2023**
 - parents with children diagnosed ADHD



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Healthy/unhealthy lifestyle:

They already make sure that I live as healthy as possible.

Once a week I train and weigh myself.

Reason: I am older

and it is difficult to build up muscles and lose weight.

But I decide for myself

when I eat healthy food

and when I eat and drink something unhealthy.

I also decide for myself

when and how often I do exercise

exercise or sport.

I also decide for myself when I drink alcohol.

I also decide for myself whether I smoke.

I am responsible for my own health.





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Accompanied child-parent contacts

We provide professional assistance during the contact between children and their divorced or separated parents.

The support of families in critical situations is challenging but to increase a healthy relationship between children and their parents is worth it.



Community centre – Point of Ukraine

The community centre offers counseling, support and networking opportunities to displaced persons from the Ukraine on behalf of the Integration Office of the Province of Upper Austria. Most of the staff are ukrainian women, who offer peer to peer services for newcomers.

Part of the weekly timetable are psychological self-help groups and Yoga, both are run by volunteers from Ukraine. They are enabled to apply their work experience and use their skill set in a meaningful way.



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Consulting of migrant self-organizations

The project offers advice and support to migrant self-organizations with focus on communities from predominant islamic socialized countries of origin on behalf of the Integration Office of the Province of Upper Austria.

Peer workshops on mental health and psychic traumas are used as basis for further empowerment and self-organisation activities.



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ICE Integrations-Caritas-Express

ICE counseling service for newly arrived people with positive asylum and temporary protective status support starting in a self-contained life in Upper Austria on behalf of the Integration Office of the Province of Upper Austria and the Federal Chancellery of the Republic of Austria.

Three staff members have an educational background in trauma pedagogics to support clients in a professional, demand-oriented way.



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Inclusive Editorial Team





Inclusive Editorial Team – next steps

- Annual theme Health / Various texts for 2023
- Texts and tips in the Participants' News, Homepage, Facebook etc.
- Sabine Nemmer offers healthy breakfast in St. Pius
- There will be a report about it.
- Susanne Sametinger: Topic Health
- Barrier-free appreciative communication
- Recipes from the inclusive editorial team (curd spread smoothie)
- Exercise tips; Conny & Karin; stairs instead of lift, 10,000 steps
- Andi: makes soaps for sensitive skin
- Benni and Markus: Fall prevention
- Editorial meeting outside “walk and talk”