



Gut begleitet

Frühe Hilfen OÖ



Strengthening family health with Early Childhood Intervention

Wolfgang Paulowitsch-Laskowski, ÖGK
Kerstin Hosseya, Gut begleitet von Anfang an (Frühe Hilfen OÖ)

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From the beginning!

Three service areas

... von Anfang an!

„Workshops“



„Info“



Guidebooks

- Diarie
- Workshop-Folder



6 +1 Newsletter:

Age appropriate information on health related issues
 „Accident free – right from the beginning“

„Right from the beginning“-App
 „Accident free “ - App



Smoke free surroundings – right from the beginning
 „Safety Card“

Movie clips

„Well accompanied“



Coordination
 „guiding function“

Outreachwork
 „family assistants and services“

Early childhood intervention

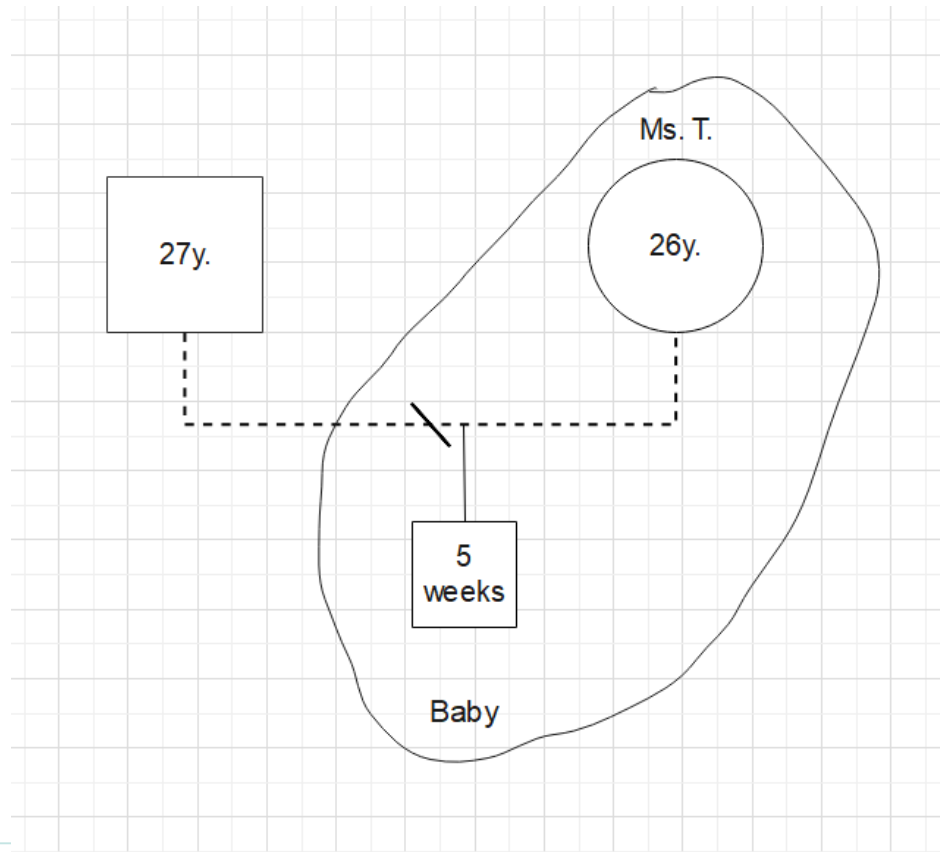


- Preventive help
- Target group: pregnant women and parents with children (0-3)
- Free offer

Early childhood intervention

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But how does it work in practice? Here is an example:



Early childhood intervention



- Information about early childhood intervention!
- Contacting the early help network to clarify the needs!
- Family supporter fixes an appointment with the mother!

Early childhood intervention



How can we support the mother?

- Home visits
- Personal counselling and assistance with authorities (like youth welfare).
- Guidance and support with nursing and education for the baby.
- Sensitivity training
- Organizing help

Early childhood intervention



With our help

- Stress reduction and confidence
- Ms. T. gained trust in dealing with her child.
- The finances has been clarified.

Early childhood intervention



In general, early childhood intervention helps with many questions, for example, if:

- unexpected changes happen during pregnancy
- there is little support from the partner or other family members
- the child needs more attention than you feel you can give
- there is not enough money anymore
- a family member experiences psychological or mental problems
- the daily life of the family becomes difficult

Early childhood intervention as a „system“

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Early childhood intervention...

... is a **multi-professional support-system** for parents and children starting from pregnancy until the age of 3

...means **networking** and **cooperation** with institutions and offers in the social sector

(e.g.: counselling and education for parents, early therapies and support for children, children and youth welfare, institutions and services in the health sector, social services etc.)

...follows a **low-threshold approach** (outreachwork as „golden way“)

... offers **practical help for everyday life** and improves parental skills

... is **charge free** and the attendance is **voluntary**
(declaration of consent)



Principles and attitudes of early childhood intervention



Perspectives and focus:

- Burdens instead of risks
- No exclusive focus on socially disadvantaged groups
- Looking at stressors and resources
- Ethical aspects: No stigma!
- Working with the target group:
Voluntariness of the offers, motivational work & empowerment
- The dividing line between assistance and control must be clearly defined and made transparent

Goals and target groups

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Target group

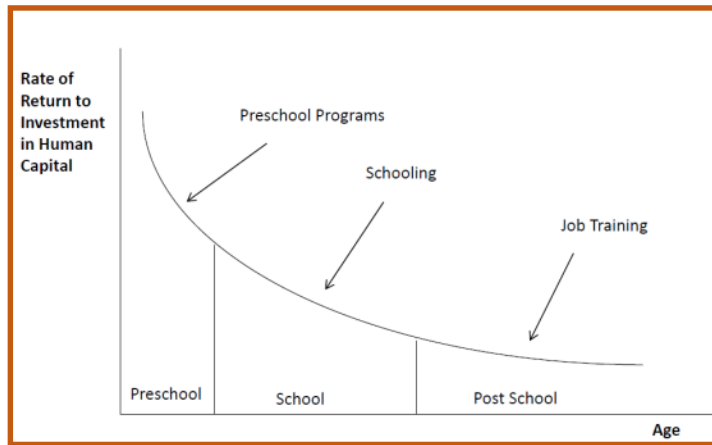
Pregnant women or parents of children up to the age of 3 with psychosocial and/or somatic stress and problems.

Goals

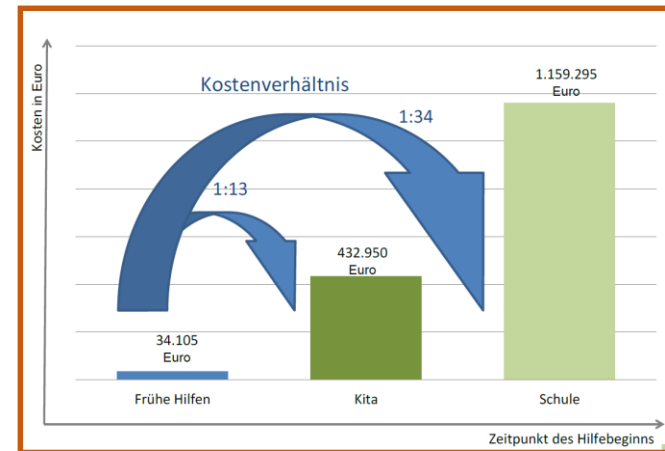
- ✓ Improving the mental and physical health of parents
- ✓ Improvement of mother-child interaction
- ✓ Preventive services to avoid mental illness
- ✓ Networking and coordination of existing services to avoid duplication of efforts



What are the effects?



Quelle: Cunha, Heckman 2007



Quelle: Meier-Gräwe, Wagenknecht, 2011

Key message:

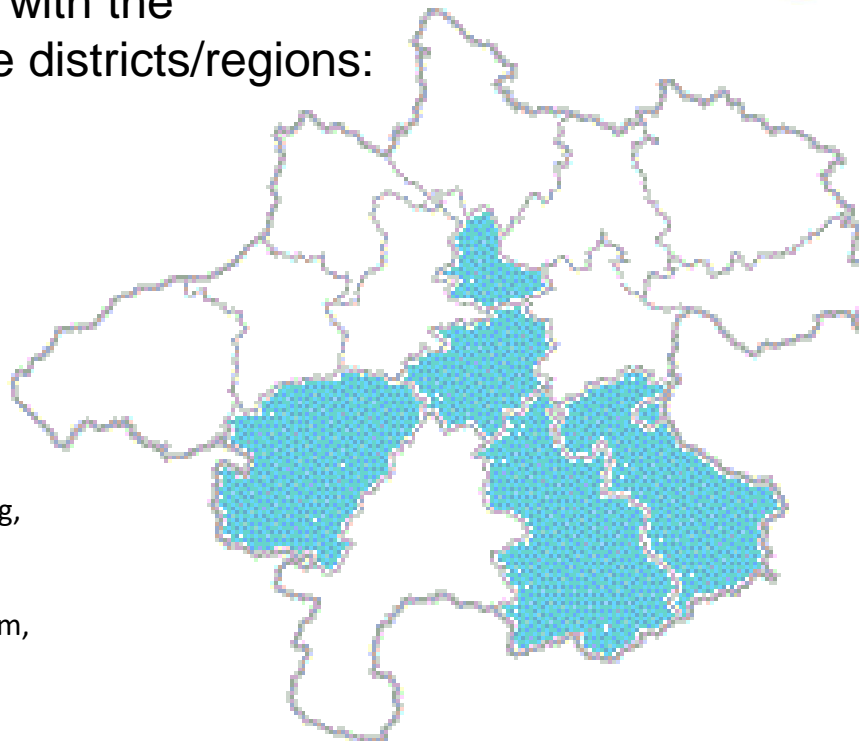
The earlier support with families in need of help, the higher the success rate and the lower the consequences/consequential costs.

since November 2015

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- Roll-out of the project together with the province of Upper Austria to the districts/regions:
 - Steyr/Steyr-Land
 - Vöcklabruck
 - Wels/Wels-Land
 - Kirchdorf
 - Linz und Umgebung

(districts Ansfelden, Asten, Enns, Leonding, Pasching, St. Florian, Traun im Bezirk **Linz-Land** and Altenberg, Engerwitzdorf, Gallneukirchen, Gramastetten, Kirchschlag, Lichtenberg, Ottensheim, Puchenu, Steyregg im Bezirk **Urfahr-Umgebung**)



Early childhood intervention 2015

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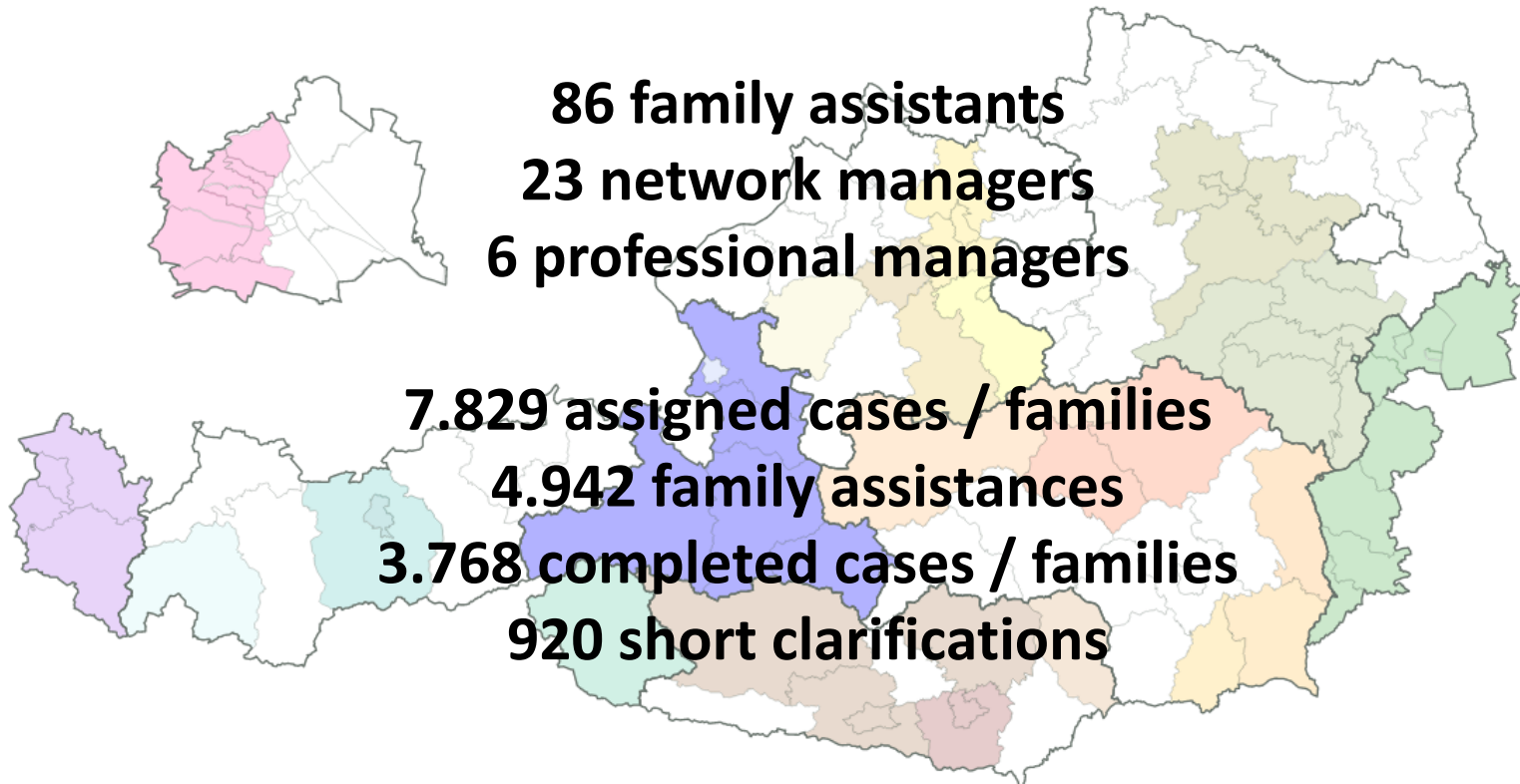


50 family assistants
10 network managers
5 professional managers

207 assigned cases / families
189 family assistances
82 completed cases / families

Early childhood intervention 2020

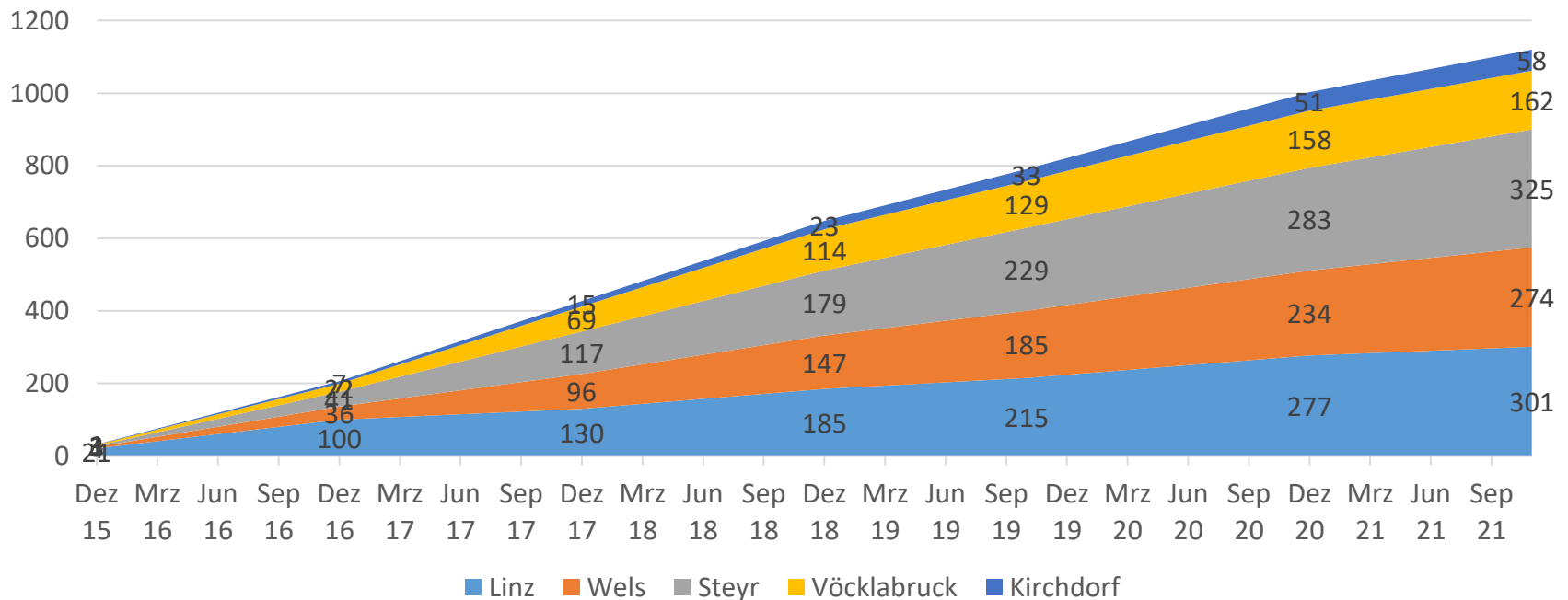
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Cases in Upper Austria since 2015

- since November 2015: **1.903** assigned and recorded cases / **1.120** cases with family assistances / **968** completed cases / families

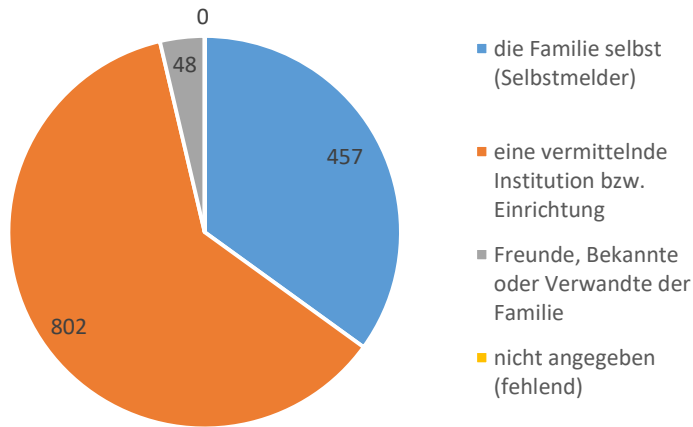
Family assistances 01.11.2015 - 01.11.2021



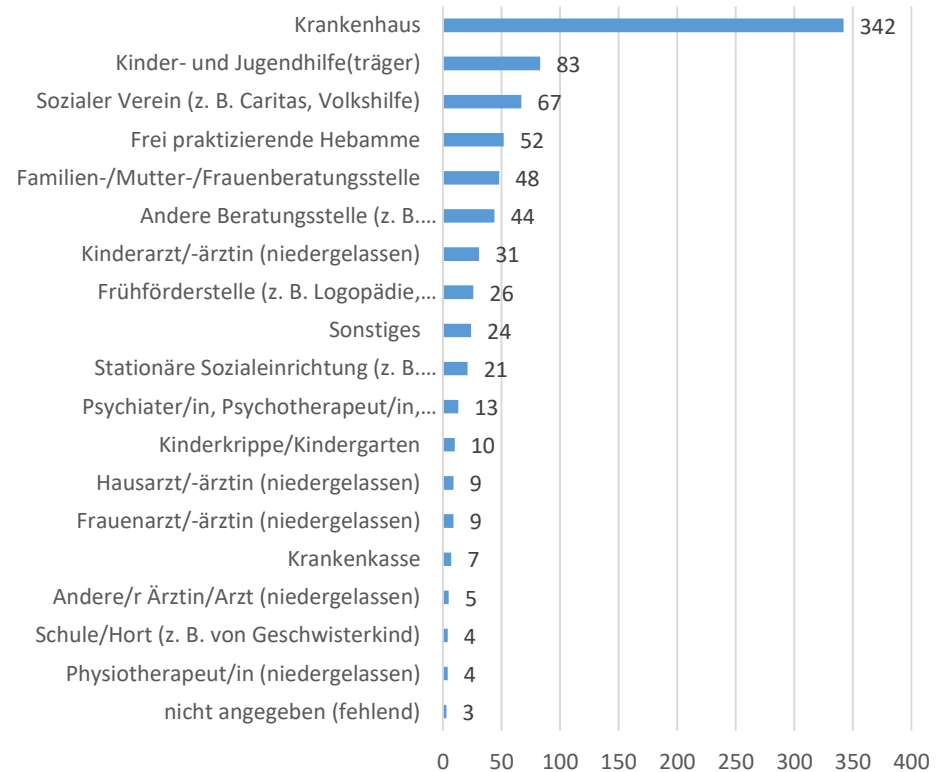
Who contacts us?

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Contact by...

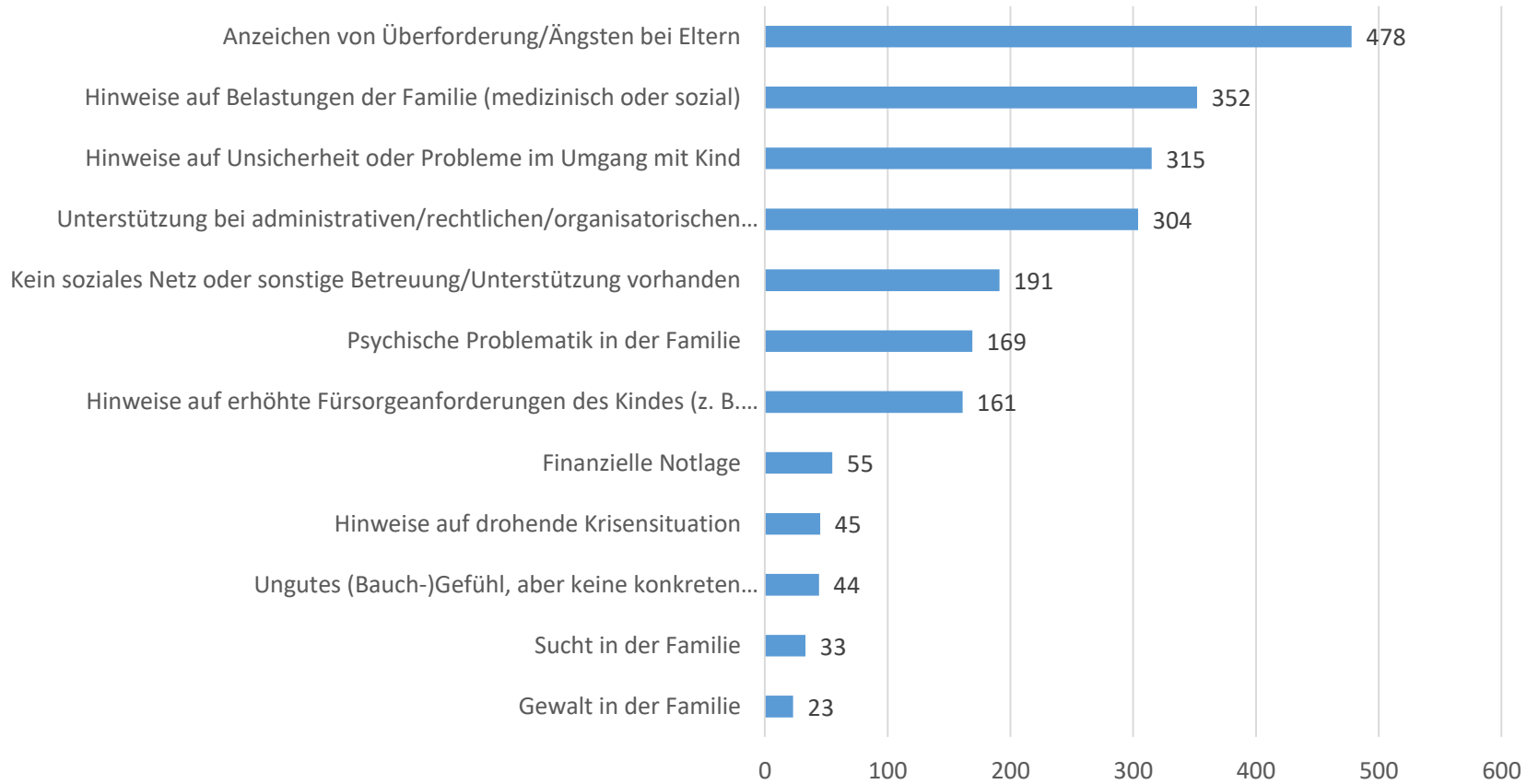


Kontaktaufnahme durch.... (Institution)



Reasons for allocation (Referrers)

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Pregnant women, families and you children in focus...

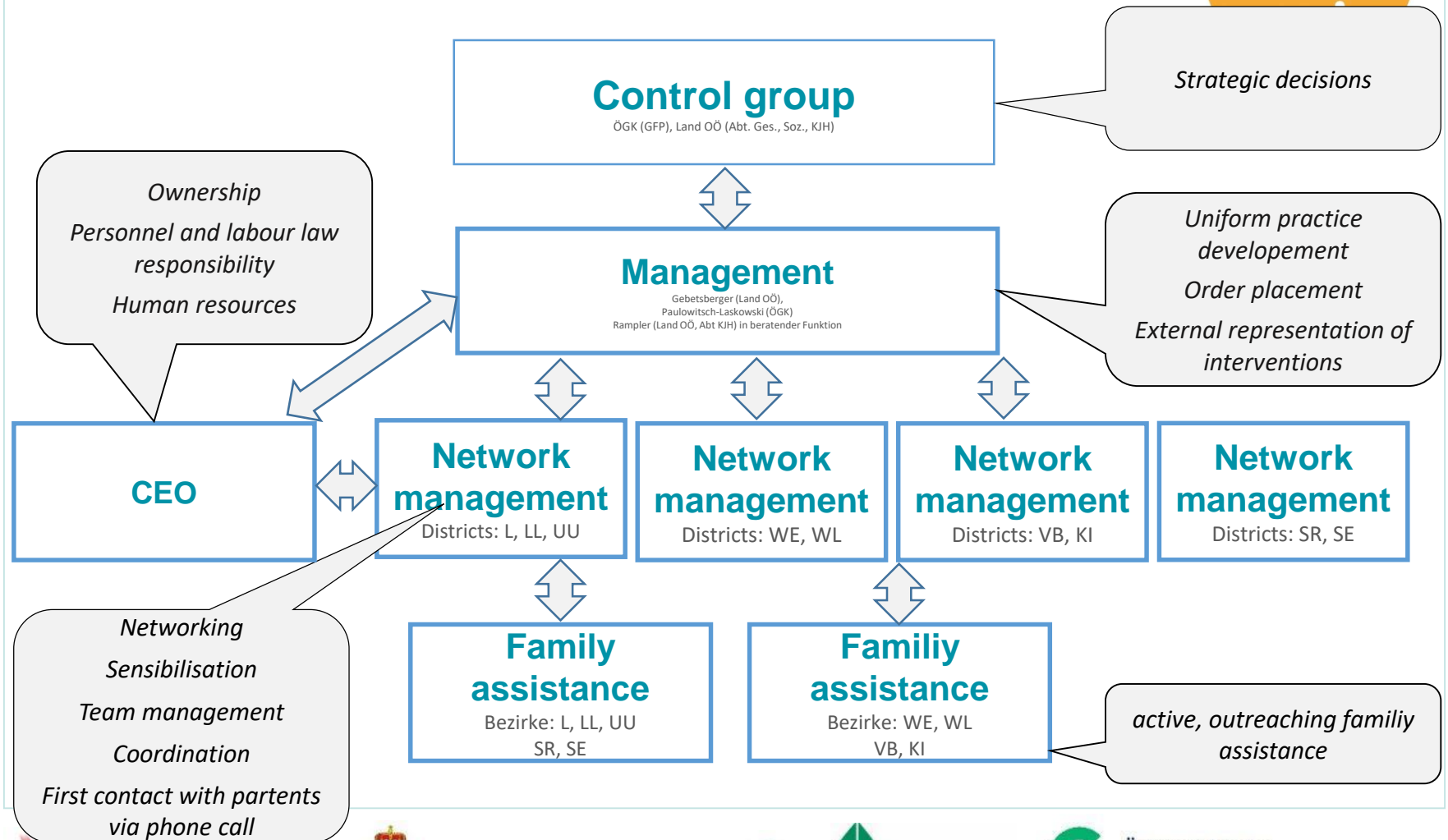
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<http://noraowl.de/>

Organigramm

... von Anfang



People...



Coordination management



Mag. Wolfgang Paulowitsch-Laskowski
Österreichische Gesundheitskasse
Gesundheitsförderung und Prävention
Tel.: +43 5 766 14103525
eMail: wolfgang.paulowitsch-laskowski@oegk.at



Mag.ª Monika Gebetsberger, PM.ME.
Amt der OÖ Landesregierung
Abteilung Gesundheit
Tel.: (+43 732) 77 20-14 12 8
eMail: monika.gebetsberger@ooe.gv.at

Network management



Mag.ª Alexandra Wambacher
Netzwerkmanagerin VB / KI
Tel.: 0676/512 39 03
eMail: alexandra.wambacher@spattstrasse.at



Ingrid Eisschill
Netzwerkmanagerin L / LL / UU
Tel.: 0676/512 38 45
eMail: ingrid.eisschill@spattstrasse.at



Mag. Veronika Ehrenguber
Netzwerkmanagerin WE / WL
Tel.: 0676/512 38 71
eMail: eva-maria.schneider@spattstrasse.at



Elisabeth Wurzer
Netzwerkmanagerin SR / SE
Tel.: 0676/512 38 50
eMail: elisabeth.wurzer@spattstrasse.at

Diakonie 
Zentrum
Spattstraße

People...



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FrüheHILFEN



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Contact



- **Give us a call:**

Central Office

Tel.: 0676/512 45 45

Montag bis Freitag von 9.00 bis 17.00 Uhr

Regional Network management:

Linz und Umgebung: 0676 / 512 38 45

Steyr / Steyr-Land: 0676 / 512 38 50

Wels / Wels-Land: 0676 / 512 38 71

Vöcklabruck / Kirchdorf: 0676 / 512 12 03

- **Voluntairness** – always check!



Further information

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www.gesundheitskasse.at/fruehehilfen