



RĪGA STRADIŅŠ
UNIVERSITY

RĪGA STRADIŅŠ UNIVERSITY
THE WELFARE DEPARTMENT OF THE RIGA CITY COUNCIL
ASSOCIATION OF CLINICAL SOCIAL WORKERS

**6th International Interdisciplinary
Scientific Conference**

SOCIETY HEALTH WELFARE

Living in the World of Diversity:
Social Transformations. Innovations.
Solutions

ABSTRACTS

RĪGA
23–25 November 2016

Dynamics of Psychological Safety in Mothers Raising Children with Special Needs

*Inna Atamanova, Natalia Kozlova, Irina Glebova,
Emma Meshcheryakova, Tatiana Levitskaya, Dina Zueva*
National Research Tomsk State University, Russia

Keywords: *psychological safety, featured children, psychotherapeutic space, hippotherapy*

Introduction. The WHO reports that the number of featured children (those with autism, cerebral palsy, Down syndrome, cognitive disorders, etc) is increasing by every year globally. Children with special needs have a transformative effect on their families as a whole and each family member, especially mothers. Recent studies showed that there is a considerable decrease in psychological well-being among mothers raising children with special needs. Therefore, addressing the issues of providing psychological support for them is of particular importance for both researchers and practitioners.

Aim. The present study focused on exploring the dynamics of psychological safety in mothers raising children with special needs. Being a complex phenomenon, psychological safety plays a crucial role in helping people to overcome difficulties and can be viewed, in turn, as an indicative factor of one's psychological well-being. Thirty-two mothers, aged from 25 to 45, participated in the study which was organized as follows. Their children, aged from 3 to 11, underwent a rehabilitation programme in a rehabilitation centre. These mothers agreed their psychological characteristics to be evaluated and then they took part in a programme of psychological support. The key element of the programme created was a specific psychotherapeutic space combining hippotherapy with environmental, social and personal factors. Finally, the study participants' psychological characteristics in question were again evaluated to reveal their dynamics.

Results. The study results indicated a low or transient level of psychological safety among the study participants before their involvement in the programme of psychological support. This was manifested in their poor mental state and reduced emotional background, a high level of anxiety and a distorted image of their future. They also lacked self-confidence and distrusted others. Participating in the programme of psychological support helped mothers enhance their sense of psychological safety. Compared to the control group, the study participants' parameters of psychological safety showed statistically significant positive dynamics.

Conclusions. Thus, the results obtained contribute to studying factors of psychological well-being in mothers raising children with special needs and suggest an effective way of enhancing their sense of psychological safety via participating in a programme of psychological support based on a specific psychotherapeutic space.

Well-being and Functional Abilities in Nursing Home and Home Living Seniors in Latvia

Aija Balode, Anda Stolarova, Anīta Villerusa, Janis Vetra
Rīga Stradiņš University, Latvia

Keywords: *well-being, functional abilities, elderly, nursing home*

Introduction. The society in developed countries is aging. In Latvia the mortality rate is higher (14.3/1000) than fertility rate (10.9/1000, 2014) and 19.6% of population was ≥ 65 years old (2015). 1.5% of seniors live in nursing homes in Latvia (2015). The UN expects that the number of elderly will double in the next 50 years in developed countries.

Aim. To describe differences of well-being and functional abilities between nursing home and at home living Latvian seniors.

Methods. 285 seniors from 11 nursing homes and 280 home living seniors, age ≥ 65 years, who were able to understand questions and respond to them, as well as to stand up with or without