

«Living energy»

Applicant: state institution "Territorial Center for Social Services of the Verkhnedvinsky district".

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Relevance: The design of the device and equipment of the developing subject-spatial environment of the Living Energy sports hall was developed for the department of social rehabilitation, habilitation of the disabled, providing day care for elderly citizens and comprehensive support in a crisis situation (hereinafter referred to as the department) of the state institution Territorial Center for Social Services of the Verkhnedvinsky district.

People with disabilities and older citizens are the most vulnerable part of the population in need of special social support. Given the growing number of people with disabilities, the task of integrating them into society is of particular importance. This approach will make it possible to create a system of rehabilitation and habilitation of disabled people aimed at socialization and integration into society.

The Living Energy project was developed with the aim of promoting and popularizing a healthy lifestyle, increasing the level of socialization of people with disabilities and senior citizens by engaging in sports activities and sporting events, increasing adaptive physical culture and sports, instilling a desire to lead a healthy lifestyle. The department already has sports clubs for people with disabilities and senior citizens, but, unfortunately, so far this activity is conducted in not very adapted conditions, despite the fact that the number of people attending the department is more than 130 (57 disabled, 79 senior citizens). The project does not require capital construction, as it will be implemented in the sports hall of the department, where an accessible environment for physically weakened persons is equipped.

The aim of the project is to create optimal conditions for the physical development and health promotion of people with disabilities and senior citizens, and to improve the quality of life.

Tasks:

- creation of a system of comprehensive assistance to people with disabilities and elderly citizens;
- social adaptation and integration of people with disabilities in society;

- an increase in the number of disabled people, elderly citizens engaged in physical training;
- the effectiveness of rehabilitation, habilitation of the disabled, taking into account the capabilities and physical characteristics of the visitors.

The Target group:

1. People with disabilities.
2. Elderly citizens.

The project will provide:

- creation of conditions on the territory of the department to take into account the special needs of disabled and elderly citizens;
- social adaptation and integration of people with disabilities in society;
- the realization of the rights of persons with disabilities, which will contribute to their full participation in society;
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- increasing the number of people visiting the department who are covered by general physical training;
- promotion of a healthy lifestyle.

TCSON is an institution with staff.

In addition, there is a gym, minimal equipment for the physical development of visitors (tennis table, stepper, jump ropes, balls, hoops, gymnastic benches).

There is a vehicle for transporting people with disabilities, including wheelchair users, to the department.

As a design solution, it is proposed to purchase and install sports equipment intended for physically weakened persons, people with disabilities, for successful physical development, health improvement, training and socialization.

List of equipment for the gym:

1. Exercise bike OT-2520 magnetic, up to 100 kg - \$ 195;
 2. Mini exercise bike for legs and arms - \$ 35;
 3. Walking simulator "Step" - \$ 765;
 4. Large parallel bars - \$ 105;
 5. Massage ball for rehabilitation - \$ 290 (cost of 1 piece is \$ 2.9);
 6. Exercise machine for disabled people "Steps" - \$ 135;
 7. Rehabilitation exercise machine "Biceps-shrina" - \$ 725;
 8. Rehabilitation roller - \$ 20;
 9. Finger trainer - \$ 10;
 10. Vibration platform - \$ 700.
- TOTAL: \$ 2980.**

Expected duration of the project:

The duration of the project is 1 year.

As a result of the project we will get:

Criterion	Index
Creation of a universal sports ground on the basis of the department that meets the requirements for the provision of services to elderly citizens by disabled people	Positive dynamics
Involving disabled people and older citizens in increasing motivation and regular exercise in adaptive physical culture and sports	Positive dynamics
Improving the health status of disabled people and elderly citizens by increasing the availability and quality of physical education and sports, preventing diseases	Positive dynamics

Further development of the project

In the future, work in the intended direction is planned to be carried out by:

- conducting adaptive physical education classes for disabled people and elderly citizens in the gym;
- involving more disabled people and elderly citizens in physical education and mass work through sporting events, holidays and the work of clubs for general health improvement and useful time and leisure;
- active participation in the activities of this project will help solve some problems of citizens with disabilities related to self-affirmation and self-expression;
- achieving tangible success in sports competitions at various levels.

Thus, the implementation of the above plans will allow the “Living Energy” project to be implemented in full.