

# A FEW SNIPPETS TOWARDS NORMALITY

The SKOK do života (Leap into Life) campaign aims to highlight the "little things" that severely limit people in institutions and help change them. These changes are not related to the need for new buildings or increased staffing levels. They can be implemented anywhere, relatively quickly and at a reasonable cost. You just have to be willing to do it.

Together with our clients, we present 13 points "towards normality":

1. To have toilet paper by the toilet bowl.
2. To have selected food and beverages freely available 24 hours a day.
3. To have keys, be able to have privacy in your room or, on the other hand, to get out of the building.
4. To have your own things in your room such as photos, clothes, trash can, laundry basket.
5. To have a toothbrush and a towel in the bathroom.
6. To be able to leave the house every day if my health permits.
7. To be able to sleep well.
8. To take medication to sleep or to calm down before going to bed, e.g. at 8 p.m. and not at 5 p.m. when the healthcare worker leaves.
9. To get my money the same day I ask for it when I need it.
10. To be able to live with your partner, to experience your sexuality.
11. To have respectful staff.
12. To have a choice, to have duties, responsibilities, rights. To be able to learn from mistakes.
13. To have a pet.

SKOK DO ŽIVOTA

#skokdozivota #parutrzkuknormalnosti #bezustavu



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