

„Caritas” Care and Rehabilitation Centre for Disabled Children and Youth in Jadowniki Mokre, Tarnow Diocese



Care and Rehabilitation Centre in Jadowniki Mokre was founded due to the initiative of Archbishop Józef Kowalczyk, the Senior Primate of Poland, whose roots come from the region. The Archbishop is deeply attached to his hometown, and this „Little Motherland” keeps a special place in his heart.



The Centre was founded with the thought of persons disabled both physically and intellectually, especially those living in rural areas, whose financial and health situation is tough.

The Centre's field of activity is very large. The Centre fulfills its tasks on many different levels, and through the functioning of various programmes and facilities, namely:

- Welfare House for Children with Intellectual Disabilities
- Rehabilitation Programmes
- Non-Public Special Elementary School
- Non-Public Special Secondary School
- Non-Public Special School Focused on Preparation for Work and Gaining Work Skills
- Daycare Facility
- Rehabilitation Facility
- Hydrotherapy Facility

Rehabilitation Programmes

(a two week long programme for specific rehabilitation)

The Programmes are organised for persons with the following disabilities:

- Movement dysfunction
- Mental disability
- Epilepsy
- Infantile cerebral palsy
- Cardiovascular diseases
- Respiratory diseases
- Various neurological diseases



The Centre has the capacity for a group of 55 people (including participants together with their caretakers or guardians).



The Welfare House in Jadowniki Mokre was founded with the specific thought of children and youth with intellectual and movement disabilities resulting from infantile cerebral palsy (ICP), autism, epilepsy, and other neurological causes.

The Welfare House provides the environment for satisfying various needs of its residents. The Welfare House adopts a standard of care which is individually suited towards personal abilities of every resident. At present, there are 16 disabled residents, aged 4-40.



Non-Public Special Elementary School, Non-Public Special Secondary School, and the Non-Public Special School Focused on Preparation for Work and Gaining Work Skills

These facilities are destined for children with minor, moderate, and serious mental disabilities. They are also specially adjusted towards students with movement disabilities.

Within the schools there exist two specific departments, namely:

- Educational and Therapeutic Department,
- Rehabilitation and Educational Department



The Daycare Facility is destined for children who live in the region and come from less-privileged families, who also seek opportunities to spend their spare time in interesting and creative ways, and to develop own interests.



The Rehabilitation Facility provides medical services in accordance with an agreement signed with the National Healthcare Fund. Habitants of the region can make use of them free of charge. All of the Facility employees are highly qualified. The personnel consists of: physiotherapists, nurses, and doctors with special medical rehabilitation qualifications.



Hydrotherapy Facility

The Facility consists of a swimming pool which is adjusted for the purposes of rehabilitation. The pool's exact measurements are 12,5 m x 13 m. It is divided into two parts: a flat part which has the depth varying between 0,90 m - 1,35 m, and a deep part, with the depth between 1,35 m – 1,70 m. The swimming pool is equipped with special hydromassage devices, underwater lightening, and handles. Besides the pool, the Facility also consists of a hydromassage bathtub, a Finnish sauna and a salt cave.

There are various activities organised on the Facility premises:

- Rehabilitation activities,
- Recreational activities,
- Swimming lessons for children.

The Centre offers a variety of modern rehabilitation and therapeutic methods.



Physiotherapeutic methods of treatment:

- electrotherapy
- magnotherapy
- ultrasounds
- light therapy (laser therapy, solux, bio-V lamp)
- thermotherapy
- cryotherapy
- inhalations
- hydrotherapy (underwater massage, whirlpool massage)
- Individual exercises in the swimming pool



Means of kinesiotherapy:

- physiotherapy
- exercises aiming at improving movement
- individual exercises based on the modern methods which are individually suited for each patient (NDT-Bobath, PNF)
- walking exercises
- kinesiology taping
- manual therapy
- medical massage

The Centre also offers:

- hippotherapy
- therapy dogs
- group therapy
- psychological consultations
- logopedic consultations
- horticultural therapy
- halotherapy
- activities in the Experiencing the World Room
- exercises at the outdoor gym



The Centre is constantly developing;
the most recent development
is the Horticultural Therapy Garden.





Thank you for your attention!