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THE SOCIALIZATION PROGRAM FOR INDIVIDUALS WITH MUSCULOSKELETAL DISORDERS

Current economic situation in Ukraine, economic and financial crisis, growth of unemployment, decrease of family income, lack of access to healthcare services, and environmental pollution require that additional steps be taken to ensure social protection of disabled individuals, which should be viewed as one of the top priorities. These circumstances have led to demographic challenges, higher morbidity rate among children, and the growth of disability.

Individuals with disability and members of their families are both physically disabled (it is hard for them to get to important institutions and organizations), as well as in terms of the access to information; they are not fully aware of their rights.

This situation necessitates the development and adoption of national and regional programs aimed at the improvement of the demographic, social and economic situation, providing legal and social protection of the family, development of evidence-based measures to prevent a variety of psychophysical disorders, physical, mental, and social rehabilitation and adaptation of the individuals with special needs [2].

The purpose of this article is to determine pedagogical conditions of the effective comprehensive rehabilitation and social growth of individuals with musculoskeletal disorders, based on the analysis of the current status of the socialization of individuals with disabilities in Ukraine, the practices of Early Rehabilitation Centers for disabled children and Professional Rehabilitation Centers

for disabled adults, basic legislation regulating the work of these institutions, the scientific and theoretical analysis of the innovations offered by national and foreign scholars, teachers, and practitioners in the field of the social protection of disabled individuals.

When developing pedagogical conditions, we understood that the socialization of individuals with musculoskeletal disorders involves not only the care for such individuals, but also a complex of activities that help individuals become more self-reliant, contributing to their own efforts [1].

The **first condition** is the establishment of a comprehensive regional program of the complex rehabilitation and socialization of individuals with musculoskeletal disorders and the launch of effective mechanisms for its implementation (adequate adaptation of the disabled, creating conditions for these individuals to fulfill their potential and successfully integrate into the contemporary society).

The program envisages the implementation of the following measures:

- resolving the challenges of financing the diagnostics and correction of mental and physical developmental disorders in both children and adults with musculoskeletal disorders;

- advancing the system of monitoring the obligatory medical and psychological check-ups of children, teenagers, and the youth studying in educational establishments of different levels;

- ensuring that local authorities understand the necessity to create a system of remedial and developmental education in special co-educational institutions;

- strengthening the control over the labor law, enhancing the legal awareness of disabled individuals regarding occupational hygiene and accident prevention;

- facilitating the growth of the network of family planning services and family counseling, supporting social ads promoting health and healthy lifestyle; developing and ensuring the implementation of specialized programs advancing social ads and healthy lifestyle, family planning, safe motherhood and responsible parenthood and their maintenance;

- organizing outreach consultative, diagnostic, medical, and psychological services;
- creating a network of special education, remedial and developmental institutions for children with developmental disorders;
- inclusion into the curriculum of various educational institutions, including those of continuing education, of the subjects on family planning, early diagnosis, monitoring of children and adults health; prevention, psychological and medical correction of various developmental disorders;
- developing manuals for medical doctors, educators, and social workers on preventive work, promotion of healthy lifestyle, raising legal, medical, and professional awareness among different groups of population;
- publishing outreach materials on healthy lifestyle, diagnostics and correction of developmental disorders in children and adults, for young couples, teenagers and the youth, rural population, and risk groups;
- promoting efforts of specialized research laboratories and centers, social and psychological services, schools, clubs, associations of disabled individuals;
- promoting the participation of institutions, educational establishments, advocacy groups, scientific research centers and the involvement of national scholars, professionals, and students in the international programs on these issues; and
- creating conditions for the realization of international investment projects in these areas.

The implementation of the regional program was aimed at solving the following vital for disabled individuals problems:

1. Fostering positive perceptions of disabled individuals.
2. Encouraging efforts of the existing state and advocacy social services, as well as their openness and transparency.
3. Making sure that individuals with disabilities of all categories and groups, including those receiving disability benefits, have the opportunity to gain employment and find their place in the society.

4. Establishing and supporting advocacy organizations of disabled individuals and volunteer services.
5. Creating a barrier-free access to the places of social relevance for disabled persons.
6. Gradual substitution of institutionalization as a direction of special education with inclusion into schools of all levels.
7. Encouraging the media to adjust their products to the needs of visually impaired and hard of hearing individuals.
8. State and local authorities should actively involve individuals with disabilities to solve their problems at all levels of community involvement.

Contemporary government programs are focused on the “average” disabled individual and mass parameters. Government and community/advocacy programs can be effective only if they are focused on the potential of each disabled individual. This information is crucial for the selection of measures to create special conditions of work for a person.

All regional remedial programs for disabled individuals have certain features that are borne of the peculiarities of the local economic situation, cultural, religious, ethnic and national traditions. But at the same time, regional programs are always based on a state model and general guidelines adopted in the region for its implementation: view on the problem not as a medical and educational, but as a social and educational one; integrated approach to the use of the regional potential (socio-economic and pedagogical potential, integration of the efforts and capabilities of all involved in the remedial efforts); direct help to disabled individuals taking into account the conditions of their rehabilitation and social adaptation. The regional program of the comprehensive rehabilitation and socialization of disabled individuals is able to bring about positive results over a short period of time, which is important for building trust of these individuals to the state [3].

We view a regional program of the comprehensive rehabilitation and socialization of individuals with musculoskeletal disorders as a specific highly structured and priority activity of the state at the regional level, which covers all

spheres of life of individuals with developmental disorders and is implemented at all levels of the administrative territorial system (region, town, educational or rehabilitation institutions, family), as well as within local communities and labor groups in the region. Thus, the regional program expresses the strategy of the state and local authorities to provide optimal rehabilitation and social adaptation of each disabled individual.

We have developed a program of the psychological and pedagogical support of the process of the comprehensive rehabilitation and socialization of individuals with musculoskeletal disorders, which was the initiative of our research group. It was supported by the Department of Labor and Social Protection of the Luhansk Regional State Administration. The Departments of Health, Youth and Sport, Education, Culture and Tourism, Transport and Communications, Executive Committees of the City Council and District State Administrations, regional department of the Fund of Social Protection of Disabled individuals, regional employment center, Regional Commission on enterprises and organizations, as well as advocacy organizations of disabled individuals participated in it. The program became the basis for the approved by the Luhansk Regional Council *Complex regional program of social protection and rehabilitation of persons with disabilities for 2007 – 2010*.

The main goal of the program is the improvement of living conditions for individuals with musculoskeletal disorders in the region, thanks to which individuals with disabilities enjoy a fuller life according to their individual abilities and interests.

The basic principles that underpin our program are the respect for each individual, regardless of his/her health status, granting the right to participate and encouraging the participation of each young person in the social and economic life (if possible); legal and social protection of individuals with developmental disorders in order to create necessary start-up opportunities for their full social formation and development; promotion of the initiative of individuals with musculoskeletal disorders in all spheres of social life; bringing together governmental and non-governmental agencies in the sphere of social work; targeted personality-oriented

focus of remedial efforts; and stimulation of sponsorship and charity initiatives of enterprises, organizations, businesses, individuals, and others.

The program involved comprehensive measures of the social protection and rehabilitation of individuals with musculoskeletal disorders in a number of areas, including: legal protection, social protection, psychophysical rehabilitation of disabled individuals, social and living arrangements:

- creating a database of disabled individuals with musculoskeletal disorders of all categories;
- conducting a sociological study of the current status of individuals with disabilities;
- informing disabled individuals about changes in and amendments to the law on the social protection of disabled individuals;
- monitoring and analysis of the methods, forms, and measures of the rehabilitation of individuals with disabilities, their integration into society;
- creating conditions for the early detection, continuous medical, psychological, and pedagogical rehabilitation and social adaptation of this contingent;
- providing special psychological, medical, and pedagogical support to individuals with musculoskeletal disorders;
- organizing the work on the social adaptation and social integration of young individuals with musculoskeletal disorders;
- ensuring that sufficient number of professionals (teachers, counselors, social workers, rehabilitation experts, etc.) are trained;
- studying the best practices of foreign countries in the field of the rehabilitation and employment of individuals with musculoskeletal disorders;
- conducting classes in educational establishments on the protection of rights of individuals with musculoskeletal disorders;
- increasing the number of specialized groups for individuals with musculoskeletal disorders in schools of different levels;
- conducting “round tables”, conferences involving advocacy organizations of/for disabled individuals;

- developing volunteer movement in educational establishments of different levels of accreditation;
- facilitating the employment of individuals with disabilities;
- creating “work from home” opportunities as one of the optimal areas of employment of individuals with musculoskeletal disorders; and
- conducting seminars on the interaction between governmental agencies and advocacy groups of disabled individuals.

Practical implementation of these measures gives the opportunity to disabled individuals to express themselves in a variety of activities; along the same lines, teachers are enabled to create conditions for a true socialization of persons with disabilities in a broad social and cultural context, parents – to participate in the creation of appropriate conditions for self-fulfillment, governmental agencies and advocacy groups – to take decisions that are informed by the situation in the region.

The **second** pedagogical condition ensuring the effectiveness of the comprehensive rehabilitation and socialization of individuals with musculoskeletal disorders is the optimization of the regional rehabilitation environment based on a comprehensive, personality-oriented approach to providing medical, social, psychological, and educational assistance to individuals with musculoskeletal disorders through the use of educational techniques that take into account the needs of disabled individuals and contribute to their social protection.

The work of our interdisciplinary rehabilitation team was aimed at enhancing legal awareness among individuals with musculoskeletal disorders; improvement of the living conditions of disabled individuals in the region; establishment of remedial education options for disabled individuals, introducing them to available means of habilitation and rehabilitation; providing favorable conditions for the cooperation of advocacy organizations of disabled individuals and employers, trade unions, regional executive authorities in the field of rehabilitation of individuals with musculoskeletal disorders; facilitating the access of individuals with disabilities to residential and public buildings; increased activity of advocacy organizations of disabled individuals in the region; establishment of the Regional Centre of Distance Learning for disabled

individuals on the basis of Lugansk Institute of Labour and Social Techniques; involvement of individuals with musculoskeletal disorders, registered at the Employment Service, to the participation in counseling and career guidance activities aimed at helping them gain employment; and providing information services to disabled individuals in order to facilitate their adaptation to labor market conditions and professional integration into the society.

The following have been identified as the main subjects of the regional system of the comprehensive rehabilitation of disabled individuals: disabled individuals, their parents and families, local governmental agencies on behalf of the state; medical and social panels of experts; general and special secondary schools for disabled children; vocational and higher educational institutions, scholars of the Department of Social Pedagogy, Defectology and Psychological Correction of Lugansk Taras Shevchenko National University (LNU); volunteers – students of LNU; centers for vocational rehabilitation of disabled individuals; Department of Labor and Social Protection; Employment Service, the regional department of the Fund of Social Protection of Disabled Individuals; Social Insurance Fund's regional offices of the industrial injuries and professional diseases; employers (individuals and entities), advocacy organizations of disabled individuals. Each of these subjects of the system of the comprehensive rehabilitation of disabled individuals has its own function with regard to ensuring the functioning of the system in general.

The coordinated interaction of the subjects of the comprehensive rehabilitation of the disabled individuals ensures the implementation of its main function – to contribute to the comprehensive integration of disabled individuals into the social life by involving them in all spheres of society.

The **third** pedagogical condition is associated with the need to direct remedial and rehabilitation efforts against prejudices towards individuals with disabilities, as well as to enhance the awareness of contemporary means of the complex rehabilitation and socialization of this category of individuals.

Ukraine ratified the UN Convention on the Rights of Persons with Disabilities in December of 2009. According to it, member states should take appropriate

measures, particularly in the field of legislation, to prohibit discrimination on the basis of disability with regard to all matters relating to employment, including the terms of hiring and employment, continuance of employment, career advancement, provide reasonable accommodation in the workplace to persons with disabilities (Article 27 of the UN Convention on the Rights of Persons with Disabilities) [4].

In the regions, only partial protection of persons with disabilities from discrimination is provided. These individuals sometimes cannot access infrastructure, the worst being the access to residential buildings, as well as the access to information, communication, and public institutions, enterprises, organizations. Administrative buildings are better equipped to accommodate their needs.

An introduction of the idea of equal rights and opportunities for young individuals with disabilities is a very important component of their social integration. Even for the existence of legal framework ensuring the rights and opportunities of these individuals, their social integration will fail if the society lacks the awareness of the relevance of this idea and the urgent need of disabled individuals in it. Primarily, this concerns the interaction of individuals with disabilities and healthy individuals, as psychologically deficient organizational arrangements on integration end up inefficient. Theoretically, the idea of the social integration of individuals with disabilities is supported by the majority of individuals, but their attitude remains controversial. In particular, “the healthy” consider the disabled unhappy, hostile, suspicious, aggressive, gloomy, asocial. In the other words, it is an ambivalent attitude: compassion is mixed with rejection and disgust despite the fact that the majority of disabled individuals are willing to live and communicate with healthy individuals.

It is important to create optimal conditions for independent living of disabled individuals, which ultimately must become the objective basis for revealing their personality, individuality, and uniqueness.

Advocacy organizations of disabled individuals play an important role in providing social assistance to disabled individuals. Their work helps individuals with disabilities in the development of culture, education, healthcare, as well as in their

socialization, solving their problems, engaging in an active lifestyle, which greatly facilitates their social adaptation. Beyond promoting civic activity, these non-commercial associations create jobs for certain groups of individuals, provide important social services to disabled individuals, thus helping to create better conditions of life for persons with disabilities.

Therefore, the process of developing the third educational condition led us to the conclusion that the educational technique of the comprehensive rehabilitation and socialization of persons with musculoskeletal disorders is a poly-technique complex that includes a number of specialized (focused) techniques, methods, which work on solving the ultimate goal.

Summing up the general theoretical development of the pedagogical conditions of the socialization of individuals with musculoskeletal disorders, we believe that these pedagogical conditions are the interconnected and mutually reinforcing components of an effective process of the rehabilitation of disabled individuals. The prospects for further research may include the study of the practical implementation of the developed conditions, which is possible on the basis of the integrated consideration of their essential characteristics.

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Глоба О. П., Полулященко Ю. М, Білоус В. Н. Програма соціалізації осіб з порушеннями опорно-рухового апарату

У статті розглянуто питання теорії і практики психофізичної реабілітації та соціалізації осіб з порушеннями опорно-рухового апарату.

Спираючись на аналіз сучасного стану справ щодо соціалізації осіб з обмеженими психофізичними можливостями в Україні, вивчення практичного досвіду діяльності центрів ранньої реабілітації дітей-інвалідів та центрів професійної реабілітації інвалідів, базового законодавства, яке регламентує відповідну діяльність цих установ, а також орієнтуючись на науково-теоретичний аналіз інновацій досвідчених вітчизняних та зарубіжних педагогів-науковців і практиків у галузі соціального захисту інвалідів, авторами визначено педагогічні умови забезпечення ефективності комплексної реабілітації та соціалізації осіб з порушеннями опорно-рухового апарату.

Ключові слова: психофізична реабілітація, соціалізація, інклюзія, інтеграція, медико-психолого-педагогічний супровід.

Глоба А. П., Полулященко Ю. М., Белоус В. Н. Программа социализации личностей с нарушениями опорно-двигательного аппарата

В статье рассматриваются вопросы теории и практики психофизической реабилитации и социализации лиц с нарушениями опорно-двигательного аппарата.

Опираясь на анализ современного состояния процесса социализации лиц с ограниченными психофизическими возможностями в Украине, изучение практического опыта деятельности Центров ранней реабилитации детей-инвалидов и Центров профессиональной реабилитации инвалидов, базового

законодательства, регламентирующего соответствующую деятельность этих учреждений, а также ориентируясь на научно-теоретический анализ инноваций опытных отечественных и зарубежных педагогов-ученых и практиков в области социальной защиты инвалидов, авторами были определены педагогические условия обеспечения эффективности комплексной реабилитации и социализации лиц с нарушениями опорно-двигательного аппарата.

Ключевые слова: психофизическая реабилитация, социализация, инклюзия, интеграция, медико-психолого-педагогическое сопровождение.

Hloba O. P., Poluliashchenko Yu. M., Bilous V. N. The Socialization Program for Individuals with Musculoskeletal Disorders

The article deals with the theory and practice of the psychophysical rehabilitation and socialization of individuals with musculoskeletal disorders. The authors define the main subjects of the regional system of the complex rehabilitation of these individuals, such as: disabled individuals themselves; their parents and families; the state represented by local governments; panels of medical and psychological experts; mainstream and special schools, professional and higher educational institutions; university-based research departments of social pedagogy, defectology and psychological correction; volunteers, like university students; departments of employment and social security, etc.

The study of the process of the socialization of disabled individuals in Ukraine, the practices of the Centers of the early rehabilitation of disabled children and the Centers of the professional rehabilitation of disabled adults, basic legislation regulating their work, as well as guided by the theoretical and practical analysis of the innovations offered by experienced national and foreign practitioners and researchers in the area of the social protection of people with disabilities, the authors of the article were able to define the pedagogical conditions of ensuring the efficiency of the complex rehabilitation and socialization of individuals with musculoskeletal disorders.

Key words: psychophysical rehabilitation, socialization, inclusion, integration, medical, psychological, and pedagogical support.

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