

Success Story

Services That Change Lives: The Story of a Mother and Her Three Children

In a small house on the outskirts of Elbasan lives a family, composed of the mother and father as well as their three children. For years, their life has been filled with challenges. The children suffer from serious musculoskeletal and respiratory conditions, while the mother herself battles daily with the consequences of a severe emotional state, diagnosed as depression by a psychiatrist.

The challenges faced by the family are not solely health-related. Social isolation, the sense of exclusion, and the economic inability to afford medical treatment have made their situation even more difficult.

The family's condition began to improve thanks to the support of the "EMBRACE BALASHE" project, implemented by IRCA in cooperation with the Municipality of Elbasan, with the support of the European Union through the EU for Social Care programme, implemented by UNICEF Albania and World Vision Albania, in collaboration with the Ministry of Health and Social Protection.

This positive change has been made possible through the provision of integrated social care services delivered directly to the family via the Mobile Social Care Unit, which aims to reach those most vulnerable and in need of services. The intervention goes beyond treatment; it has deep roots in listening, understanding, and developing a tailored support plan for each individual in the household.

In this particular case, the support began with a psychological assessment at home and continued with regular therapy sessions for the mother, with the goal of enhancing her emotional well-being and helping her regain a sense of control over her life.

At the same time, the children started receiving in-home physiotherapy sessions. With regular exercises, professional follow-up, and tailored support, their physical condition began to improve. Pain levels decreased, movement became easier, and most importantly, the parents felt more supported and involved in their children's treatment.

Today, the mother is on the path to recovery. She is learning to face her emotions, accept support, and build greater inner resilience. Her children are more energetic, more joyful, and are benefiting from the renewed presence of a mother who is gradually reconnecting with herself.

"Now I feel calmer and more capable of caring for my children. I used to feel stuck, but now I know I'm not alone," says the mother.

This case is a powerful example of the impact of integrated social care services, where psychological and physiotherapeutic interventions are combined to provide comprehensive support to both children and parents.



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Thanks to this approach, the family is now showing visible signs of improvement, not only in terms of physical health, but also emotionally and socially. They feel more empowered, more connected to their community, and better equipped to cope with everyday challenges.

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