

**From Home to Home and Society –  
A model for coaching immigrant women to  
participate in the functions of society**

**(March 1 2019- August 31 2021)**

# AMIF Funding

- The Ministry of Interior: Asylum, Migration and Integration Fund (AMIF)
- Vulnerable citizens of third world countries, particularly women
- For those with residence permits
- AMIF does not support employment projects
- EU support 75%
- Budget:
  - Total expenses: €204 671.63
  - EU support granted: €153 503.72
  - Co-finance: €51 167.91

# Partners

- **Setlementti Tampere, Naistari**
- **Finnish Refugee Council**
- **Kotipirtti Foundation**
- **Federation of Evangelical Lutheran Parishes in Tampere**
- **City of Tampere**
- **Apukolmio Ltd.**

# Background

- The project is a response to the European refugee crisis of 2014-2015, which saw refugees from Iraq, Syria and Afghanistan applying for asylum in Finland. In 2015 3915 people were given a residence permit. Finland must integrate them.
- Austria in particular has had good experiences of immigrants helping elderly people.

# Goals

- **Strengthen the participation of immigrant women in society**
- **Advance their integration by creating a coaching model with them**
- **Create circumstances that allow immigrant women to spend time with the elderly**

# Steps (1)

March-August 2019

Description of the problems  
and possibilities of integration

## 1. Recognizing immigrant women's experiences in Finnish society.

- Studying research into this subject
- To be done
  - Questionnaire to immigrant women and their spouses (N=110)
  - Interviews with employment officials (N=2-3)
  - Interviews with third sector actors (N=4-5)

### Study questions:

1. Why is it difficult for immigrant women to leave home to participate in society?
2. What kind of support would they like to receive from society?
3. What kind of support is offered them?
4. How could Finns support immigrant women's participation in society?

## Steps (2)

September – November 2019

### Creating the coaching model

## 2. Creating a coaching model for immigrant women that recognizes their needs.

- Workshop I. Basis for best possible coaching model.
  - 12 immigrant women with residence permits
  - 2 immigrant women with work experience in Finland
  - 2 elderly people
  - 2 experts from the Tampere University of Applied Sciences
  - 5 representatives of partner organizations
- Creating illustrative materials, which will be added to the coaching model
- The participants to the workshops will have a common vision of the basis for developing the model

## Steps (2)

December 2019-February 2020

Creating the coaching  
model

- Workshop II. Working on the methods and contents of the coaching model
  - Finnish culture, its history and special features
  - The Finnish way of communicating
  - The Finnish social and health welfare system
  - Finnish work culture
- Who do these relate to immigrant women's everyday lives and culture?



## Steps (2)

March-May 2020

### Creating the coaching model

- Workshop III. Finishing the coaching model before piloting
  - Based on Workshop II
  - Further work on the contents of the model
- Creating illustrative materials, which will be added to the coaching model
- The model is ready for the pilot stage

## Steps (3)

June-November 2020  
piloting the coaching  
model

### 3. Piloting the coaching model

- Immigrant women test the model's functionality in the field
- The model will be developed in monthly seminars, in which immigrant women, the elderly and representatives of partner organizations assess the model's functionality and improve it based on field testing
- Will be executed over **six months** on weekdays at the homes of elderly people, events and services offered by Kotitori. The home visits will involve spending time with the elderly doing chores, going outside, visiting the store and talking. The immigrant women will accompany the elderly at events and direct them to various services at Kotitori.
- **Goals:**
  - The coaching model has become a well-functioning program that does its part in integrating immigrant women to society.

## Steps (4)

December 2020-August  
2021

### Spreading the model

## 4. The coaching model is brought to the Tampere region and beyond

- The model starts being used in the Tampere region:
  - Tampere
  - Nokia
  - Lempäälä
  - Ylöjärvi
- Naistari coaches immigrant women for the model
- The Finnish Refugee Council presents the model in its events
- The documentary film Meetings is presented to audiences
- The model is presented to professionals and researchers in the field through electronic and printed materials