**Dobroe Delo (Kind Deed)** is a Moscow-based charity providing care for the elderly. Our clients are lonely, elderly people, who cannot leave their apartments due to health problems. Elderly people who were victims of totalitarian regimes (GULAG, naci) compose a group of high risk among all categories of the elderly. Having suffered much from the totalitarian regimes, these people have come through severe physical and psychological trauma, and have several chronic disorders. The majority of these people have posttraumatic stress disorders, PTSD and a high risk of psychosomatic disorders. Many have lost or could not establish families and are lonely. Many were afraid of speaking the truth about themselves until recent times. Tiny state pensions are the only source of income for the majority of these elderly.

The lonely elderly do not receive the necessary health and social assistance. State medical institutions do not provide adequate level of services for the elderly, especially for those who have serious illnesses and chronic disorders. State clinics in Russia do not have enough number doctors and necessary specialists in age-related diseases. Sometimes state doctors are dismissive of the elderly and avoid visiting them. Thus the majority of old people unable leave their apartments are not checked by doctors for months or even years. It is also very difficult to organize placement of older people into hospitals.

Social services provided by state institutions are also very limited and consist mainly of delivery of food to apartments. According to statistics, even these services are provided to only 30% of the needy elderly. The majority of the elderly can not get help for cleaning their apartments, washing windows, taking a shower, taking a walk, etc.

**History of the Organisation**

Since 1989 we have been providing medical and social at-home assistance to elderly victims of the GULAG through other charitable organizations. We have a rich experience in providing geriatric rehabilitation at home. In 1996 we established a new model for geriatric assistance at home. From 1996 we have also completed independent research in the areas of social gerontology. Our aim has been to investigate the factors impacting on the physical and mental health, and the social well-being of elderly people who are at risk.
In the creation of Kind Deed, we hope to form a new kind of organisation that combines direct help for the elderly, alongside research and the elaboration of new practices. Alongside the practical work in Moscow, we aim to continue offering support and guidance to other NGOs across the country through the development of resources on the internet, and the creation of a network of contacts. Kind Deeds, a regional charity helping elderly people, was registered in Moscow at the Chief Department of Justice in February 2000 as a non-commercial, non-governmental organisation.

The founders of the organisation are two doctors (specialists in gerontology) and a nurse. They have significant experience in charities working with elderly people who were victims of repression, both in Moscow and in the regions, particularly the Urals and Siberia.

Dr. Eduard Karyukhin
director of Dobroe Delo
Gerontologyst