

## THE ART OF SURVIVAL

# COPING STRATEGIES

of persons that are or ought to be users of the social protection system



## FOOD DEPRIVATION

We cook one kilogram of beans three times. You look for the cheaper prices. For example, the peas is here 60 denars, in another market it is 56. You'll go and buy from where it is cheaper [...] Sometimes something greasier will come by and will satisfy your hunger for a bit longer, but when you eat something lean, it doesn't keep you full for long time.

Petra, mother of a child with a disability



## SAVING ON MEDICINE

Sometimes you take pills for one month and for the next you don't take any. It is not enough, but there is nothing you can do. I take pills for one disease and then I change the pills for the other disease the other month.

Drita, a person with physical disability, social assistance recipient



## BORROWING

Sometimes we would ask for a loan from one person, from another, then from a third person and so on...

Orhan, a person with sensory disability, education, social assistance recipient



## FAMILY ASSISTANCE

We fully depend on my grandfather. If he would not send us food from the village we would have nothing to eat.

Daughter of the interviewee Marija – survivor of domestic violence and social assistance recipient



## SELECTIVE PAYING OF BILLS

I pay the water bill for one month, then for the next month I skip that bill and pay for the electricity and so on, the bills just continue to pile up. Additionally, there are costs for the son that cannot be covered with the social assistance only.

Stojan, a single father of a disabled child, social assistance recipient



## POSTPONE PAYMENT

There is a pharmacist near me that gives me medications for free, knowing that I would pay her in near future. Sometimes she would help me when she knows that I really need the medication, she is a good person but not all people are like that.

Petra, mother of a person with disability



## OCCASSIONAL PROVISION OF SERVICES

When there is a need of labor, they call me sometimes and I will go and work [...]. For example, some time ago, the neighbours called me to help them clean their house.

Mersiha, person with discontinued social assistance