

## PRESS RELEASE #2

### A MANUAL TO IMPLEMENTED NARRATIVE BASED SESSIONS FOR INFORMAL CARERS

The Erasmus+ funded “SINCALA - INFORMAL CARERS: A WHOLE-FAMILY & LIFECOURSE APPROACH” programme aims to support informal carers of all ages by developing and testing an intervention programme based on therapeutic narrative that can be used by professionals working with informal carers to support them building resilience and to promote their well-being.

Indeed, as shown by recent studies, art can be an easier way for carers to externalize a variety of feelings concerning their role. For example, a study using a poetry reading intervention to people with dementia and their caregivers have showed that poetry may help enhance self-esteem, cope with loss, gain better understanding of others and their experiences or create meaning, increased acceptance and self-awareness, greater empathy, reflection, fun and creativity, helping others, and positive challenge (Kidd et al, 2011).

The manual intends to provide professionals from the health and social care sectors with a methodology to implement support sessions for carers based on the reading of stimuli (such as poems, tales or extracts from longer texts), the exchange of feelings raised by this activity and their crystallization through expressive and spontaneous writing techniques.

The manual provides background information, step-by-step guidelines for the implementation of the sessions as well as a selection of stimuli available in the different partner languages to be used during the workshops.

The SINCALA project is implemented by a partnership between non-governmental organisations namely Women’s Support and Information Centre (Estonia), coordinator of the consortium, together with The University of Tartu (Estonia), the Union of Women Associations of Heraklion and Alzheimer Hellas (Greece), Anziani e non solo (Italy), CASO50+ Centro de Atendimento e Servicos 50+, Associacao (Portugal), Spominčica - Alzheimer Slovenija (Slovenia).

The manual can be downloaded in English, Estonian, Greek, Russian, Italian, Portuguese and Slovenian from this link: <https://sincala.eu/documents-2/>

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#### NOTES TO EDITORS

- To find out more about the SINCALA Programme please follow the link <https://sincala.eu>
- SINCALA is co-funded by the European Commission under the Grant Agreement: 2020-1-EE01-KA204-078004