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NEWSLETTER

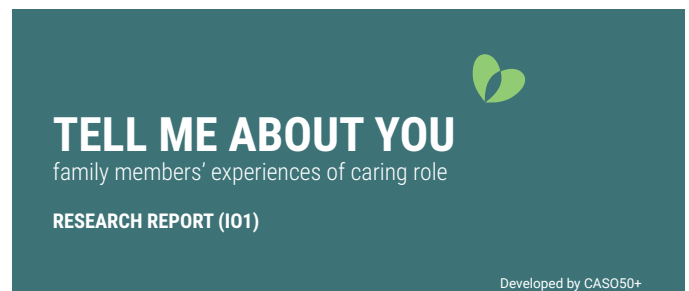
LAUNCH OF THE REPORT: 'TELL ME ABOUT YOU'

There are substantial differences in how Europeans deal with caring, as this is strongly influenced by cultural backgrounds, family structures and availability of support services among European countries. Therefore, it is important to have a clear picture of the different country situations, in order to see how the training should be adapted to adjust to the needs of carers and different types of organizations and countries.

The SINCALA partnership is happy to announce the launch of the report 'Tell Me About You' which will respond to this goal by collecting needs and experiences of families with caring role in EE-GR-SLO-IR and IT - through consultations conducted by partners to different members of households providing care for an ill or disabled one, via interviews and focus groups. In total, 11 focus groups (EE-GR-IE-IT-PT-SI) and 14 interviews (EE-IT-PT) were undertaken.

The questions have explored how caring can have different impact on carers of different age groups and with different kinship with the care recipient, how family relationships have been positively or negatively impacted by caring, what kind of adjustments and coping strategies families have adopted to be more resilient and adaptive to the changing situations.

The report is available in English from
<https://sincala.eu/download/202/>



PREMATURE CONCLUSION OF THE SINCALA PROJECT

Due to unexpected and unfortunate circumstances, the SINCALA partnership is forced to conclude its activities earlier than planned. The IO1 report “Tell me about you” will therefore be the first and last outcome of the project. The project website will remain available for all interested parties from the URL www.sincala.eu and the partnership is hopeful to be able to resubmit the project to continue implementing the workplan.

THE PROJECT

The stress of a chronic health condition or disability in a family member can impact on families as a whole, particularly if the different caregivers within the family attempt to deal with his or her feelings alone and without support. The ability to communicate effectively is a critical aspect of healthy functioning families. A primary threat to communication is the repression of affect, when family members suppress negative feelings like being overwhelmed, guilt, uncertainty, conflict and confusion within relationships associated with their situation. Being able to openly express these feelings and share emotions can build care givers’ resilience .The S.IN.CA.L.A project will meet common need of all EU countries: to address the challenge of providing care and support to an ageing population, particular among the older old (80+). In all countries, there will be a need for an increasing number of families to provide care. To achieve this, policy and supports for family carers will be imperative. S.IN.CA.L.A will provide an intervention programme that can be used by professionals working with family carers to support them build resilience to maintain capacity to care.

Learn more: www.sincala.eu

THE WEBSITE

The web-platform features news in English and national languages, blogs, project resources and updates, such as reports, policy briefs as well as opportunities for engagement e.g. events, workshops and face to face training sessions.

WWW.SINCALA.EU

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