

THE PARTNERS

S.IN.CA.L.A, funded under Erasmus +, consists of a partnership between non-governmental organisations (NGO) from Estonia, Greece, Ireland, Italy, Portugal and Slovenia

MTU EEesti Omastehoolidus (*Estonia*) is a voluntary association, whose goal is to support informal carers and advocate for their rights.

Greek Association of Alzheimer's Disease and Related Disorders (Alzheimer Hellas) (*Greece*) provides a wide range of services to people with dementia and their families.

Co-Creation Support CLG (*Ireland*) assists and works with stakeholders, such as people with dementia, to actively shape the design and delivery of person-centred services through 'bottom up' engagement, research and knowledge translation.

Anziani e non solo (*Italy*) has been working since 2004 in the field of European and non-European project management and in the realization of services and supports that increase social inclusion.

CAS050+ Centro de Atendimento e Servicos 50+, Associacao (*Portugal*) is non-profit association working in the field of ageing since 2012. It aims to promote health and well-being, active ageing and quality of life of older people and informal caregivers.

Spominčica (*Slovenia*) - Alzheimer Slovenia is a non-governmental organization, aimed at providing support to carers of persons with dementia, raising awareness, reducing stigma and promoting dementia friendly communities.

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.



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SUPPORTING INFORMAL CARERS:

A WHOLE-FAMILY & LIFECOURSE APPROACH



S.IN.CA.L.A.



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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.

THE OBJECTIVES ARE:

- To develop and test a pedagogical method based on narration, adapted to different EU country contexts, targeting households caring for older family members with the goal of building family resilience to maintain capacity to care.
- To provide informal carers with an opportunity to participate in an intervention designed to help them face challenges associated with their caring role, helping them make meaning of stressful experiences.
- To make available to educators and professionals working with family carers the S.IN.CA.L.A E-learning course which is based on evidence from research. Outcomes from the piloting of the course and intervention will result in a methodological guide and a MOOC. Outcomes from the piloting of the course and intervention will result in a This E-Learning course will extend and develop educators' competences and improve the supply of high quality learning opportunities tailored to the needs of informal carers.

THE TARGET GROUPS ARE:

- Informal carers which includes all members of households with caring responsibilities for older adults – spouses, adult children, grandchildren.
- Adult Educators and Professionals including psychologists, nurses, social workers, community workers, home care workers.

PROJECT OUTPUTS

The resources developed over the next three years will include:

- **'Tell Me About You'** Report will outline the experiences and needs of families with caring role in six countries – Estonia, Greece, Ireland, Italy, Portugal and Slovenia. It will explore with informal carers in the different countries the impact of caring on them and families; coping strategies and unmet needs. The findings from the research report will inform the development of the narrative based workshops and the MOOC (Massive Open On- line Course).
- **'Listen to my story'** is a programme of narrative based workshops for informal carers. These will be based on narration and spontaneous expressive techniques. They will support informal carers providing care to an older person, to be part of empathetic community, where they can acknowledge and express how they feel and make meaning of their situation. A series of workshops will be developed specific to spouses, adult children and grandchildren and adapted to the culture/language and context of each country

- S.IN.CA.L.A E-Learning Course will be an open online course for educators and professionals working with informal carers with the aim of providing them with the skills and knowledge to deliver the 'Listen to my story' programme of workshops. To create the E-Learning course, the learning from the research report and the piloting of the narrative based workshops will be collated into a Methodological Guide, from which the MOOC will be developed.

