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# PRESS RELEASE

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## **SINCALA WEBSITE LAUNCH: BUILDING RESILIENCE AMONG FAMILIES CARING FOR AN OLDER PER- SON - A DEDICATED EDUCATIONAL PROGRAMME**

The Erasmus+ funded "SINCALA - INFORMAL CARERS: A WHOLE-FAMILY & LIFECOURSE APPROACH" programme launches its new website platform <https://sincala.eu/>. The platform will support the delivery of the 3 year project aimed at developing a programme of narrative based workshops for informal carers. The goal of this intervention is to support different family members – spouses, adult children and grandchildren- providing care and support to an older person to be able to openly express these feelings and share emotions and in this way build resilience in coping with challenges. The intervention programme can be used by professionals working with family carers to support and maintain their capacity to provide care.

Over the next 3 years, the SINCALA consortium will work together to develop a set of innovative educational tools including a training programme based on the real needs of family carers. These evidence-based tools will benefit informal carers, adult educators and professionals such as psychologists, nurses, social workers, community workers, home care workers. The resources developed will include:

- 1) A research report outlining the experiences and needs of families with caring roles in six countries – Estonia, Greece, Ireland, Italy, Portugal and Slovenia.
- 2) Narrative based workshops for informal carers.



3) An open online course (MOOC) for educators and professionals working with informal carers aimed at providing them with the skills and knowledge to deliver the programme of workshops to family carers.

The web-platform will feature 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.

The educational programme, currently in its first phase, consists of a **partnership** between non-governmental organisations namely MTÜ Eesti Omastehooldus (Estonia), Greek Association of Alzheimer's Disease and Related Disorders (Alzheimer Hellas) (Greece), Co-Creation Support CLG (Ireland), Anziani e non solo (Italy), CASO50+ Centro de Atendimento e Servicos 50+, Associacao (Portugal), Spominčica - Alzheimer Slovenija (Slovenia).

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## NOTES TO EDITORS

- To find out more about the SINCALA Programme and to get involved in the activities please follow the link <https://sincala.eu/about-the-project/> (available here, the project leaflet in English, Estonian, Greek, Portuguese, Slovenian, Italian)

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