

THE PARTNERSHIP

Women's Support and Information Centre (Estonia)

focuses on creating conditions for stopping the mechanisms of domestic violence, to enable rehabilitation and resocialization of survivors, and reduce the risk of repeated violence by offering comprehensive assistance to victims and relevant trainings to different stakeholders.

Union of Women Associations of Heraklion (Greece) -

is active at the promotion and protection of women's and children rights; while it also engages with raising awareness and advocating for human rights.

Alzheimer Hellas (Greece) provides a wide range of services to people with dementia and their families.

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.

CASO50+ 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.

TARTU ULIKOOL (Estonia) - The University of Tartu (UT) was founded in 1632. It offers 195 research-based graduate and postgraduate degree programs and deals with both fundamental and applied research.

IN EUROPE, 80% OF ALL
CHRONICALLY ILL PEOPLE
ARE TAKEN CARE OF BY
INFORMAL CARERS,
PEOPLE WHO PROVIDE UNPAID CARE
OUTSIDE OF A PROFESSIONAL
OR FORMAL FRAMEWORK.

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SUPPORTING INFORMAL CARERS:

A WHOLE-FAMILY & LIFECOURSE APPROACH



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While caring for a loved one can be a source of great personal satisfaction, it also creates challenges.

A functional relationship among caregivers and care recipient needs to be supported.

Furthermore, people belonging to different age groups and with different kinships to the care-recipient (young/adult children, grandchildren, spouses) can have different experiences and perspective on the burden of care, so it is necessary to take all of them into account in order to be able to provide comprehensive and effective support.

Research has also demonstrated that the caregiver stress that often arises in informal caregiving situations can lead to situations of abuse.

THE PROJECT

The S.IN.CA.L.A project aims to address the challenge of providing informal 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

From a family-resilience perspective, families are regarded as a unit with

intrinsic strengths and resources, and potential for growth, with positive relational bonds and connections between family members being integral to maintaining their ability to weather adversity. However, it should be considered that resilient abilities are not innate, but can and should be learnt and cultivated through dedicated pedagogical methods.

S.IN.CA.L.A will provide an intervention programme based on therapeutic narrative that can be used by professionals working with family carers to support them build resilience to maintain capacity to care.

PROJECT OUTPUTS

The resources developed will include:

- **Tested pedagogical method based on narration** adapted to different EU-country contexts, targeted on households who are caring for older dependent family members to increase their family-resilience
- **A guide for facilitators** which will guide the narration-based workshops to help them identify and address issues that emerge among families, such as cases of caregiver burnout, elder abuse or other forms of domestic violence.

- **A massive online open course (MOOC)** to transfer the results achieved and the lessons learned to a wider audience of professionals.
- **An E-course and online educational platform** for informal care givers and professional support providers
- **A web platform** offering opportunities for self-directed learning to informal carers

