

Press Release

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Improving the life of elderly: Strengthening the knowledge and skills of informal caregivers

Free of charge, 10-day, medical and relational training in 6 countries

Full medical and relational training will be offered for free to a minimum of 60 informal caregivers, namely individuals who provide care to the elderly, receive no payment and have no formal training.

The training programmes, a full 5-day **medical** training and a full 5-day **relational** training, aim to provide informal caregivers with the necessary knowledge, skills and attitudes in order to increase their efficiency, resilience and improve stress management. In particular, participants will be trained on medical treatments, caregiving strategies, long-term planning, behavioral challenges, successful ageing (medical training) as well as on care management, case management, risk definition to adverse outcomes, anticipatory care planning, stress coping mechanisms (relational training) and other related aspects. With the aim of enhancing knowledge transferability, two (2) real life videos based on Cultural Pedagogical Tools (CPT) will be presented during the trainings, as an innovative approach helping caregivers address the challenges of their role. Trainers are experienced professionals who have attended intensive specialized medical and relational training from high-level expert institutions in Antrim - Northern Ireland, UK and Florence, Italy respectively.

With the aim of opening up a career prospect and opportunity to informal caregivers, the 10-day local trainings will be complemented by a specialised career guidance service providing participants with career information, assessment and self-assessment tools, counselling interviews and career education.

If you are an informal caregiver, interested to participate in the trainings to be organized in the months March, April and May 2016, please contact info@iesec.eu. Selection will be made on a first come-first served basis.

Both training sessions are organized in 6 countries (Romania, UK, Italy, Portugal, Turkey and Greece), in the frame of the European project "IESEC: Increasing Employability and Standards of Elderly Caregivers through Specialized Training and Innovative Empowerment".

Few words about the IESEC project

IESEC is a project co-funded by the Erasmus+ programme of the European Union for increasing employability and standards of elderly caregivers through specialized training and innovative empowerment. The project is implemented by 10 partners from 8 countries, namely [APPC](#) (Romania), CMA Care Quality Consultancy (UK), [Biblioteca di Pace](#) (Italy), [Comune di Firenze](#) (Italy), [ECODE](#) (Spain), [Kerigma](#) (Portugal), [ASPA](#) (Turkey), [TP-Teatern](#) (Sweden), SPAS (Romania) and [Knowl](#) (Greece).

The focus of IESEC is to develop psycho-educational support and training for Ageing Specialists and for Senior Caregivers, aiming to increase employability and standards of caregivers through specialized training and innovative empowerment. In this context, extensive research, needs analysis and focus groups in all IESEC partner countries demonstrated that informal caregivers face inevitable difficulties in providing medical assistance to care receivers and tackling the stresses and strains of a caregiver as well as a lack of support from formal caregivers, senior centres and social networks, feeding into the training content. More proficient training was brought forward as imperative in performing the duties of informal caregiving, in feeling more confident and improving their understanding of the challenges of their role. More information at the official project website www.iesec.eu.



Erasmus+

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