

## PRESS RELEASE

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### **ELDERLY & CAREGIVERS FREE ONLINE SKILLS TRAINING ON RESILIENCE & STRESS MANAGEMENT**

Rich, innovative, up-to-date, online and free educational and training material is available for strengthening the skills of **non-formal and informal caregivers**, namely individuals providing care to the elderly either by profession or not.

This training helps them perform their duties more effectively, feel more confident, improve their understanding of their role and related challenges, increase their employability potential, broaden their career perspectives as well as **improve the life of elderly**.

It provides caregivers with the necessary knowledge, skills and attitudes in order to increase their efficiency, resilience and improve stress management, through a common framework for assessing and validating competences and skills; a unified curriculum with the basics on Elderly Caregiving, such as care-givers ethics and conduct, principles of personal and mental wellness etc.; a workbook with practical tips, theoretical information and exercises for medical and relational treatment; pedagogical videos based on Cultural Pedagogical Tools (CPT) for handling stress and ensuring an optimum emotional condition.

The material has been piloted and validated through 10-day **local training programmes** in Romania, UK, Italy, Portugal, Turkey and Greece delivered by professionals who have attended intensive specialised medical and relational training from high-level expert institutions in Antrim - Northern Ireland, UK and Florence, Italy. The material was also presented and well-received by local and foreign ageing experts, stakeholders and family caregivers at the European Conference «Caregiving for the Elderly» that was held with great success and participation in May 2016, in Athens, Greece.

The full package of psycho-educational support and training on caregiving for the third and old age was developed in the frame of the European project "IESEC: Increasing Employability and Standards of Elderly Caregivers through Specialized Training and Innovative Empowerment" and is available online in 8 European languages. 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 Social Enterprise (Greece). For more information visit the project official website [www.iesec.eu](http://www.iesec.eu).



**Erasmus+**

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