



ESEEC

Increasing Employability and Standards of Elderly Caregivers through Specialized Training and Innovative Empowerment

[Title of presentation]

[Presenter's Name], [Partner Name]

[Event]



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OBJECTIVE

IESEC aims to increase the efficiency and resilience of Elderly Caregivers and improve their stress management offering:

- a **framework** of competences
- a unified **curriculum**/ training course on elderly caregiving fundamentals
- a **training guide**
- 2 pedagogical **videos**
- a **medical training** of informal caregivers in 6 countries
- a **relational training of** informal caregivers in 6 countries



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FRAMEWORK OF COMPETENCES OF CAREGIVERS FOR THE ELDERLY

- basic health care
- techniques and activities for home and institution entertainment
- health issues prevention
- body hygiene care and environment hygiene
- action in emergency situations
- well-being
- hygiene care to the surrounding environment
- feed the elderly
- entertainment activities in Nursing homes and Day Centres
- autonomy to the elderly affected by hospitalization
- entertainment to an elderly with mental disease



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CURRICULUM // TRAINING COURSE ON ELDERLY CAREGIVING FUNDAMENTALS

- For professionals such as physicians, nurses, social workers and psychologists who want to lead a caregiver training or support group
- 15 sessions of 90 to 120 minutes each
- 3 main axes:
 - ✓ knowing the disease
 - ✓ learning how to care for the sick
 - ✓ knowing to take care of yourself



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TRAINING GUIDE

5 topics:

- Aging
- Dementia
- Family caregiver
- Diagnostic instruments
- Context of partner countries



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2 PEDAGOGICAL VIDEOS

2 pedagogical videos using Cultural Pedagogical Tools to empower Elderly Caregivers to respond to the emotional challenges of caregiving, based on the findings of the Focus Groups:

- V.1: “To Be a Care Giver” **website link**
- V.2: “Title” **website link**



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FOCUS GROUPS

8 countries:

Romania, United Kingdom, Italy, Spain, Portugal, Turkey, Sweden, Greece

84 informal caregivers

4 main axes:

- I'm not a care-giver... I'm family
- Lack of support
- Feelings of loss of identity as a person
- Fear for the future





FOCUS GROUPS / FINDINGS

- the majority of care-givers: female (75%)
- mean age = 64 years
- ~99% were related to the care recipient, mainly wives
- 84%: informal care-givers
- providing care in excess of 32 hours per week
- differences in caregiving tasks
- almost no differences in terms of the care-giver's feelings emotions and experiences
- psychological stress is worse than the physical one
- lack of awareness of care-giver's assessment and of formal services available
- the "inevitability" of life causing them depression, futility, denial and fear
- the vulnerability of the care-givers as individuals in their own rights



FOCUS GROUPS / FINDINGS

- **I'm not a care-giver... I'm family:** a moral obligation
- **Lack of support:** all participants seek the help of formal caregivers, senior centres and social network
- **Feelings of loss of identity as a person:** not recognised, no time for myself, invisible & abandoned
- **Fear for the future:** emotional fears for themselves as individuals
- **Final thought:** *"The point is that you live somebody else's life... I created a net of people who would take care of my father, when I wouldn't be at home... His life is entirely up to me... but my life is entirely up to him... too! ... there is no me... you have no identity"*



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MEDICAL TRAINING / RESULTS

Antrim, UK, 18-22 May, 2015

5 days - 8 hours / day

7 Ageing Specialists

Training Material:

- medical treatments
- caregiving strategies
- long-term planning
- behavioral challenges
- successful ageing
- and other related issues





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RELATIONAL TRAINING / RESULTS

Florence, ITALY, 19-23 October, 2015

5 days - 8 hours / day

6 Ageing Specialists

Training Material:

- to support determining risk of older person
- to adverse outcomes
- to identify the clinically deteriorating older person
- to manage common illnesses, challenging behaviors, anticipatory care planning
- to handle care management and case management
- to learn ways of coping with the stresses and strains of being a caregiver
- to discover ways to reduce frustrations and barriers in the caregiving experience





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LOCAL TRAINING / RESULTS

TEXT

PHOTOS



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FINAL EVENT/ RESULTS

31 MAY 2016, ATHENS

18 foreign participants

20 local participants

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PHOTOS

BANNER



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PARTNERSHIP

9 PARTNERS – 8 countries

- SPAS (Romania)
- ASPA (Turkey)
- Biblioteca di Pace (Italy)
- Comune di Firenze (Italy)
- CMA Care Quality Consultancy (UK)
- ECODE (Spain)
- Kerigma – Innovation and Social Development (Portugal)
- Knowl Social Enterprise for Education & Lifelong Learning (Greece)
- TP-Theatre (Sweden)



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Thank you!

<http://www.iesec.eu/index.html>