

# TROCK

TRAINing and recognition of informal Carers sKills

# TRACK training programme in brief

- For **informal carers** and focused on **Alzheimer**
- **Short, blended, micro-learning- based:**  
**20 hours**= 16h face to face / 4h eLearning  
Planned for about 6 weeks
- Available in **4 languages** (EN/FR/ES/DE)
- **Free of charge** and with an **open license**  
(Creative Common 4.0 allowing further changes if non commercial use and distributed under the same license)

# What is it TRACK training about?

## Contents were built on the basis of:

- the conclusions of the baseline **study** “Informal caring and learning opportunities”
- **3 focus groups** on pilot countries (FR, ES, DE)  
Choices were required



# Training programme contents

## UNDERSTANDING ALZHEIMER AND DAILY IMPACTS

1.1. Alzheimer's and its evolution

1.2. Psychologic and behaviour disorders

1.3. Support measures

## CREATING AN EFFECTIVE RELATIONSHIP WITH THE CARE RECIPIENT

2.1. Communication

2.2. How and where I am as informal carer?

2.3. Managing difficult and stressful situations

## PRESERVING INDEPENDENT LIVING AT HOME

3.1. Routines and landmark for daily life

3.2. Daily activities

3.3. Case studies

# What if I want to test TRACK?

## Several options and tools in 4 languages

- **Training kit** (user's guide + face-to-face)
- **Online resources – 3 options available:**
  - Moodle: <https://trackproject.eu/>
  - Single contents via project and partners' websites (for instance a module on communication issues)
  - SCORM for training providers (to be deployed on a LMS platform)



# How eLearning resources look like?


<https://trackproject.eu/>


Se souvenir du nom de l'utilisateur

Connexion

Vous avez oublié votre nom d'utilisateur et/ou votre mot de passe ?

Votre navigateur doit supporter les cookies 



## The informal caregivers training program

Welcome to this training programme for informal carers.

We have included practical infosheet, e-learning modules and quiz to help you :

- to understand the disease and its impact on the daily life
- to create an effective relationship with the person you care for
- to exchange with a network of peers
- to preserve independent living at home

The contents of this training are available in French, German and English (this last one for people who live in France since there is not British or Irish partner within the project).

The contents have been developed thanks to the Erasmus+ programme.

We wish you a nice discovery and we are happy to have your opinion in case you want to share it with us. To do so, please send an email to [foad@iperia.eu](mailto:foad@iperia.eu).

(FOAD: acronym meaning distance learning or e-learning, "formation ouverte à distance" in French).

## Formation des aidants de proches atteints de la maladie d'Alzheimer

Bienvenue dans ce parcours de formation dédié aux aidants.

Nous y avons mis pour vous des fiches pratiques, des modules e-learning et des quizzes pour vous aider à :





- Module 0: Test your knowledge ! 🔒
- Module 1.1: How Alzheimer's disease evolves 🔒
- Module 1.2: Understanding Alzheimer's disease 🔒
- Module 1.3: Test your knowledge 🔒
- Module 2.1: What are the main behaviour disorders ? 🔒
- Module 2.2: Understanding the consequences of the disease on the daily life 🔒
- Module 2.3: Test your knowledge 🔒
- Module 3.1: What is the available support ? 🔒
- Module 3.2: Test your knowledge 🔒
- Module 4.1: How to deal with communication problems ? 🔒
- Module 4.2: Creating an effective relationship with the person you care for 🔒
- Module 4.3: Test your knowledge 🔒



## Introduction



Catherine and Elsa



"For me it was due to aging."

"I have accepted the idea that she is ill."



"I have talked to her doctor and we found extra help."

# QUIZ



What do you know about Alzheimer's disease?

Here you have ten questions to test your knowledge.



**Module  
without sound**

## What is Alzheimer's disease?

*Alzheimer's disease, which is the degeneration of neurones causing often memory loss and reasoning or mood changes, does not have still a certain origin cause and affects around 10 million people in the European Union.*

### Definition

Alzheimer's disease is caused by a deterioration of the brain tissue (neurone degeneration) resulting into a progressive and irreversible reduction of cognitive functions.

### What causes Alzheimer?

Its exact cause remains still unknown nowadays.

It is most likely a genetic disorder. It is also believed that environmental factors can trigger this disease.

### What are the symptoms?

The early signs of Alzheimer disease are memory, judgement, and reasoning loss, as well as mood and behaviour changes.

Since these symptoms are also common to other diseases, it is advised to not get alarmed and consult a doctor.

### Who is concerned?

According to the WHO, this disease affects between 28 to 33 million of people around the world.

In 2015, in the European Union, 10 million people is affected. This number can reach 15 million in the next years.





TRAIning and recognition of informal Carers sKills

# Thank you for your attention

