

CARE4DEM

Online mutual aid groups for the informal carers of people
with dementia - Romania

Testimonies



Erasmus+

Founded by the Erasmus + Programme of the European Union



Can you define the experience of participating to this group in one word?

Inclusion

Empathy



Can you mention something that has changed after you have started the participation to this group?

I learned how to focus my attention on the things I can anticipate and control, and how to better prepare for unpleasant situations, practical/administrative but also emotional, contrary to the victim mentality I had before meeting the group.

It helped in accepting the situation and normalizing the fact that we are responsible for other people; I realized how important it is to recognize that we may no longer be enough as caregivers and that we need to find help in advance before getting overwhelmed by the situation (Alexandra)

I received a different perspective on the problems that I face. The fact that I saw all of you doing so well with your care recipients and with so much courage gave me more strength (Ioana)

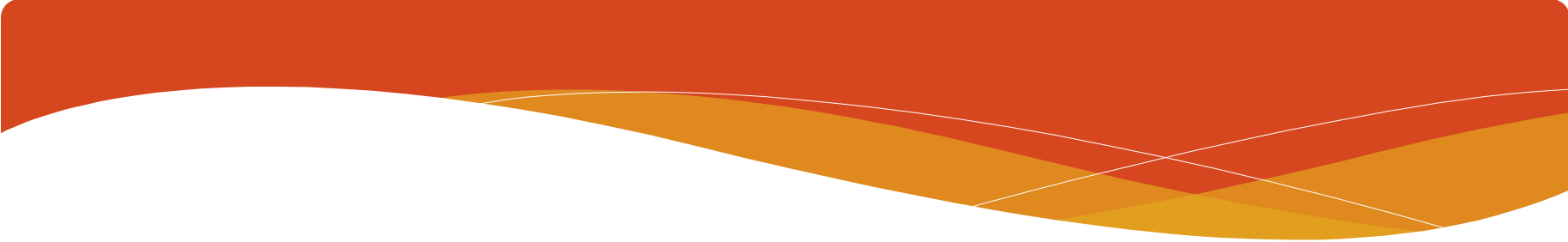


What did you like the most on this group?

What I liked the most was that I had no hesitation in sharing the painful things, pieces of information that my friends had heard too little because they had not faced this and I felt that I was loading them in vain since they could not understand the situation.

This openness is due to the warm attitude of the other participants. I liked the format of the group and the fact that it was a group only of women, that offered me mental comfort. The facilitation of the group was very professional (Alexandra)

It was so good to be able to talk to people with similar experiences who understand you. Besides the very good organization, the facilitators' approach was very pleasant, very open, and friendly, not at all rigid and official. I also liked the fact that at the beginning we were more persons with different experiences; if some of the other people had not given up it would have been even more interesting (Ioana)



The experience would have been even better if there had been a psychologist/psychiatrist among us to explain how to relate with the sick person, although I know that the format of the group was based on supporting each other without the intervention of the specialist (Alexandra)

The experience would have been even better if some of the participants wouldn't have dropped out (Ioana)

Thank you!

More information:

<http://www.eurocarers.org/care4dem/index>



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