EVIDENCE REVIEW ON WEB-BASED MAGs

9 promising practices and 19 references reviewed with the cooperation of experts

KEY POINTERS

- The positive impact of MAGs on the well-being of informal carers;
- Potentialities of ICTs to overcome accessibility issues;
- Don’t take digital skills for granted!
- Experience and soft skills are highly valued with regards to facilitation;
- Policy background is also key.

THE ONLINE MAG MODEL

STRUCTURE OF THE GROUP

- Synchronous (tele-conferencing system) + Asynchronous (Forum)

CO-FACILITATION

- Two facilitators: one former carer or a “senior” carer and one professional (psychologist, educator, social worker...).

TARGET GROUP

- Being 18+
- Caring for a person with dementia for at least 6 months
- Having access to ICT devices
- Accept and consent to participate in the MAG

SCHEDULING

- 60 – 90 minutes long sessions
- 9 meetings co-facilitated to start a group

A SET OF TOOLS FOR FACILITATORS

COMPETENCE PROFILE: a tool to identify, valorise and empower carers:

- Transversal social Competences
- Transversal ICT related competences
- Specific competences related to dementia and support services

ONLINE SELF-EVALUATION TOOL

Allows facilitators to assess easily their personal strengths and weaknesses

COMPREHENSIVE BLENDED TRAINING

27 hours in total (12 face-to-face – 15 online)

- E-Learning
- Class sessions
- Case studies and testing

AN INNOVATIVE MODEL OF A MUTUAL AID GROUP FOR INFORMAL CARERS OF PEOPLE WITH DEMENTIA FACILITATED ONLINE

RESULTS OF THE PILOTING

90 registered
35 Effective participants
7 groups

“REALISTIC CONTENT AND WELL-CHOSEN PRACTICAL EXAMPLES.”

“TWO FACILITATORS: ONE FORMER CARER OR A “SENIOR” CARER AND ONE PROFESSIONAL (PSYCHOLOGIST, EDUCATOR, SOCIAL WORKER...).”

TRAINING THE FACILITATORS

- 4 pilot courses delivered
- 36 facilitators certified
- Very good evaluation (general)
- Raised interest in many professionals (70 registered to the course but did not attend) – 1227 visits to the open e-learning course

“TWO FACILITATORS: ONE FORMER CARER OR A “SENIOR” CARER AND ONE PROFESSIONAL (PSYCHOLOGIST, EDUCATOR, SOCIAL WORKER...).”

PILOTING OF THE INTERVENTION IN ITALY, PORTUGAL, ROMANIA.

“TWO FACILITATORS: ONE FORMER CARER OR A “SENIOR” CARER AND ONE PROFESSIONAL (PSYCHOLOGIST, EDUCATOR, SOCIAL WORKER...).”

90 registered
35 Effective participants
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100 % of the participants who filled the satisfaction questionnaire were satisfied with their experience of the MAG.

93 % consider that the MAG helped them understand the relationship between stress, care and their own health and wellbeing.

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All the project’s outcomes are available on Care4Dem website https://eurocarers.org/care4dem

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*Data from the questionnaires filled by 14 participants.