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.

EVIDENCE REVIEW ON WEB-BASED MAGs

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

THE ONLINE MAG MODEL

Synchronic (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

STRUCTURE OF THE GROUP

PREPARATION

A preparatory call with each participant allows to:
• Get to know each other in a protected context
• Try out the ICT-features

SCHEDULING

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

RESULTS OF THE PILOTING

“REALISTIC CONTENT AND WELL-CHOSEN PRACTICAL EXAMPLES.”

• 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

TRAINING THE FACILITATORS

• 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.

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

PILOTING OF THE INTERVENTION IN ITALY, PORTUGAL, ROMANIA.

90 registered
35 Effective participants
7 groups

“I LOOKED FORWARD TO THIS MEETING EVERY WEEK AND AFTER THAT I ALWAYS FELT MORE ENERGISED, WITH A REDUCED EMOTIONAL BURDEN.”

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.”

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