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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!
- Adapt to the situation of carers!
- Experience and soft skills are highly valued with regards to facilitation;
- Policy background is also key.

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THE ONLINE MAG MODEL

STRUCTURE OF THE GROUP

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

PREPARATION

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

CO-FACILITATION

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

SCHEDULING


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

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

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A SET OF TOOLS FOR FACILITATORS



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

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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

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RESULTS OF THE PILOTING

“REALISTIC CONTENT
AND WELL-CHOSEN
PRACTICAL EXAMPLES.”

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

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

PILOTING OF THE
INTERVENTION IN ITALY,
PORTUGAL, ROMANIA.

90 registered
35 Effective participants
7 groups

- 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.

All the project's outcomes
are available on **Care4Dem website**
<https://eurocarers.org/care4dem>
Contact: **Claire Champeix**
Eurocarers (cc@eurocarers.org)



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*Data from the questionnaires
filled by 14 participants.