

## ANYONE CAN BE AN INFORMAL CARER AT SOME STAGE

Informal carers are persons who provide care (usually unpaid) to someone with a chronic illness, disability or other long-lasting health or care need, outside of a professional or formal framework. Informal carers across the EU provide over 80% of all care, with women providing approximately two thirds of care mainly as daughters (in law) and wives/partners. In our ageing societies, more and more people endorse informal caregiving activities.

## WHAT ARE THE ISSUES?

The quality of life of carers is generally poorer than for society as a whole. Being a carer is often associated with poverty, isolation, frustration, ill health and depression.

Informal carers often face the specific difficulties attached to dementia without benefiting from adequate support.

Informal carers of working age face significant difficulties to remain active on the labour market.

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More informations:  
[www.eurocarers.org/track/index](http://www.eurocarers.org/track/index)



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## SUPPORTING INFORMAL CARERS THROUGH TRAINING

The TRACK project (2015-2017) aims to develop a training programme specifically targeted at informal carers, in order to:

- Deal with the social and health-related impacts of caregiving towards people affected by dementia;
- Increase the chances of working-age carers to re-enter the labour market during or at the end of the caring spell;
- Increase the relevance of Vocational Educational Training provision and reduce shortages in the field of care.

## A TRAINING PROGRAMME BUILT ON EVIDENCE AND A PARTICIPATIVE PROCESS

Building on a preliminary piece of research, as well as on dialogue with key partners (local authorities, formal carers, health professionals...), the TRACK training programme will be developed, tested and adapted in three pilot countries (France, Spain and Germany) in 2017. The project will also develop assessment methods regarding the skills acquired by informal carers and design a roadmap towards certification of these skills.



## AN ACCESSIBLE TRAINING FOR INFORMAL CARERS FACING DEMENTIA

- The training will focus in particular on the following skills: enhancement of independent living and active ageing, specific illness management (e.g. symptoms management) and transversal care competences (such as communication skills, care planning).
- The training will be delivered in a blended mode, through a combination of online and face to face sessions.

## MEETING THE NEEDS OF INFORMAL CARERS

Learning opportunities, in particular when embedded in a range of support services, are highly valued by informal carers, and recommended by health professionals, vocational training professionals as well as academic research.

However, evidence shows that informal carers face a multiplicity of obstacles preventing them from accessing training, including a lack of information, self-awareness, opportunities at disposal and limited availability due to their caring responsibilities.

More visibility should be given to the work undertaken by informal carers and to their need for support. More comparative research and exchange of good practices are needed to support progress in this area. The TRACK project builds on transnational exchange to explore innovative solutions.

## THE PARTNERS

