



"El Tren de La Felicidad"

The Network for Familly Carers in Canary Islands

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¿Who are We and What is "El Tren de La Felicidad"?

- www.acufade.org
- www.eltrendefelicidad.org
- Where? Tenerife + other islands
- When? Since 2013
- "Bottom-up-innitative" Created for and by carers!













¿What do we do?



INDIVIDUAL AND GROUP SUPPORT SERVICES



RESEARCH ACTIVITIES
AND CAPACITY BUILDING



AWARENESS RAISING AND POLICY LOBBYING





Our sevices: "Personalized Approach"

- Needs Assessment
- Social Support
- Family Mediations
- Psicological Therapies
- Legal Support

- Training workshops
- Free-time activities
- Support Groups

GROUP ACTIVITIES

- Online groups
- www.eltrendelafelicidad.org
- Resource Toolbox

VIRTUAL ACTIVITIES

INDIVIDUAL SERVICES





Our research activities: "Study on familly care"

- Carried out in 2021
- No previous data about profile, needs, economic situation
- MAIN OUTCOMES:
- 80% of familly carers in Canary Islands are female.
- 71% do it due to obligation (traditional, moral)
- For many this result in low(er) quality of life (economic/social disadvantages and health issues)
- Expressed need to improve legal situation in Spain
- www.Acufade.org/2021/11/15/el-primer-estudio-de-personas-cuidadoras-de-canarias/



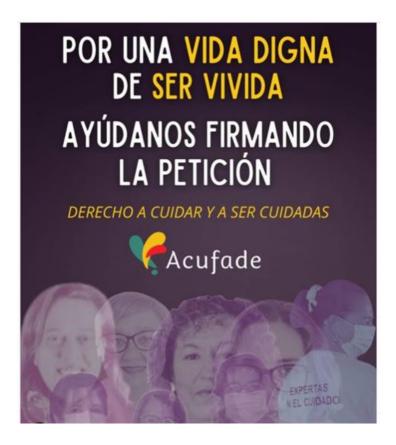




Awareness raising: "make familly carers visible"









Awareness raising: "International Care Congress"

- Celebrated in November 2022
- More then 2000 participants and 50 speakers (experts, professionals, policy makers, carers) from all arround the world.
- Speaches, case studies, round tables,
- Participation of Eurocarers and its members from Scotland and Sweeden.













de ti cuando lo necesites









¿Our main results?

Recognition in Tenerife and expansion beyond...

Constant growth and expansion despite the financial insecurity (funds, sponsors, lottery...)

Tren in Numbers

- 1500 carers
- 100 professionals
- 150 new carers per year
- 520 activities

Constant improvement of our services

Visibility and recognition of family carers in Canary Islands





¿What is next?

- Continue with all pillars and activities and growth to all islands
- 2nd International Care Congress in 2024 (Gran Canaria)
- Men in Care / Resilience in Care → Launching with workshops in 2023; waiting for the project approval

GRACIAS!! THANK YOU!!





www.eltrendelafelicidad.org

