



“El Tren de La Felicidad”

The Network for Family 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-innitiative”** - Created for and by carers!
- A growing network



El Tren de la
Felicidad



¿What do we do?



INDIVIDUAL AND GROUP
SUPPORT SERVICES



RESEARCH ACTIVITIES
AND CAPACITY BUILDING



AWARENESS RAISING
AND POLICY LOBBYING

Our services: “Personalized Approach”

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

INDIVIDUAL SERVICES

- Training workshops
- Free-time activities
- Support Groups

GROUP ACTIVITIES

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

VIRTUAL ACTIVITIES

Our research activities: “Study on family care”

- Carried out in 2021
- No previous data about profile, needs, economic situation
- MAIN OUTCOMES:
 - 80% of family 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/





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Awareness raising: “make family carers visible”

ENTREVISTAS
CON C DE CUIDADORA
DIARIO DE UNA CUIDADORA
CON SAMANTA VILLAR

LUCÍA MESA SISA MARTÍN SOCORRO MARRERO


MAÑANA
EN YOUTUBE 
17:00H




Según el estudio:
el 78,9%
de las personas
cuidadoras en Canarias
son mujeres



POR UNA VIDA DIGNA
DE SER VIVIDA
AYÚDANOS FIRMANDO
LA PETICIÓN
DERECHO A CUIDAR Y A SER CUIDADAS

 Acufade



EXPERTAS
NEL CUIDADO

Awareness raising: “International Care Congress”

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





¿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!!



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www.eltrendelafelicidad.org

