

El Tren de la
Felicidad

“El Tren de La Felicidad”

The Network for Family Carers in Canary Islands

Idaira Cabrera Febles
Carers' Action Area Manager

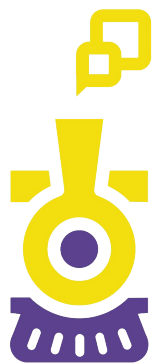


¿ What is “El Tren de La Felicidad”?

A growing support network
Created for and by carers

Where? Tenerife + other islands

When? Since 2005



El Tren de la
Felicidad



¿What do we offer?



INDIVIDUAL AND GROUP
SUPPORT SERVICES



EMPOWERMENT
AND CAPACITY BUILDING



AWARENESS RAISING
AND POLICY LOBBYING

Our services: “Personalized Approach”

- Social and Health Aid
- Multidisciplinary care counselling
- Psychological Therapies
- Legal Support

INDIVIDUAL SERVICES

- Support Groups
- Training workshops
- Exchange and socialization activities

GROUP ACTIVITIES

- Online support groups and carers networks
- www.eltrendelafelicidad.org
- Resource Toolbox

VIRTUAL ACTIVITIES

Empowering: “make family carers protagonist”



EXPERT CARERS COMMITTEE



COMMUNITY MEETINGS



DEBATES AND MEDIA
PARTICIPATION

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




POR UNA VIDA DIGNA
DE SER VIVIDA
AYÚDANOS FIRMANDO
LA PETICIÓN

DERECHO A CUIDAR Y A SER CUIDADAS



Acufade



EXPERTAS
EN EL CUIDADO

Our research activities:

“Study of Family Caregivers in the Canary Islands (2021)”

The First Study in Canary Island. No previous data.

- Participants: older 18 family caregivers of individuals with dependency
- Context: 88 towns of 7 Canary islands
- Sample: 672 valid interviews

Sociodemographic and economic profile

Care work and support resources

Impact on the quality of life, health and due to the pandemic

Social recognition and measures to improve their quality of

life and work conditions



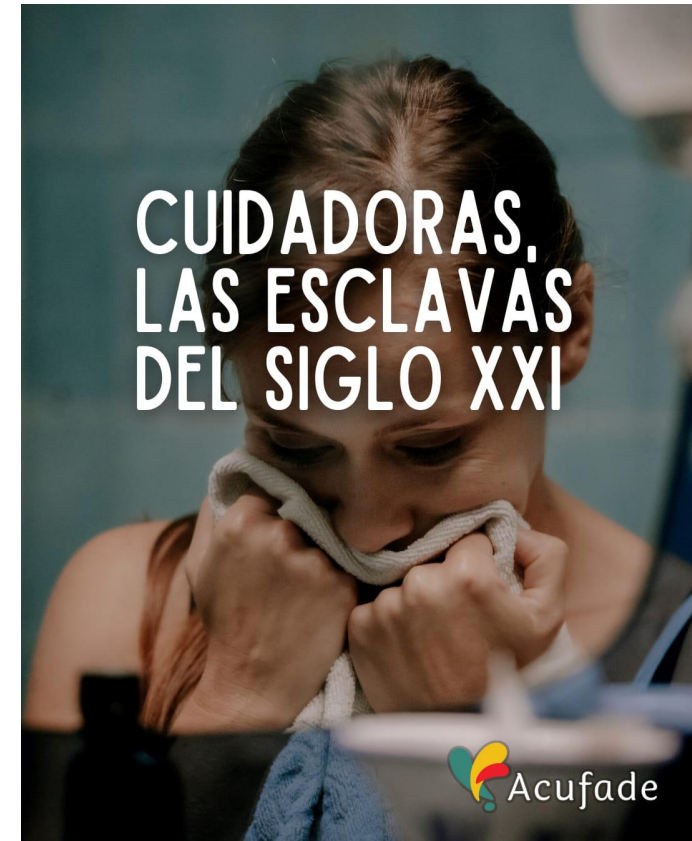
Main Outcomes: “Study of Family Caregivers”

- 80% of caregivers in the Canary Islands are women. 20% chosen decision
- 80% care out of obligation, either for moral or legal reasons or because of tradition
- 70% have resigned or changed their jobs
- 50% receive less than 500 euros per month. 20% no source of income at all
- 50% care as an exclusive work, more than 9 hours a day and for more than a 6 years



Main Outcomes: “Study of Family Caregivers”

- 50% do not receive any type of support, neither public nor private
- 75% of carers do not receive benefits from the Dependency Law
- only 3% receive family care allowance
- 1 of 3, spends less than 1 hour on self-care
- 95% have had a negative impact on their quality of life and physical and emotional health
- 98.5% their situation has not improved since the start of the pandemic



Main Outcomes: “Study of Family Caregivers”

Almost 100% support demand for improving the care community

- National Law and Caregiving Plan (98%)
- Plan of Individualized Assistance exclusive to caregivers (98%)
- Public fund exclusively to assist caregivers (98.2%)
- Creating a one-stop counseling center (97.7%)
- Identity card to access to services and benefits (94.7%)



¿Our main results?

Recognition in Tenerife and expansion beyond...

Permanent growth of the network of carers and partners

Tren in Numbers

- 3700 carers
- 250 partners
- 250 new carers per year
- 800 actions per year

Constant improvement of our services

Visibility and recognition of rights

¿What is next?

- Continue with the expansion to all islands
- Cooperate in international environment:
 - Current projects: Care4YouOthers (2023-2024) - resilience in care // SUII activities and workshops (2023-2024)
 - Planned projects: Art Therapy (2024); Men4Care (2024);
 - Open for other corporations and ideas
- Organizing the Second International Care Congress
 - November 2024, Gran Canaria

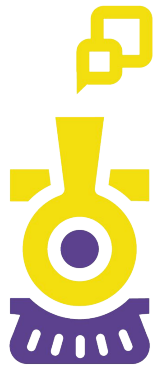


“What *El Tren de la Felicidad* means to you?”

- *“The support of a group of caregivers that feel and experience the same things I do, has made me feel alive again”.*
- *“To be oriented, to feel supported and to have more quality time for myself”.*
- *“It has helped me so much, you feel like you have a family “.*
- *“Knowing that we are not alone in the struggle for a better society”.*



Get on the Train!



El Tren de la
Felicidad

www.eltrendelafelicidad.org

accioncuidadoras@acufade.org

