



WELL CARE

Investing in the mental wellbeing and resilience of long-term care workers and informal carers through the identification, evaluation and promotion of good practices across Europe

Overview of the WELL CARE project

Elizabeth Hanson

Linnaeus University

Swedish Family Care Competence Centre (NKA)

presented by Maria Nilsson, NKA, LNU



Linnaeus University

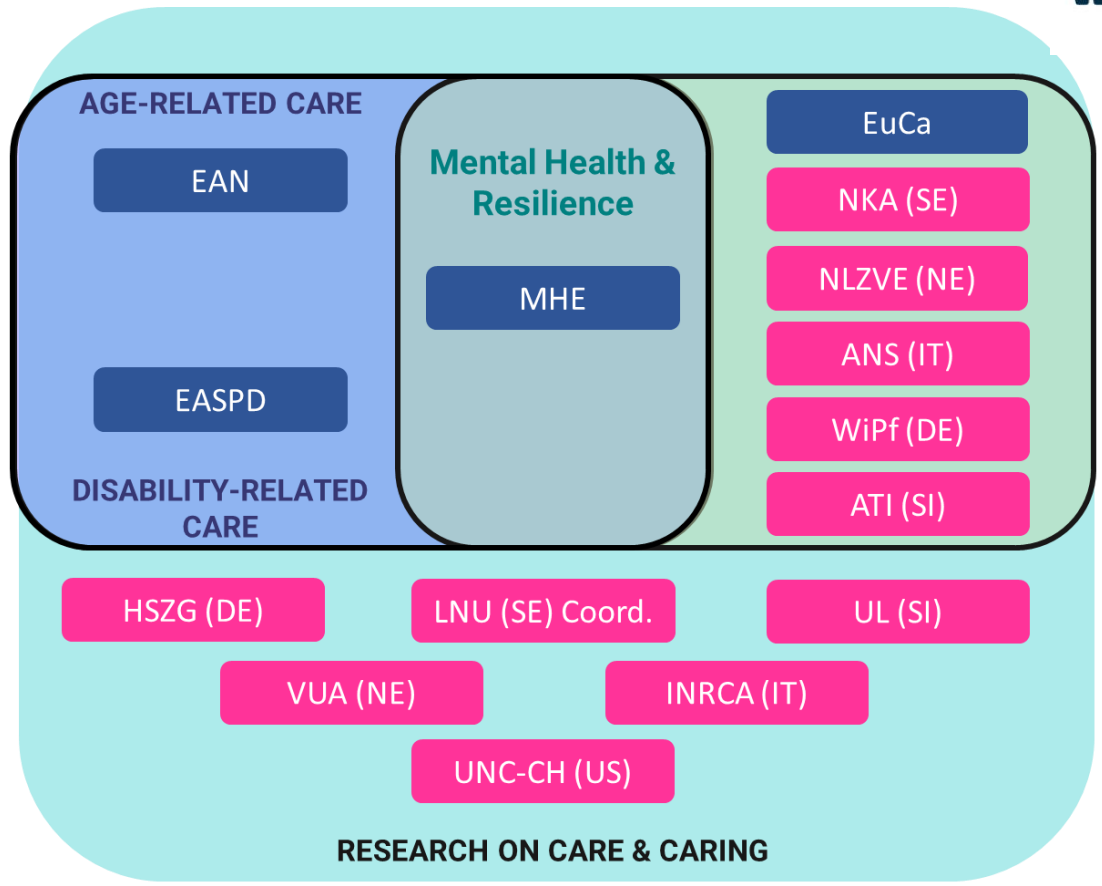
Nka™



WELL CARE

Consortium

LTC workers



Informal carers

Start / duration: 1 January 2024 / 48 months
Budget: ca. 6 million Euros

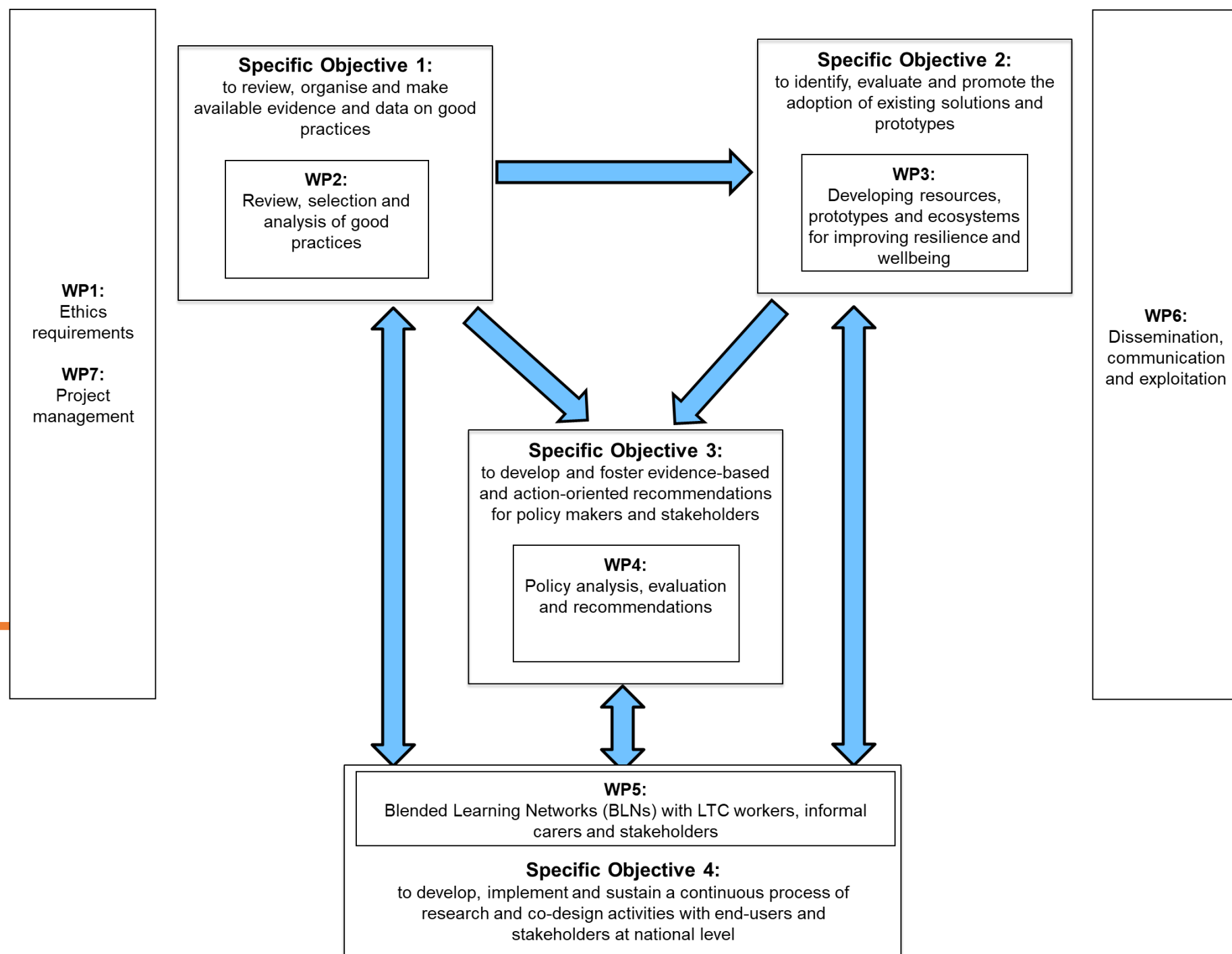
Project goal and focus

- **WELL CARE aims to strengthen supports available to LTC workers and informal carers for improving their resilience and mental wellbeing through care partnerships.**
- The WELL CARE project will seek to understand **individual, contextual and organisational mechanisms behind the success of solutions** for primary, secondary and tertiary prevention of mental health issues among LTC workers and/or informal carers.
- The ultimate goal is to develop a set of **solution prototypes**, each able to address the mental health needs of both LTC workers and informal carers, thus sustaining and enabling a vision of care partnerships between these two (internally heterogeneous) groups.
- By **care partnership** we mean the coordination, integration, and mutual recognition of care and caring activities performed by LTC workers and informal carers, in a vision of integrated LTC ([European Care Strategy](#), COM/2022/440, [WHO, 2022](#)).

Pillars & cross-cutting dimensions

- The WELL CARE project concept is based on **five pillars**:
 - **Integrated research and advocacy approach**;
 - **Multilevel**;
 - **Integrated LTC vision**;
 - **Participatory research design**;
 - **Mixed-methods evaluation**.
- WELL CARE will carefully incorporate **gender** and **inclusion** perspectives, including the recognition of cumulative disadvantages and **intersectionality** in wellbeing for some groups of LTC workers and informal carers, e.g., women, people with migrant background and those with lower socio-economic status.
- The project will also investigate the intersections of **occupational and non-occupational risk factors** with **grand social changes and challenges**, such as:
 - LTC work in a **(post-) pandemic era**, **digitalisation** of health and care services,
 - **changing social norms and values** (especially on responsibility for caregiving, gender roles in caregiving and employment),
 - **globalised care labour markets**,
 - **demographic ageing**,
 - the decreasing availability of both **informal and formal care**.

PERT chart





Expected impact

- The WELL CARE project has designed a realistic and credible pathway to contribute:
 - In the **short-term** (during the project lifetime), to developing and promoting new effective and feasible ways to support LTC workers' and informal carers' resilience and mental wellbeing;
 - In the **medium- and long-term** (after the project ends), to ensuring access by LTC workers and informal carers to innovative, sustainable and high-quality support for their mental health needs.
- **SCIENTIFIC RESULTS:**
 - at least **40 good practices** identified across Europe;
 - **5-10 field tests** of solution prototypes with **500 end users**;
 - at least **12 open access scientific works**;
- **POLICY RESULTS:** at least **1,000 LTC providers and national/regional and European health and social policy makers** will be informed
- **SOCIETAL RESULTS:** to reach and stimulate consideration and adoption of project results by **500 stakeholder organisations and 500,000 individual stakeholders**

Children as Next of Kin, Young carers' national research

Building on the EU H2020 adolescent young carers, Me-We project (2018-2021):

- i) "YOUNG-KIN" project, Swedish Research Council for Health, Working life & Welfare (2022-2026)
- ii) "CANOK at SCHOOL" project, Kamprad Family Foundation for Entrepreneurship, Research & Charity (2023-2025)

Recent commissioned work by the Ministry of Health & Social Affairs, building on the most recent policy initiative "Strengthened support to carers (2023:77)":

- 5 surveys to a variety of stakeholders, health and social care services and educational institutions to explore their knowledge of CANOK and identify their education needs in the area- results shall be presented to MHSA in February 2024.

Nka™

Swedish Family Care Competence Centre



Linnæus University



Contact and information

Elizabeth Hanson, Research Director, Nka
Professor, Dept. Health & Caring Sciences, LNU,

Email: elizabeth.hanson@lnu.se

WELL CARE will receive
funding from the European
Union's Horizon Europe
research and innovation
programme under grant
agreement No 101137468



WELL CARE

