Meeting of the Eurocarers research working group

#EUCareStrategy

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Support for informal caregivers – EC & WHO

Developing an **open access online course for informal caregivers (OpenWHO)**, which can facilitate access to information, knowledge and skills required for the delivery of care and for supporting self-care and wellbeing of informal caregivers

Regional expert group
Convene regional expert group for steering and validation (multi-disciplinary) including representatives with lived experience of caregiving

Knowledge synthesis
Scoping review on training needs of informal caregivers, mapping of existing training resources

Develop online training course
OpenWHO platform with modular and interactive structure and print-ready version to improve accessibility

Translation to 3 EU languages
The toolkit will be developed in English and translated in 2 additional EU languages at launch. Further translations will follow

Stakeholder engagement

Who?

National /regional stakeholders and policy-makers in Member States

Social partners, civil society organizations representing care users, care givers and care providers

Experts by experience and academic experts

How?

Provide input, feedback and support for validation

Participate in in-country activities for LTC system self-assessment

Facilitate testing and piloting activities

Support dissemination

Timeline for content development

Q4 2024

Finalize work plan & development strategy

Select technical WG members

Launch expert survey for resource mapping

Launch review of evidence

Q1 2024

Complete evidence review & content mapping

Develop course content

Q2 2024

Complete & validate course content

Develop interactive / web-ready materials

Q3 2024

Complete interactive / web-ready materials

Develop 2 language translations

Test online material with selected experts (by experience & training)

Q4 2024

Complete testing & translation

Launch online training course

Dissemination activities at EU & national level

2025

Expand available translations

Dissemination activities

Our starting point

1	**2**	**3**	**4**	**5**	**6**
INTRO	BEING A CARER	PROVIDING EVERYDAY CARE	RECOGNIZE & DEAL WITH …	CARING FOR YOURSELF	FURTHER SUPPORT

Health literacy & promotion

Competences for providing care

Signposting further resources & supports

Competences for Self-care

1 INTRO

- Introduction to healthy ageing, functional decline and capacity loss
- Care needs of older people and their care partners

2 BEING A CARER

- Trajectories of care
- Journey together – communication
- Care ecosystems – sharing caregiving
- Interacting and coordinating with formal care workers
- Caring tools – ICT and assistive technologies
- Planning for now and planning ahead
- Support services

3 PROVIDING EVERYDAY CARE

- Mobility support
- Personal care
- Cognition
- Nutrition management
- Active lifestyle
- Social participation/ community participation

In each lesson:

How to care for an older person

What assistive technologies / tools can help

4 RECOGNIZE & DEAL WITH …

- Behaviour changes
- Late life depression
- Weight loss/ sarcopenia
- Medication management
- ….

5 CARING FOR YOURSELF

- Reduce stress
- Remain socially & physically active
- Rest & leisure
- Loss & grieving –life after caregiving
- Respite
- Prevent, recognize and get help for:
1. Over-burdening
2. Depression
3. …
- Financial implications & planning

6 FURTHER SUPPORT

- Conditions specific support tools
- Peer-to-peer support
- National/ regional resources to access direct help
- Carers' rights and benefits - checklist
- Represent yourself / advocacy and support

Questions for discussion

- Do you have experience with training and educational tools for informal carers? What are your main take-aways? How could you contribute to ongoing reflection and future design?

- Help us refine the content: Thinking about our starting point, are there any key modules or categories of information we have missed?

- Help us refine the delivery approach: How do you advise we present and deliver the content in order to maximize understandability, reach and effectiveness?

Thank you!

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