

The logo for 'Well Care' features the words 'Well' and 'Care' stacked vertically in a white, sans-serif font. The text is centered within a cluster of overlapping circles in shades of blue, orange, and yellow. The background of the slide is light blue with large, abstract shapes in orange and blue in the corners.

Well
Care


Transforming care, empowering lives:

The WELL CARE project

Eurocarers AGM 2024
Brussels, 21-22 May



Funded by
the European Union



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

“Caring for someone can be mentally draining and exhausting. Both informal carers – who provide unpaid care to a close one outside a professional or formal framework – and professional LTC workers, face the potential risk of compromising their mental health and well-being over time.”

WELL CARE is

a 48-month project (2024-2027) **transdisciplinary and participative project** in which informal carers and long-term care (LTC) workers, researchers, NGOs, experts and stakeholder organisations within health and social care, psychology, sociology and gerontology work together to **strengthen supports available for improving the mental wellbeing and resilience of all carers.**



WELL CARE focuses on strengthening **care partnerships**, understood as the coordination, integration, and mutual recognition of care and caring activities performed by informal carers and LTC workers, in a vision of **integrated LTC**.



WELL CARE aims to increase the understanding of successful ways of preventing and managing mental health and wellbeing issues among informal carers and LTC workers. This includes looking at personal factors, the environment, and how organisations can make solutions successful.



WELL CARE will

ultimately **develop a set of support measures to address the mental health and wellbeing needs of both informal carers and LTC workers**, thus sustaining and enabling a vision of care partnerships between these two groups.

4 concrete objectives to transform long-term care

1.

Identify 40 good practices reducing risks for both occupational and non-occupational challenges faced by informal carers and LTC workers.

2.

Develop, test, and validate 5-8 innovative solutions across five countries, together with local and national ecosystems of stakeholders.

3.

Analyse EU and national policies, offering actionable recommendations for policymakers and stakeholders.

4.

Establish a sustainable research, innovation, and sharing process, involving key stakeholders at national and European levels.



Resilience

Resilience is the ability – of individuals and communities – to adapt to adversity, taking into account not only individuals' internal resources, but also their social environments and the availability of resources within them.



Fairness

The project will consistently consider gender, inclusion and intersectionality perspectives to understand possible inequalities and necessary changes for more fair and inclusive policies and practices.



Involvement

The WELL CARE project will systematically involve informal carers, LTC workers, persons with LTC needs and stakeholders in national Blended Learning Networks.

Eurocarers' role

- Dissemination, Exploitation and Sustainability
- Conveying informal carers' needs and perspective
- Shed light on initiatives within our networks and promote our comprehensive approach:

→ Survey open till 31/05

Contacts & information

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project.eu/](https://wellcare-project.eu/)

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