

CRESI- INRCA Research activities related to informal carers

An analytical excursus

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INRCA (IRCCS) - National Institute of Health & Science on Ageing
Centre for Socio-Economic Research on Ageing

Eurocarers General Assembly
21-22 May 2024
Bruxelles

INRCA's organization

- 4 **research hospitals** based in 3 different regions in Italy
- a **nursing home** (Appignano)
- an **Alzheimer day centre** (Ancona)
- 473 total **beds** (213 in Ancona)
- a **scientific and technological area** dedicated to basic and applied research
- 22 full time **researchers** (mainly involved in biogerontology studies and **socio-economic research**)
- more than 80 **physicians and care professionals**, actively contributing to the clinical and epidemiological research
- On the whole 1100 **employees**



Centre for Socio-Economic Research on Ageing (CRESI)

INRCA's Centre for Socio-Economic Research on Ageing

- **Born in 2012:** from the fusion of two different centres
- **Focus:** interdisciplinary gerontological research, aimed at promoting a more holistic understanding of the ageing process from a demographic, social, economic and political perspective, in addition to the traditional geriatric clinical research and in a translational perspective.

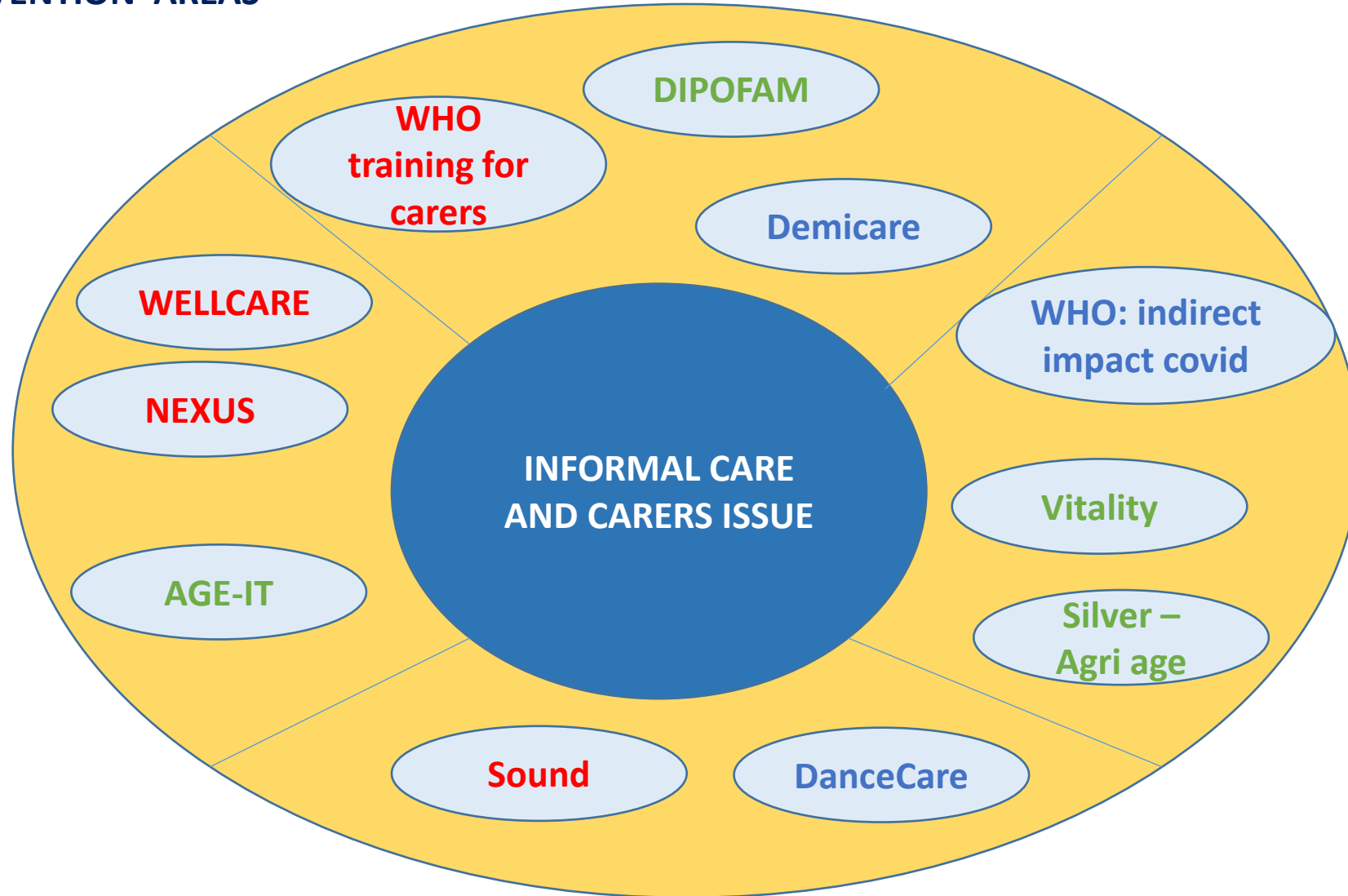
CRESI-INRCA ON GOING PROJECTS FOR INTERVENTION AREAS

Exclusive focus on IC

Georgia Casanova – g.casanova@inrca.it



Carers ,
care workers,
specific aspects of
caring



Quality of Life
older people
and carers

Arts applied to no-pharmacological care

- National / regional project
- European project
- With Eurocarers

“Exclusive focus on Informal care”



WHO-EUROCAREERS

OpenWHO platform for carers

Funder: *WHO Regional Office for Europe, with support from the European Commission.* Partners: EUROCARERS.

Aims:

- Realising an **OpenWHO platform** (a free online training course in three languages) for informal/family carers across Europe (informal carers of older individuals across the life course and older individuals with health and/or care needs within the framework of long-term care).
- Realising a **Rapid review** to explore the present "state of the art" concerning effective (online) support interventions for carers of older individuals in a synthetic manner.

Role of INRCA

INRCA is working on the Rapid review for mapping the existing content on online education and training for carers. A first “evidence strategy” report was delivered last April.

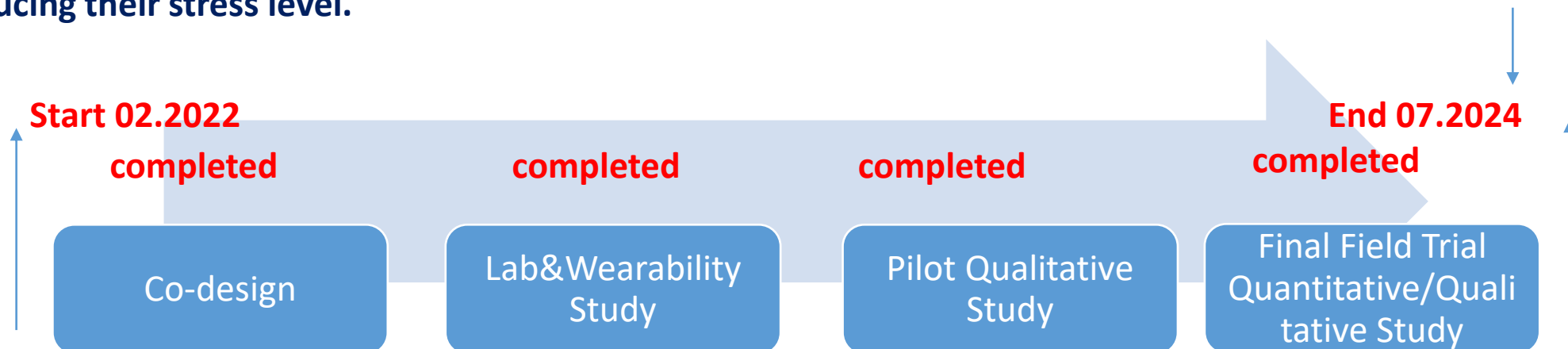
What we have learned so far : the evidences emerged so far show that there are not many online training resources for informal carers, so it would be important provide one by a recognised authority like WHO.



DemiCare

“Personalised support for informal caregivers of older people with dementia”

- Funded by the AAL Joint Programme (grant agreement No. aal- 2021- 8- 169 – CP)
- Partners: Austria, Germany, Romania, Netherlands, Italy (INRCA)
- Aim: to develop and test an integrated solution for caregivers, providing them personalised contents via an App updated according to the changing conditions of the cared-for person with dementia and of the caregiver’s needs
- Caregivers need customised content (searchable through the App) aimed at improving their daily life and reducing their stress level.





Multilevel participatory promotion project to support informal carers in Italy

Partnership : Department for Family Policies of Presidency of Council of Ministers (DIPOFAM), IRCCS INRCA, National Institute for Public Policy Analysis (INAPP)

Aims:

- **analysis of the state of the art of policies** in all Italian regions and autonomous provinces;
- **formulation of recommendations** for improvement, coordination and integration of informal caregiving policies and services;
- **construction of a national network of stakeholders** (institutional, civil society and experts) working in LTC.

What we have learned so far :

- fragmentation of policy intervention in the Italian context;
- relevance of the bottom-up and participatory methodological approach;
- importance of gap analysis between extant policies and international recommendations.

“Carers, care workers and specific aspects of caring”

WELL CARE



WELL CARE

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Horizon Europe project (grant agreement No 101137468) 2024- 2027 **Budget:** 5.999.895,00 Euro

Consortium: coordinated by Linnaeus University (SE); 14 partners from 6 EU countries (BE, DE, IT, SE, SI), among which INRCA and **Eurocarers**, 1 partner from USA

Aims: to strengthen supports available to LTC workers and informal carers for improving their resilience and mental wellbeing through care partnerships (i.e. the coordination, integration, and mutual recognition of care and caring activities performed by LTC workers and informal carers, in a vision of integrated LTC)

Activities and expected results:

- ✓ Identification of 40 European good practices supporting resilience and mental wellbeing of LTC workers and informal carers
- ✓ To develop, test and verify the results of 5-8 innovative solutions (prototypes) in 5 countries (including Italy)
- ✓ To develop and foster evidence-based and action-oriented recommendations for policy makers and stakeholders
- ✓ Production of reports and articles in international scientific journals

Overall, offering and sharing a repertoire of good practices to support the mental wellbeing and resilience of LTC workers and family caregivers, fostering collaborations between these workers (care partnerships), and promoting the quality of care work and care provided

NEXUS



General info on project

Nexus: connecting research, policy and practices to support young carers

Funder: Erasmus+ - KA220-YOU - Cooperation partnerships in youth - 2022. Other partners: REDIAL (UK); ANZIANI E NON SOLO SOCIETÀ COOPERATIVA SOCIALE (Italy); EDRA (Greece); EUROCARERS (Belgium).

Aims

To develop, test and disseminate a multi-language **training programme** aiming to upskill **youth workers** and enable them to contribute to the development of **evidence-based policies in support of young carers** at all levels of governance via **participatory research** and **policy-consultation mechanisms** involving the young people they work with.

Role of INRCA: Research partner: supervision of training materials development and training implementation

After the initial **focus groups** (in 3 countries) to collecting suggestions and input for the design of the participated research training curriculum, now the **Training Resources Development** is currently underway. The training is structured in 4 modules.

What we have learned so far

The focus groups highlighted the importance of providing a comprehensive definition of YCs; understanding the special need of YCs under 18 (e.g.: familiar influence and excessive burden) in order to help them to elaborate their condition; providing social workers with skills to address YCs on an emotional level and to design support interventions.

Within the project “**Age-It Ageing Well in an Ageing Society**” funded by the **NextGeneration EU** programme, according to the **National Recovery and Resilience Plan**, INRCA is involved in many spokes and WPs. Here we focused on WP5 that is aimed at designing a curriculum for formal and informal carers of people with dementia (PwD).

Task 5.5 is focused on the **educational needs of migrant family care assistants (MFCAs)** of PwD in Italy to design the curriculum and develop an e-learning platform.

In Autumn/Winter 2023, 25 MFCAs were interviewed by means of a quant/qual interview topic-guide

Preliminary results:

1. Hard working condition: long shifts, few free time, emotional and physical stress
2. **Difficulties at work in managing behavioural disorders and relational problems with the cared for person and the family carers**
3. Training needs:
 - care and assistance techniques
 - bedsores and injuries medication
 - medicine administration
 - handling behavioural disorders
 - Italian language
 - on the job training/less theory more practice

“Quality of life of older people and carers”



Finanziato
dall'Unione europea
NextGenerationEU



Ministero
dell'Università
e della Ricerca



Italiadomani
PIANO NAZIONALE
DI RIPRESA E RESILIENZA

Vitality

- Funded by the **NextGeneration EU** programme, according to the **National Recovery and Resilience Plan, 2022-2025**
- Aims: looking for solutions and management models to support independent living, training and well-being of frail people and communities where they are living; economy, industries and culture for active ageing people; promotion of personalized care for the non-self-sufficient elderly
- Impact: Development of training packages for companies on HR management based on age. Development of corporate services to implement age management initiatives (company policies). Recommendations for policymakers to improve older people's access to places of culture (archives, libraries, archaeological parks, museums). Identification of interventions to improve the quality of care for dependent older people

WHO

Understanding the indirect impacts of COVID-19 on older adults in the community

- Funding: World Health Organization
- Contents: INRCA participates as the Italian and European in this study on the psychosocial effects of COVID-19 (loneliness, depression, stress and quality of life), which can impact health. Through the analysis of initiatives, interviews and focus groups, the study aims to:
 - Identify the impact of COVID-19 on the quality of life of the elderly by collecting individual experiences to define the main characteristics of the phenomenon;
 - b) Map practices useful for combating the negative impacts of COVID-19.
- Impact: The project involves creating an advisory committee with the local actors involved. The advisory committee will be able to continue its work to support local policies.

Silver – agri Age

- Funding: Marche Region Rural Development Program
- Project contents: Social innovation project in the rural areas of the Marche Region to experiment with older people diagnosed with mild mental deterioration (PWD)
- an individualized treatment inspired by Montessori principles applied to the context of the family farm in the Marche region.

- Partners: inrca, UNIVPM, Centro Internazionale Montessori, Coldiretti, Az. Agricola Bagalini (FM), Az. Agricola La Castelletta (AP), Az. Agricola Fiorenire (AP)
- Impact on the territory: testing of the prototype of a new service that can be activated in the Marche region, particularly for internal areas, to benefit elderly people with mild cognitive impairment and their families.

“Arts applied to no-pharmacological care”

Funded by the Erasmus+ Programme (01/01/2022-31/07/2024)

Consortium: ANS (social cooperative) and ACMO (music association) from Italy; Sons do estamine (care and music organization) from Portugal; Habilitas (care organization) and Schoala de pian (music school) from Romania; Eurocarers from Belgium.

Leader: INRCA (research organisation) (Principal Investigator: Sara Santini)

Main objective: Designing and testing a music-based non-pharmacological intervention.

The video explaining the overall project: <https://soundeuproject.eu/>

Involved **45 older people with dementia** and their **family carers** (where possible), and **45 dementia care professionals**.

The results from the intervention are encouraging: participants' overall wellbeing, cognition, delirium and anxiety improved.

Five video lessons for family carers have been realised to show **how to use music in the daily care routine**. Available here <https://soundeuproject.eu/video-lessons-english/>

Lesson learned: more music in family and in care facilities and more education on music for family carers is needed.



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DanceCARE

Dance Movement Therapy and Conscious Movement as innovative tools in emotional education and support for long-term caregivers

General info on project

Cooperation partnership in Adult Education Erasmus+ KA220, co-funded by European Union

Start date: 31 December 2023 - End date: 31 June 2026

Coordinator : Inrca (IT), partners: Polibienestar (SP); Aktios and Computer Solution SA (GR), EASDMT (DE), Wise Motion Community (fi)

Aims: The development of DanceCARE educational program will contribute to a holistic approach to education and training in a lifelong learning perspective. The main objectives are to reduce burden and depression usually associated with Long-Term care duties and to improve networking between informal and formal caregivers. A blended and innovative training, focused on Dance Movement Therapy and Wise Motion methods for stress relief, will be tested and widely used both nationally and on a larger scale.

What we have learned so far

A caregiver who takes care of him/herself, who is aware of his/her limits and resources also on an emotional level, who fits into a peer group and avoids isolation, will be healthier, will resort less to the use of drugs, will turn less to the health care system; and will also be able to care for his/her elderly person better.

CRESI-INRCA ON GOING PROJECTS

For main products

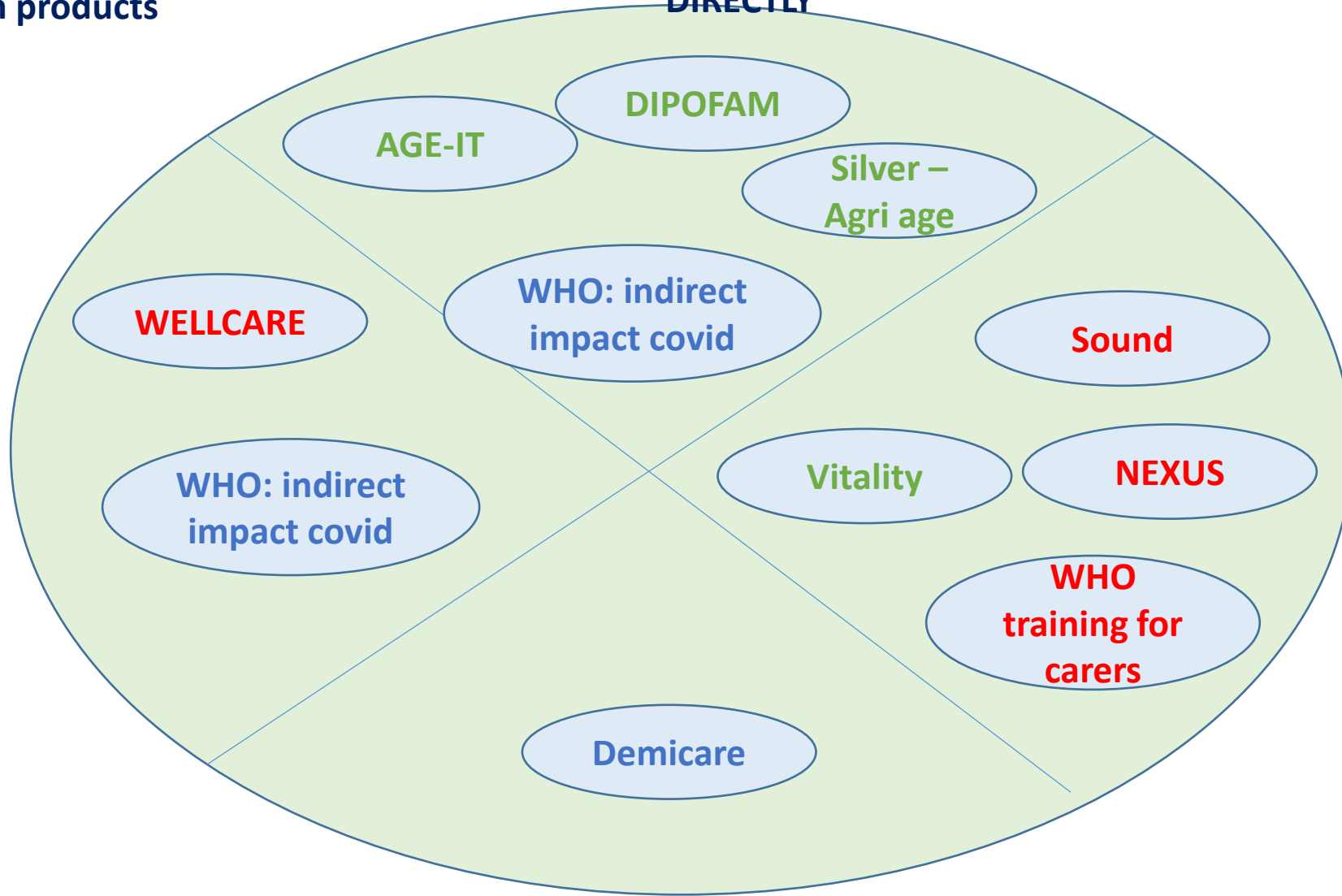
POLICYMAKERS ARE INVOLVED

DIRECTLY

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Good practices and policy



Training

Trial

-  National / regional project
-  European project
-  With Eurocarers

THANKS
FOR ANY info...
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