

Co-ordinator

CITY OF TURIN

Social Services and Relations with
Health Authorities Department

Partners

- University of Turin - Department of Education and Training Sciences (IT)
- "Asl TO1" - Elderly Long Care and Medical Area Departments (IT)
- "Asl TO2 - Torino Nord" - Elderly Health Department (IT)
- Catholic University of "S. Cuore" - Medicine Department - Rome (IT)
- "Istituto Ospedaliero di Sospiro" Foundation - Cremona (IT)
- "Centro Maderna" - Stresa - Verbania (IT)
- "Istituto Gerontologico Matia-Ingema" Foundation - S. Sebastian (ES)
- Istanbul Metropolitan Municipality - (TR)
- University of Transilvania - Brasov (RO)

Contacts

City of Turin
Social Services and Relations with
Health Authorities Department
Health Office

via C.I. Giulio 22 - 10122 Turin

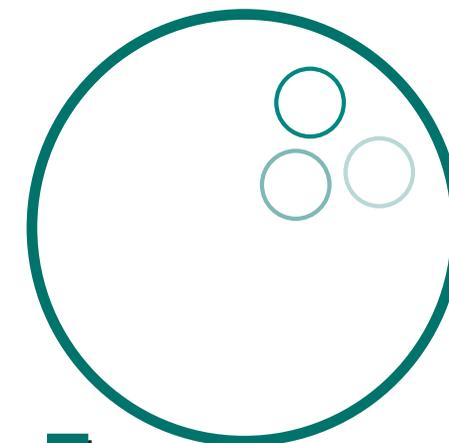
tel. + 39.0114425146

project e-mail: ring@comune.torino.it

website: www.comune.torino.it/pass/ring

This project has been funded with support from the European Commission.

This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



ring
Transfer RING

SUPPORTS

for CAREGIVERS

LLP-LDV-TOI-09-IT-0446

Context

Dementia is one of the greatest problems for the public health and welfare system in the XXI century: currently 5.4 million people suffer from dementia in Europe (Informations provided by "Alzheimer Europe"). Many reports have already shown the need to ensure appropriate supports for "fragile" elderly people, in particular if they're affected by dementia. These studies have highlighted a direct link between the risk of worsening the quality of life and the caregiver's mental and physical health involved in the care work.

A family member or a professional home-caregiver who is often an immigrant, lives with high levels of emotional and psychological stress; if they are not taken care of properly, caregivers themselves could become a "second victim".

Then, through more focused and suitable training, caregivers can benefit by an improvement of health and well-being.

Recipients

Direct: professional home-caregivers and family members.

Indirect: academics, psychologists, pedagogues, general practitioners and trainers, working in the socio-medical field, especially in the training for caregivers focused on the elderly with dementia.

Duration

November 2009 - October 2011.

Objectives

The Ring Project will reach the following objectives:

- increase caregivers' skills;
- improve level of stress and anxiety also to care recipients;
- gain trainers' skills working in the social-medical field;
- facilitate the social integration of immigrants;
- enlighten people about these issues throughout the European partnership.

The innovative aspect is the process of combining and adapting the three training tools provided by partners from various geographic areas:

1. "Guidelines for caregivers", booklet, an informational guide targeted towards caregivers on the different kinds of dementia, their course, practical advices to care for and to accompany patients to the end of life, written by *Fondazione Istituto Ospedaliero di Sospiro* (IT);
2. a DVD realized with clips from many European films about issues of care, used as an additional tool for training caregivers prepared by *Centro Maderna* (IT);
3. a Psycho-educational Programme finalized to improve the caregivers' emotional well-being, written by *Instituto Gerontologico Matia - Ingema* (ES).

This Kit could be used during the training on human relationships structured in six steps.

Actions

The following specific actions are foreseen:

- identifying the caregivers' needs in the sphere of human relationships;
- combining the three training tools creating the Kit Ring;
- adapting and testing of the Kit Ring at national and European levels;
- validation and systematization of the Kit Ring;
- spreading at national and European levels;
- monitoring and assessing the final results.

The whole training package could also be used in others fields, in particular with caregivers for disabled people, mental patients, or people with chronic diseases.

A large multidisciplinary partnership, coordinated by the Project manager, will operate through national and European meetings, workshops and online contacts.

The participation of the stakeholders, trainers, and various social bodies will facilitate the impact evaluation, the sustainability of the training, and will promote caregivers' health.