

Coordinator

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)
- 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
e-learning platform:
www.fad-fondazioneospiro.it/course

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.



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: formal carers (professional home-caregivers and health workers) and informal (family members, volunteers).

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

Duration

November 2009 - October 2011.

Objectives

- To improve the caregivers' skills on supportive relationship and their levels of stress and anxiety; to implement the knowledge of the trainers that are working in the social – medical field; to facilitate the social integration of immigrants;
- to improve the cooperation and spread knowledge about this issue throughout the European partnership.

Actions

The following specific actions were carried out::

- *Analysis of training needs* of caregivers and trainers at European level: it showed the need for innovative tools on the aid relationship;
- *Aggregation and Testing of Ring Kit.* The kit consists of the **"Guidelines for caregivers"** to support who takes care of elders with dementia, a **DVD** made with fragments of films on the theme of aid relationship and a **Psycho-Educational Programme** focused on anxiety and on caregiver stress; these products have been integrated with a user manual for the trainers. The training module on the aid relationship was divided into six sessions (for the total duration of 12-15 hours) and tested on 880 people at European level (professionals, family members, trainers, students);

- *Validation and Evaluation.* It was expressed in the project by a large number of contacts and requests of informations, and by the satisfaction degree of the participants in training; this has supported the validation of the Ring Kit at European level. In particular, the "Guidelines for caregivers", directed to accompany the elderly person's carers until the end of life, is a tool usable even outside of training contexts. Finally, the participation to training modules facing the theme of aid relationship has supported the creation of spontaneous self-help groups among caregivers;
- *Coordination.* A large multidisciplinary partnership, coordinated by the promotor, operated through national and european meetings, workshops and on line contacts. The participation of stakeholders, trainers and various social bodies has facilitated the sustainability of the training and the promotion of caregivers health.

ring
Transfer RING

2009-2011