

# CAREER

## EMPOWERING INFORMAL CARERS



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## TRANSNATIONAL FOCUS GROUP

**2nd Round, Athens, 20-24th of January 2020**

**Host partner: IASIS**

The 2nd Transnational Focus Group held in Athens put together for one week informal caregivers and professionals from all the partner countries.

During the last two days, also the 3rd Transnational Meeting of the Project Managers was organized, in order to review the pathways done and to plan the next steps. This organizational choice made possible a mixed working group allowing the Focus Group participants to discuss with the project coordinators on their contributions to the intellectual outputs.

The present Newsletter focuses on the feedbacks that caregivers and professionals returned after these productive meetings.

**WELCOME TO OUR 3<sup>rd</sup> NEWSLETTER**

THIS NEWSLETTER IS INTENDED TO  
INFORM YOU ON THE PROGRESS OF  
THE PROJECT



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# FEEDBACKS, OPINIONS...

## IASIS, Greece

**Was it difficult for you as caregiver to get organized and participate to a one-week Focus Group?**

-

*"It was a very interesting week, with a very enriched training, with tools and activities applied to a face to face context."*

*"Experiential workshops was an added value for the training as it helps for the best understanding of the activities provided."*

*"It was not so difficult to participate during this Focus group, in fact it is very interesting for the caregivers to get involved in these initiatives."*

**Was the Focus Group useful in terms of sharing my opinions, difficulties and suggestions with other caregivers and professionals?**

*"It was very relieved to share experience with other caregivers, who really understand your position as a caregiver and to express their different perspective. This kind of training, could be very useful and supportive for all of them".*

*"The combination of professionals and informal caregivers who share and exchange their own perspectives, it is more than useful for the understanding of the tools provided inside the training material of the project."*



*"A very interesting approach on how the caregivers as trainees could find useful tips for adapting practical activities to their everyday requirements."*

### Caregivers' needs in Greece:

- more information regarding the services and the supporting premises, which the caregivers could ask for help
- anti-discrimination culture towards people with physical or mental health disability
- job/working opportunities not only for people with special needs, but also for their families, due to their daily liabilities

The trainers and the coordinators presented during the training week in Athens, expressed the need

for the caregivers to be trained and informed about relevant training activities, in order to facilitate their everyday routine and to empower their competencies. They were mainly focused on the importance of training and education.

# FEEDBACKS, OPINIONS...

## JAGIELLONSKI UNIVERSITY - POLAND

### The caregiver's voice:

For me as as caregiver it wasn't difficult to get organized and participate to a one-week meeting. The Focus Group was useful. It was a good environment to exchange opinions, and to to see what difficulties other caregivers and professionals are facing. It seems that the exchange of opinions between caregivers from different countries was very important for this project.



# FEEDBACKS, OPINIONS...

## DGASPC Sectorul 1, Bucharest, ROMANIA

### The caregiver's voice:

The training was very useful in terms of sharing opinions regarding the difficulties experienced by informal caregivers, but in the same time it was a very friendly environment for learning and discussing common problems along with caregivers and professionals. The insights of the caregivers were very important in the context of the project.

# FEEDBACKS, OPINIONS...

## C'entro Association, ITALY

### The caregiver's voice:

It was not easy to get organized and find someone who could take my place for the caring duties at home.

But I consider that international meetings like this one are useful for my self-awareness on my own rights as a caregiver. The debates, the different opinions brought by the others opened my eyes on how to improve my own situation in terms of care relationship and on how to help others around me become aware of what being a caregiver means.

There is still a lot to do in Italy for the caregivers, starting from the approval of a national Law, but already some virtuous regions, like Emilia-Romagna, have operational laws giving concrete rights to the caregivers.





# FEEDBACKS, OPINIONS...

## I.R.I.P.S. Institute, FRANCE, Corsica

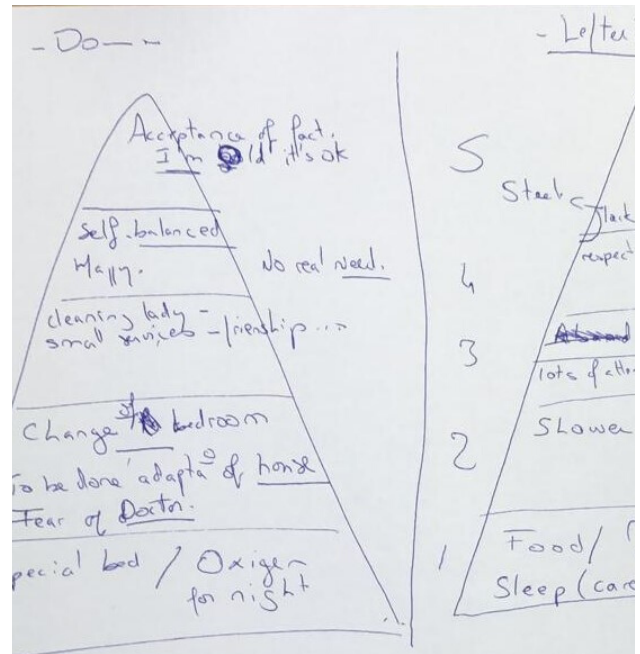
### The caregiver's voice:

The focus group was an opportunity for very rich exchanges. It is interesting to have the point of view of the professionals confronted with that of the caregivers. The different perspectives enable to optimize the support of the carers.

The group also makes it possible to deepen the questions or refine the answers, it creates more meaning and innovation. Everyone's suggestions and questions in response to the work presented enriched the training offered to carers. For me, I think this group time has had a very positive effect.

The concern is how much time the caregivers have. Leave with financial compensation would be a valuable right for all those who work and want to take time to support their loved one. Provide the means to reconcile work and family life.

In fact what is missing is a real status for the carer. Moreover, access to rights and to the various systems is always a real obstacle course with, most of the time, a multitude of people involved. We could envisage a single place for reception, information and orientation.



# FEEDBACKS, OPINIONS...

## ITG Conseil, FRANCE

### The caregiver's voice:

No major difficulties felt during this week-long event, except for uncertainties related to the fact that not all participants knew each other and that there was some apprehension about having to speak out about our personal experiences of accompanying people who need help (these are

personal stories and feelings, which are not always easy to present in groups in front of everyone). However, the organization of the days allowed all

participants to get to know each other better through role-playing, group exercises and exchange time and to discover common values in terms of experience, needs of tools and knowledge

To do and also in terms of common reflection on key points that have appeared to all: the need not to be alone, the need to be trained continuously, knowing how to use a network of help, knowing how to balance one's own life.



## NEXT STEPS

From May to September 2020 each partner country will organize the 3rd and the 4th Local Focus Group with the caregivers' participation.

During the same period, in each partner country there will be National Multiplier Events disseminating the project results.

From the 11th to the 15th of May the French partner ITG Conseil will host in Paris the Training of Trainers activity dedicated to the Training Curriculum for Professional Trainers, who are in turn meant to better support the caregivers they collaborate with.

Each partner will participate with 2 trainers to the event.



## NEXT EVENTS

**The Final  
Transnational Meeting  
is envisaged for the  
8-9th of July  
2020  
in Milan (IT)**

**hosted by Fondazione  
Clerici,  
C'entro's operational  
associate**



# Partners of the project

## I.R.I.P.S. (Institut Régional D'Insertion Professionnelle Et Sociale) - FRANCE

LEAD PARTNER

WEBSITE: <https://www.rips.fr/>



## Associazione C'ENTRO - ITALY



WEBSITE: <http://www.associazionecentro.it/>

## ITG Conseil - FRANCE

WEBSITE: <https://www.itg.fr/>



## IASIS - GREECE

WEBSITE: <http://www.iasismed.eu/en/>



## CIEP Asbl - BELGIUM

WEBSITE: <http://www.ciep.be/>



## UNIWERSYTET JAGIELLONSKI - POLAND

WEBSITE: <https://www.uj.edu.pl/>



## DGASPC Sector 1 - ROMANIA

WEBSITE: <http://www.dgaspc-sectorul1.ro>



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COUNTRIES

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