

[www.family-caregiver-support.eu](http://www.family-caregiver-support.eu)



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E-C-C Association for Interdisciplinary Education and Consulting  
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# Family Caregiver Support

## Strategies and Tools to Promote Caregivers' Mental and Emotional Health

Family caregivers play a central role in the care of persons with severe mental illness. The majority of them live with the illness of their affected relative 24 hours of the day, each day of the year. Research shows that family members who provide care to individuals with chronic or disabling mental conditions are themselves at risk. Emotional, mental, and physical health problems arise from complex caregiving situations and the strains of caring for frail or disabled relatives. Medical advances, shorter hospital stays, and expansion of home care technology have placed increased care responsibilities on families, who are being asked to shoulder greater care burdens for longer periods of time.

The objectives of our project are

- to empower citizens to develop self-confidence and patients competence in their caring for family members with mental illness: A Guide and a Resource Packs will provide the caregiver with helpful tips, tools, and information. Its two main sections focus on “Caring for YOU” and “Caring for the Individual.
- to ensure immediate access to these products at any place or any time in all languages of the partnership: The products will be available not only as interactive web-based contents, but also as mobile apps.
- to include refugees, asylum seekers and migrants who have no or only little command of the host country's language: we will produce translations of some of the materials also into Arabic and Pashtun.

The outcomes of this project are for

- adults who are caring for a family member with mental disease
- people working in health and social care organisations who can inform family caregivers about the existence of our Guidelines and Resource Pack or use the materials in their information and counselling activities
- refugee and migrant counsellors who can disseminate the materials among their clients.

Click

[www.family-caregiver-support.eu](http://www.family-caregiver-support.eu)

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Family Caregiver Support is implemented by eight European associations, institutions and universities from Austria, Croatia, Cyprus, Ireland, Italy, Portugal, Slovak Republic and Slovenia.

In this collaboration, the partnership will provide secure quality information, support, and resources for family caregivers of adults with chronic mental diseases and cognitive conditions such as Alzheimer's, stroke, Parkinson's, dementia and other illnesses to better understand their health and their diagnosed disorders.

E-C-C Association for Interdisciplinary Education and Consulting (Austria)

CSICY – Center for Social Innovation (Cyprus)

INTEGRA Institute for Development of Human Potentials (SI)

IPP – Polytechnic Institute of Porto (Portugal)

IUL – Italian University Line (Italy)

MEDRI – University of Rijeka, Faculty of Medicine (Croatia)

NUI – National University of Ireland, Galway (Ireland)

QUALED Qualification and Education (SK)



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