

Background

Caring for a loved one can be a full-time task, often with little respite and carers can find that they have little time to care for themselves. Caring for an individual living with mental health issues can mean many challenges and carers often feel alone and overcome, as there are many things to do, many things about and this can lead to worrying. This project will help caregivers to get information and support, so that they can better their skills for caregiving and so that they can learn more about looking after themselves.

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Partners



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Family Caregiver Support

– Strategies and tools to promote caregiver
mental and emotional health.

www.family-caregiver-support.eu



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Objectives

- Provide information on the mental ill-health issues and the challenges caregivers may face.
- Provide information on strategies for caregivers to support individuals living with mental ill-health.
- Develop the skills of caregivers to enable them to work with and manage their own self-care needs.
- Develop an open and free online learning platform and mobile app to support caregivers.
- Support and empower caregivers to develop their care skills and find information and support to help them in their role.

Output

- Family caregivers support guide: a detailed information pack with descriptions of specific mental ill-health issues and guides and helpful advice for meeting the challenges of caregiving.
- Family caregivers support resource pack: an information guide to support you in caring for you as a caregiver to a person with mental health issues.
- Family caregivers support e-platform: open and free to everyone, so that carers can learn together and support each other.
- Family caregivers support mobile app: open and free to everyone so that help is always at hand.

Impact

- To help and support family caregivers to better their skills and feel more informed about the care they give to their loved one.
- Caregivers will understand how important it is to care for themselves and look after their own mental and physical health.
- Professionals will have resources to share with caregivers when their loved one is diagnosed or when they need support.
- Caregivers across Europe will be able to access the same project information and guides that are based on up to date evidence.
- Caregivers will have better coping skills and ideas on how best to support their loved one.