



Family Caregiver Support

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Mental disorders are highly prevalent in Europe and impose a major burden on individuals, society and the economy. Family caregivers play a central role in the care of persons with severe mental illness. This is an important fact and the result is that the majority of caregivers live with the illness of their affected relative 24 hours of the day, each day of the year. As the result of a survey conducted in a number of European countries, it was reported that caregivers of persons with mental illness spend an average of 6 to 9 hours per day providing care. Additionally, 36% are the only caregiver. Despite their important role, caregivers frequently feel undervalued by the health care system. Although there is no doubt regarding the important role that families play, they frequently feel that their own needs are neglected.

www.family-caregiver-support.eu

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Specific needs of family caregivers

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.

What does our project want to achieve?

The overall objective of this project is to empower family members as caregivers and to give them instant and easy-to-understand access not only to relevant medical information, but also to psychological support for their own needs.

The Family Caregiver Support Guide provides secure quality information, support, and resources for family caregivers for patients with chronic mental diseases and cognitive impairment, such as Alzheimer's, stroke, Parkinson's, dementia and other illnesses to better understand their health and their diagnosed disorders.

The Family Caregiver Support Resource Pack will provide learning and information material about mental disorders in an easily understandable way. They will cover a broad range of problems, with different symptoms, e.g. depression, anxiety, conduct disorders in children, bipolar disorders and schizophrenia., and will focus on emotional reactions, thoughts, behaviour and the level of functioning related to specific chronic mental conditions which present the problem for caregivers.

We will provide 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.

Where are these materials available?

You can find the access to our materials on our homepage_ www.family-caregiver-support.eu.

The first results will be presented in spring 2020.