



Family Caregiver Support

Newsletter 2 – November 2019

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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November is National Caregiver Appreciation Month!

Sometimes we can even now learn from America! In the United States and in Canada, November is the National Caregiver Appreciation Month, and the 13th November has been declared the Caregiver Appreciation Day. This day of recognition is for both paid and unpaid care givers. We believe that family care givers deserve even more special recognition. They silently go about the task of supporting a family member in need. They give their time freely, and often spend their own money in doing so. It can be a thankless task, without even a thanks from the person being cared for or from other relatives who find countless reasons not to help.



What can our project contribute to caregivers?

Since we started our work in January, we have designed the layout and the basic contents for two of the most important outputs:

- The Family Caregiver Support Guide This Guide 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.
- The Family Caregiver Support Resource Pack It will contain information and exercises to alleviate and reduce the risks of mental health consequences that caregivers are exposed to. The materials will be accessible through our e-platform in spring 2020!

You can also find us on Facebook!

Our project is also presented in Facebook! Search for "Family caregiver Support" and find lots of useful tips and information, as well as links to self-help groups and many other interesting initiatives!