

Family Caregiver Support

Newsletter 3 –October 2020



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

Project promoter:

E-C-C Association for Interdisciplinary
Education and Consulting

office@e-c-c.at



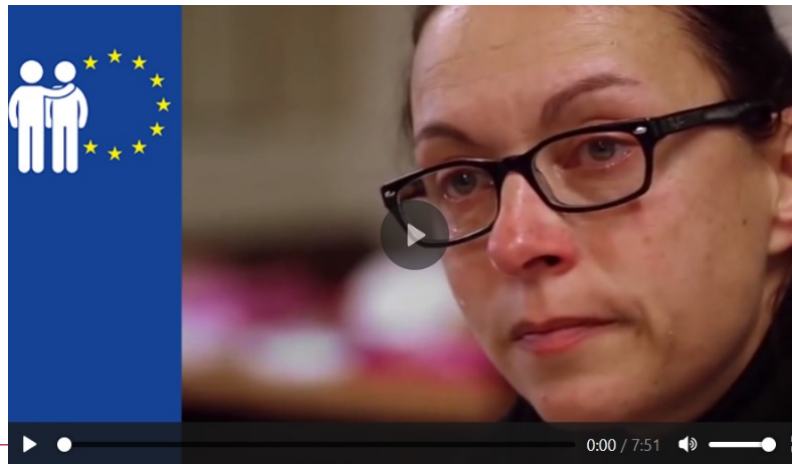
Co-funded by the
Erasmus+ Programme
of the European Union

This project has been funded with support from the European Commission.
This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

How to Survive as a Primary Caregiver?

Many caregivers report problems attending to their own health and well-being while managing caregiving responsibilities. They report sleep deprivation, poor eating habits, failure to stay in bed when ill or postponement of medical appointments for themselves.

Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.



Our project contributes to caregivers!

You can find all outputs on our website:

- [The Family Caregiver Support Guide](#)
This Guide provides 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 contains information and exercises to alleviate and reduce the risks of mental health consequences that caregivers are exposed to.
- [The Family Caregiver app](#)
which can be downloaded on your Android mobile phone

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!dy2