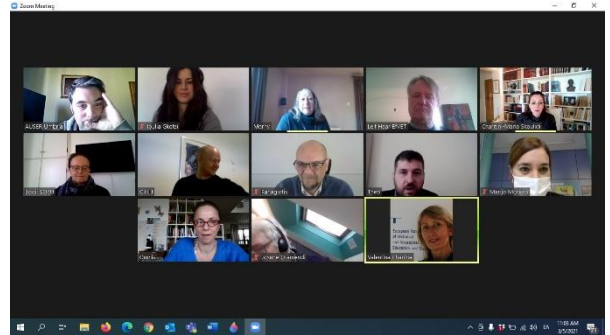


3rd Newsletter | February 2022

Progress in the D-Care, Respect and Respite Project

Project progress has been slower than expected, with the Coronavirus pandemic affecting work plans; partners and colleagues not allowed to work in normal ways, difficulties with working and caring for people living with dementia – all have been affected. The project end date has now finalised at June 2022.



Zoom has been a saviour for project team meetings, allowing all partners to attend and contribute to the important discussions around progress and planning the next steps.



The 'Train the Trainers' course (IO3), was completed, translated in all partner languages (English, Spanish, Italian, Greek, and Danish). This is now live online and remains available to anyone who wishes to participate. Partners and others have completed the course and provided feedback. There is a Guide available.

Currently, the two courses at IO4, one for Professionals and the other for Family and Friends are being finalised online, following translation. Assessment is also available online as part of this course.



The D-Care Project and CST

This project has produced training courses for caregivers, people involved with training caregivers and others responsible and involved with people who live with mild to medium dementia. It is essential that we respect those living with dementia and also consider respite for the caregivers – whether they are professionals or family and friends caring for a loved one.

One type of intervention which is evidenced as helpful to those living with dementia is CST. We keep mentioning CST – this stands for Cognitive Stimulation Therapy. There is no cure for dementia but there are interventions, such as CST, which can improve quality of life. The CST developed by University College London (UCL) is based upon evidence and is very specific to a set programme, with activities and sessions as specified.

CST has been developed by reviewing the best available research on approaches to improve cognitive skills for people with dementia. Our training courses have been developed to enable caregivers and others to learn about CST, when to use CST, detail and understanding of the evidence of the usefulness of CST.

We have also created courses which are to aid caregivers, such as how to create a 'dementia friendly home', how to make life easier and more relevant to the person living with dementia.



Europe hears about the D-Care project

The D-Care project was presented during the EfVET round table conference in Berlin. Over 62 participants drawn from 12 European countries attended (yes, attended in person!)

In Europe an increase in diseases linked to ageing, such as dementia, has been registered over time, and it is estimated that the numbers will increase after Covid-19 pandemic.

We have also created courses which are to aid caregivers, such as how to create a 'dementia friendly home', how to make life easier and more relevant to the person living with dementia.

During the round tables, EfVET and p-consulting partners presented the training courses of D-Care. By the end of project, we believe the students will be able to understand how the disease affects a person and how the person sees the world- said Panagiotis. The training courses contain the specific guidelines for the development of the study material in "Design, development and pilot of the E-learning Course for caregivers".

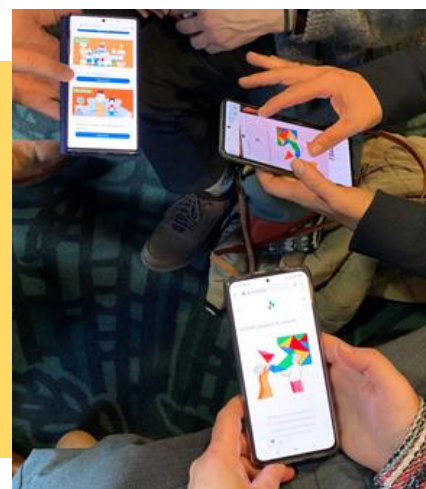
The modules are the basis for understanding the person with dementia, the preconditions and how you as a professional or non-professional caregiver can assist in making their everyday life meaningful and increase the person's quality of life.

The courses produced are available in English, Spanish, Italian, Greek and Danish.

Participants benefitted from sharing good practice and examples. Also, EfVET and p-consulting partner had the opportunity to disseminate the project by handing out more than 20 brochures and printed version of the Newsletters.

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Multiplier Events – important to inform people about the project and the available courses

Spain

A multiplier event took place in Cebanc on 3rd February during the day of Entrepreneurship.

We would have preferred to have been able to include students, in a day where we could listen live to the detail of projects carried out throughout the course, aligned with the European project D-Care. However, we were obliged to be prudent and performed a hybrid format to the event.

Representatives of different associations such as Afagi, Aubixa, Asle, Creactivalia, Fomento San Sebastian, Secot and Urratzbat were invited, associations that either work with and/or assist families and friends of people with Dementia or promote start-ups with activities focused on the improvement of the life of the elderly, their families and caregivers.

After the presentation of the project D-Care given by Osune Otamendi, a psychologist who specialises in patients with dementia and a Cebanc teacher, it was explained the work done to support entrepreneurship focused on projects that pursue not only economic but also social objectives or that take into account the social reality of the environment in which they are developed.

To end the morning, the guests were asked to watch the short videos recorded by the students where they presented the projects developed throughout the course (within the Business and Entrepreneurship module) and to vote for the best ones. The first prize went to the Gutikgura project which aims to bring traditional organic local food closer to elderly people.



Denmark

The Danish team also planned a multiplier event early February. The report will be in the next newsletter.

Greece

Spreading the news about the project's results and as a member of the partnership, p-consulting is currently busy with organising and implementing comprehensive informative contacts with various organisations, institutions, and associations that address, or deal with the needs and caring for people living with dementia. These contacts comprise explicit information about the project's results and how they can be useful to people dealing with people with dementia, from different roles.

This activity will take place during February 2022, so as to involve as many as possible. It is going to be an organised activity, concerning the training course produced (IO4) by the project's partnership, aimed directly at professional caregivers, for providing them with as much insight, knowledge, ideas, consulting etc., as possible, for their task at hand.

Stay tuned to learn more about D-Care activities!



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Partners

