



ICWE - INFORMAL CARERS WELL-BEING ENHANCED

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FIRST NEWSLETTER

We are pleased to welcome you to the first edition of the Informal Carers Well-Being Enhanced (ICWE) project newsletter. This initiative, funded by the Erasmus+ programme, is dedicated to supporting and improving the well-being of informal caregivers who, like you, offer their precious support to family and friends in difficulty on a daily basis.

Our primary goal is to provide you with practical resources, training and support to make your job as a caregiver more manageable and rewarding.

We recognize the critical importance of your role and are here to offer you tools that can help you improve the quality of life for yourself and the people you care for.

In this newsletter you will find essential information about the ICWE project, useful resources, details on training programs and advice on how to maintain your physical and mental well-being. We hope you find this information useful and invite you to actively participate in the events and activities we will organise.

Key points:

Goals

Resources and tools for assistants

Online platform and community

Partners



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knowledge communication



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Goals

The Informal Carers Well-Being Enhanced (ICWE) project was born from the need to support informal caregivers, people like you who dedicate themselves daily to caring for loved ones with difficulties. Funded by the Erasmus+ programme, ICWE aims to improve the well-being of caregivers by providing practical resources, training tools and ongoing support.

The project will last 24 months, from 1 September 2023 to 31 August 2025, and involves several partner organizations from across Europe, all committed to improving the quality of life of informal caregivers.

ICWE was designed to address the challenges that informal caregivers face on a daily basis by providing tools and training that can facilitate their task. Among the main objectives of the project are:



Empowerment of assistants

Offer tools and resources to improve caregiving management and promote personal well-being.



Training and assistance

Design and implement specific training programs to improve the skills of caregivers and the professionals who work with them.



Creation of innovative resources

Develop an international toolkit and website that offers easily accessible information, support and resources.



Resources and tools for assistants

One of the central elements of the ICWE project is the development of a toolkit specifically designed for informal caregivers. This toolkit is designed to offer practical support and helpful resources that can help you tackle the daily challenges of caregiving with greater ease and confidence.

The ICWE Toolkit includes a wide range of materials and tools, including:

- **Guides and manuals:** Detailed information on how to manage different caregiving situations, from caregiving techniques to time and stress management.
- **Self-assessment tools:** Questionnaires and checklists to help you monitor your wellbeing and identify areas where you may need additional support.
- **Digital Resources:** Access to video tutorials, webinars and other online resources accessible from the comfort of your home.

- **Peer-to-Peer Support:** Platforms to connect with other caregivers, share experiences and receive advice and emotional support.

These resources have been developed with the specific needs of informal caregivers in mind and have been designed to be easily accessible and usable. Whether you need practical information on how to better manage your time, strategies for dealing with stress, or advice on how to improve communication with healthcare professionals, the ICWE toolkit has something to offer you.

To access the toolkit and start exploring these resources, visit our website or contact one of our project partners. We are here to support you on every step of the way on your caregiving journey.

Online platform and community

One of the ICWE project's most powerful tools is our online platform, designed to provide ongoing support and access to vital resources for informal caregivers. The platform is the hub of all ICWE project materials and serves as a hub for information, training and connection with other caregivers.

The following are available on the ICWE online platform:

- **Resources and materials:** An extensive library of guides, articles, video tutorials and webinars on various aspects of caregiving. These materials were developed by experts and are designed to be easy to understand and use.
- **General hub for information on informal carers:** Dedicated spaces where caregivers can connect, share experiences, ask questions and receive support from their colleagues. These forums are moderated to ensure a safe and supportive environment.
- **Events and webinars:** Information about live events and webinars organized by the ICWE project, where you can learn new skills, receive project updates, and interact with experts and other caregivers.

News and updates: The latest news on the ICWE project, including activity progress, success stories and opportunities to participate in future events.

The online platform was developed with you in mind, to make caregiving a little easier and less isolating. You can access the platform at any time and from anywhere, using a computer, tablet or smartphone.

We are excited to bring you this resource and hope you find ICWE's online platform helpful and inspiring in your caregiving journey.





ICWE Transnational Project Meeting

The first meeting of the ICWE project at the Exeo Lab headquarters in Potenza has been a moment of international collaboration fundamental for the proper start of the project.

During the meeting, together with the international partners, the objectives to be achieved were presented, sharing ideas and points of view to guarantee the success of the initiatives.

The aim of the project is **to improve the well-being of informal caregivers** by providing practical support to better manage work-life balance. The importance of dedicating adequate resources to this crucial issue was recognized, committing to providing the necessary support to face daily challenges.

The activities planned during the project (WP2) are the creation of an ICWE website and the organization of focus groups, which will involve both informal caregivers and care professionals in order to collect data.

All project partners will contribute to:

- the development of the guidelines,
- the implementation of the focus groups
- the review of the materials.

Partners



iserundschmidt GmbH is a company specializing in research on science and knowledge communication in Germany. For over 25 years the agency has provided strategic consultancy, developed independent campaigns and productions.



The EHFF, European Health Futures Forum, was established in 2013 as an NGO dedicated to supporting actions that lead to the improvement of the health of European citizens. Initially established in the UK as a non-profit organisation, it established itself in Ireland in 2017 and is now a registered Charity.



CARDET (Centre for Advancement of Research and Development in Educational Technology) is an independent, non-profit, non-governmental, research and development organization based in Cyprus. It is one of the leading research and development centres in the Euro-Mediterranean region, with global expertise in project design and implementation, capacity building, and e-learning.



RightChallenge is an NGO that aims to promote education and vocational training as a tool for social inclusion. We believe that education should focus on the development of all people - regardless of social status, age or gender - to prepare them to participate in all dimensions of society.



K.S.D.E.O. "EDRA" is a non-profit organization, active since 2001 to promote mental health and protect the rights of vulnerable groups. EDRA provides mental health services and raises public awareness in matters concerning mental health, supports the child and the family to cope with learning difficulties, intervenes therapeutically in the field of special education and Intellectual disability, develops national and European initiatives for socially vulnerable groups, provides lifelong training programs for all population groups.



Partnership of policy specialists, whose founding members have over a decade of concrete experience in the sustainability sector. Exeo Lab is a young, multi-purpose and flexible company that envisions a sustainability-oriented society.

Thank you for reading!