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News of the E.L.M.I. project

Enhancing **L**abour **M**arket **I**ntegration of elderly family carers through skills improving

Pilot testing of ELMI on-line course

From June to August 2015, a pilot testing of the online training course for informal (family) carers of elderly with special focus on the care of older persons with Alzheimer dementia has been carried out by the E.L.M.I. partnership. The aim of this course is that informal carers acquire skills in elderly care allowing them to face the challenges of this role and having positive effects also for their ulterior professionalization and integration on the labour market.

The themes approached in the training program concern elderly care (nutrition, communication etc.), problems generated by the most frequent pathologies (with special focus on Alzheimer dementia), elder abuse, stress prevention, support from social services.

Here are some of the results of the pilots realized in...

Italy

At this stage of the project, the ANS 's team has been working on the technical aspects of the course such as the configuration and installation of the platform, courses organisation by adapting and editing the material received by partners to make it more usable on e-learning modality. So far the MOODLE platform hosts 3 multilingual courses addressed to carers living in Romania, Czech Republic and Poland, containing different combination of modules and enriched by multimedia resources (videos, slideshow, etc.).

The courses give potential users the possibility to have a feedback on their learning level thanks to an online assessment. It's possible to access the platform by following a registration procedure through which user receives the credentials.

Romania



In June, Societatea Romana Alzheimer and Asociatia Habilitas CRFP organized together the meeting with family caregivers from Bucharest who will follow the ELMI on-line training course. The other caregivers from Galati and Brasov were trained through Skype. In total, 40 caregivers attended the online training.

The course contains 4 modules: Caregiver's role and specific aspects of the care activity, Organizing the care activity, Help in daily life, and Care for older persons diagnosed with Alzheimer dementia, and a total of 25 sub-modules.

The participants were presented the ELMI project, the functionality of ELMI e-learning platform and they completed the necessary documents. In the following months, the carers followed the ELMI course, having permanent contact with project representatives for further instructions and explanations. In August, a feed-back session was organized for carers from Bucharest, where they completed the feed-back questionnaires and they received the Certificates of participation. All other carers sent their feed-back via e-mail. The feed-back was positive, the participants were very interested in this course and found it very useful for their care role and a potential profession as caregivers in the future. Their impressions on the ELMI course are also available from the 9 video-interviews that were realized with the Romanian carers.



Czech Republic

During April and May, the selection of pilot testers was conducted, according to the project criteria.

The main criteria were:

- 1/ The participants should be caregivers at present time.
- 2/ They should be interested in the work in social sector after the need of care is over.
- 3/ They should have the access to PC and internet connection.
- 4/ They should be in a high risk of burnout.

The last condition was tested through "Caregiver burden scale test".

In May the meeting with 10 selected participants was held in the Girls Catholic School in Prague. The ELMI project and e-learning course was introduced. The testers got information about the project goals and were instructed how to use the e-learning platform. Now the testers will attend the e-learning course at home and fill the quiz. If the quiz is filled successfully, the participants will get the Certificate of successful participation. Later on the testers will provide the feedback that will allow the Czech partners to evaluate quality and utility of the course and upgrade it accordingly.

Poland

The University of Lodz organized the meeting with the family caregivers from Lodz following the ELMI on-line training course. In July the participants were presented the ELMI project, the functionality and content of ELMI e-learning platform.

The family caregivers spoke with approval about the content of the course, emphasizing its practical value, for instance special exercises for them and specific advices of how to cope with problematic situations in care.

They welcomed the fact that a lot of attention is devoted not only to ward suffering from Alzheimer's disease, but also caregiver himself - his particular situation, difficulties and tips, how to care of his own well-being.

10 family caregivers follow the ELMI online training course in July and August. The course contains 2 modules: caring risk of stress and burnout and communication and relationship in care, with 4 units per each. At the end of the pilot, the pilot testers will participate in feedback session and small survey organized by The University of Lodz to evaluate the course and assess its content.

Press Contact

If you would like to learn more about this study, please:

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