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The DEMCARE4ALL project takes its first steps

When a dementia diagnosis enters the family, it's something that touches every member and reshapes the family dynamics.

We know how painful a condition like Alzheimer's can be for those affected by it, as well as for their family members. It's challenging for them to navigate daily life and mentally and physically exhausting to provide care. Those who suffer from dementia often feel isolated and disoriented when they can't express themselves, perform basic functions, or even recognize themselves. Additionally, caring for someone with such a condition is demanding and strenuous.

On the other hand, children and young people within the family also need time to adapt to the news and the changes it will bring to everyone's life. Therefore, caregivers may find it challenging to know how to broach this conversation with their children or grandchildren. They may need help and support to discuss it, understand how to explain dementia, identify the most suitable person to talk about it, and know what to say and when to say it.

The innovation of the Erasmus+ DEMCARE4ALL project lies precisely in this aspect: the inclusion of the target group of children and adolescents who are part of the family circle of a person with dementia.



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Our Proposals

To provide more support to those involved, a **training course** has been developed that simultaneously addresses three target groups:

- a) Professional caregivers;
- b) Family caregivers (relatives, friends, and volunteers);
- c) Individuals in the early stages of dementia aged 50 and above.

The course aims to introduce the topic of dementia and also equips participants with tools and strategies for dealing with daily life. This includes creating a dementia-friendly environment and addressing behavioral challenges that may arise during the progression of the condition.

Furthermore the DEMCARE4ALL project partnership developed a series of educational materials aimed at children and adolescents (from 6 to 17 years old) to explain to them what dementia is and what strategies can be used to deal with the challenges associated with this condition.



These materials include:

- **Two fairy tales** for children aged 6 to 12;
- **A comic book series** that depicts the adventures of a special grandmother with Alzheimer's disease. Each episode addresses a unique symptom of dementia and suggests strategies for supporting and accompanying individuals with dementia in their daily lives.
- Building on the storyline of the comic book, we've set up **crafts** to put into practice the tips provided by family members in each episode.
- **A board game** about proverbs, which usually remain preserved in the early stages of dementia, has been devised. The game allows children, carers and people with dementia to play together.

TRANSNATIONAL PROJECT MEETING IN DENMARK AND NEXT PROJECT STEPS

In early October, the project partnership met in Aarhus, Denmark, hosted by SOSU to discuss the next steps of the project.

The materials created by the partnership in the recent period of activity - the training course and materials aimed at children and teenagers - will be subject to experimentation in each partner country. Thus, in Sweden, Greece, Italy, Denmark, Poland, and Ireland, individuals in the early stages of dementia, their formal and family caregivers, as well as children and teenagers aged 6 to 17 who are part of the family circle of the person with dementia, will have the opportunity to receive support during a sensitive and rather challenging phase of their lives.

With these initial results, DEMCARE4ALL aims to provide support to these target groups, create and promote learning opportunities for the population, and also reduce the social stigma associated with dementia, thus improving the inclusion of individuals with the condition.

To stay updated on our activities and discover the materials created, please visit the project website at <https://demcare4all.eu/> and follow us on major social media platforms.

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