

*School of Caring (Escola del Cuidar)
Integrated Care Project*

<u>Organisation(s):</u>	Primary Care Centre (CAP) of Amposta professionals The Association of Alzheimer's Family Members of Montsià (AFAM) The Social Services of the Amposta City Council	
<u>Country:</u>	Spain	
<u>Contact:</u>	policy@esn-eu.org	
<u>Theme:</u>	<input checked="" type="checkbox"/> Ageing & Care <input type="checkbox"/> Asylum & Migration <input type="checkbox"/> Young People <input type="checkbox"/> Support for Children & Families <input checked="" type="checkbox"/> Community Care <input type="checkbox"/> Co-Production <input type="checkbox"/> Disability <input type="checkbox"/> Housing & Homelessness <input type="checkbox"/> Artificial Intelligence <input type="checkbox"/> Digitalisation <input checked="" type="checkbox"/> Integrated Care & Support <input type="checkbox"/> Quality Care	<input type="checkbox"/> Labour Market Inclusion <input type="checkbox"/> Social Inclusion <input type="checkbox"/> Technology <input type="checkbox"/> Workforce and Leadership <input type="checkbox"/> Social benefits <input type="checkbox"/> EU Funding <input type="checkbox"/> Social Service's Resilience <input checked="" type="checkbox"/> Mental Health <input checked="" type="checkbox"/> Person-centred Care <input type="checkbox"/> Other, please specify:
<u>Principles of the European Pillar of Social Rights:</u> <i>Check the 20 principles here.</i>	<input type="checkbox"/> 1. Education, training, life-long learning <input type="checkbox"/> 2. Gender equality <input type="checkbox"/> 3. Equal opportunities <input type="checkbox"/> 4. Active support to employment <input type="checkbox"/> 5. Secure and adaptable employment <input type="checkbox"/> 6. Fair Wages <input type="checkbox"/> 7. Transparent employment conditions <input type="checkbox"/> 8. Social dialogue <input type="checkbox"/> 9. Work-life balance <input type="checkbox"/> 10. Healthy, safe work environment	<input type="checkbox"/> 11. Childcare and child support <input type="checkbox"/> 12. Social protection <input type="checkbox"/> 13. Unemployment benefits <input type="checkbox"/> 14. Minimum income <input type="checkbox"/> 15. Old age income and pensions <input checked="" type="checkbox"/> 16. Health care <input type="checkbox"/> 17. Inclusion of people with disabilities <input checked="" type="checkbox"/> 18. Long-term care <input type="checkbox"/> 19. Housing and assistance to homeless <input type="checkbox"/> 20. Access to essential services
<u>Current status of the practice:</u>	<input type="checkbox"/> Concept and Design Phase <input type="checkbox"/> Execution & Monitoring Phase <input checked="" type="checkbox"/> Consolidation Phase <input checked="" type="checkbox"/> Scaling Up and Transformation Phase <input type="checkbox"/> Other (please specify)	
<u>Context/ Social issues addressed</u>	Alzheimer's and other dementias have great social and health repercussions, but above all, they have a great impact on the family environment, as they are chronic illnesses that	

<p><i>Please explain the problem you attempt to solve.</i></p>	<p>cause the highest level of dependence. Nowadays, the family is the fundamental pillar in the care of people affected by illness, which is why the School of Caring is aimed at non-professional caregivers.</p> <p>Hence, the training and mutual support experience are born from the desire to support informal carers who continuously care for people with cognitive impairment or dementia and a certain degree of dependency.</p>
<p>Objectives: <i>Please provide a maximum of three objectives in bullet points.</i></p>	<ul style="list-style-type: none"> • The main purpose is to provide the caregiver with the necessary skills to improve their quality of life and provide the tools that allow them to live the experience of caring positively. • To prevent carers from suffering mental, physical and emotional health problems and also to help them reintegrate into society.
<p>Activities: <i>Please summarise the activities put in place to achieve the objectives (maximum 200 words).</i></p>	
<p>Evaluation of practice: <i>Please explain how you evaluate the practice, and what the results were/are so far</i></p>	<p>The assessment of this programme has been so positive that it has become a reference resource and has made the leap to other municipalities in Terres de l'Ebre.</p>
<p>Links to supporting documents: <i>e.g. website or report of the practice</i></p>	<p>https://www.amposta.cat/ca/registre/arranca-nova-edicio-escola-cuidar</p>
<p>Comments and tips i.e. for people willing to use your Practice</p>	