



Best Practices Social Work Mental health

RESPIR PROJECT

Spain



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Framework

Respir aims to improve the quality of life of families caring for people with a certain degree of dependency, providing them with time to rest and responding to certain unforeseen family situations.

The *Respir* Project has three different services. Firstly, temporary residence care. This service aims to improve the quality of life of family carers by providing them with a time out and responding to certain unforeseen family situations.

Secondly, the project offers temporary residence for people with intellectual disabilities who live in a family and are between 6 and 65 years old. The program aims to improve the quality of life of all family members by providing them with time to rest and respond to unforeseen urgent situations.



Target-group

Temporary residence for older people

Families living in the province of Barcelona who are responsible for people over 65 years of age with a certain degree of dependency. Families in this situation can apply for stays in the *Respir* program for older people.

The *Respir* program of the Council of Barcelona

Residential centre modality — families living in the province of Barcelona who oversee people with intellectual disabilities between 6 and 65 years old. These families can apply for stays in the *Respir* program for people with intellectual disabilities.

Urgent Care Service

People over 60 years old and in a situation of deprotection.



Activities/services

Temporary residence care – this service aims to improve the quality of life of family carers by providing them with time out and responding to certain unforeseen family situations. Temporary residence for people with intellectual disabilities who live in a family and are between 6 and 65 years old. The program aims to improve the quality of life of all family members by providing them with time to rest and respond to unforeseen urgent situations. Urgent Care Service for the Elderly (SAUV) is a municipal support program that provides the social services of all the town councils in the province of Barcelona with a residential accommodation resource for the temporary accommodation of people over 60 years who are in a situation of abandonment, defencelessness or helplessness due to lack of a home or the impossibility of living there. Its purpose is to provide temporary accommodation for older people in a situation of social urgency and requiring immediate action. At the same time, primary care social services look for the resources that best suit their needs.



Outcomes

- 1 The RESPIR Project, in its temporary residential care modality for people over the age of 65, provided care to 927 individuals (658 women and 269 men) and recorded 2,442 requests in 2023.
- 2 In its modality of temporary residential care for people with intellectual disabilities, the project received 2,297 requests and provided care to 1,474 individuals in 2023 (767 women and 707 men).
- 3 Regarding the Urgent Care Service, the program provided residential support to 76 individuals in 2023 (32 women and 44 men).

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