

IMPROVING COMPETENCES OF OLDER PEOPLE CAREGIVERS TOWARDS HEALTHY AGEING THROUGH DIGITAL TRANSFORMATION



Ana Raquel Costa-Brito ⁽¹⁾, Antonio Bovolini ⁽¹⁾, Ana Lopes ⁽¹⁾, Diogo Chouzal ⁽¹⁾, Ermelinda Marques ⁽¹⁾, Rosa Tracana ⁽²⁾, Juan Francisco Ortega Morán ⁽²⁾, Blas Pagador ⁽¹⁾, José Barbosa ⁽³⁾, Estefânia Gonçalves ⁽³⁾, Tereza Otčenásková ⁽⁴⁾, Vladimír Bures ⁽⁴⁾, Eva Macourková ⁽⁵⁾, Zdeněk Bures ⁽⁵⁾, Laszlo Kostyal ⁽⁶⁾, Zsuzsa Széman ⁽⁶⁾, Carolina Vila-Chã ⁽⁶⁾

⁽¹⁾ Polytechnic of Guarda, Guarda, Portugal

⁽²⁾ CCMJU - Fundación Centro de Cirugía de Mínima Invasión Jesús Usón, Cáceres, Spain

⁽³⁾ MORE - Laboratório Colaborativo Montanhas de Investigação, Bragança, Portugal

⁽⁴⁾ University of Hradec Králové, Hradec Králové, Czechia

⁽⁵⁾ Charles University, Hradec Králové, Czechia

⁽⁶⁾ Semmelweis University, Institute of Mental Health, Budapest, Hungary

⁽⁷⁾ Email: raquelbrito@ipg.pt | ⁽⁸⁾ Project coordinator, Email: cvilacha@ipg.pt

PROBLEM

149.2

million

The European Union expects an increase of older people to around 149.2 million in 2050 that represents 28.5 % of the total population.

80%

In Europe, informal caregivers represent 80% of all long-term care.

65

years
The majority of informal caregivers are women over 65 years old, a group that generally had fewer opportunities across the life course, including unequal access to education.

SOLUTION

Development of an innovative approach, based on recent advances in Healthy Ageing, designed based on a person-centric perspective to empower caregivers to support older people to age with dignity.

EducAGE PROJECT

Aims: The aim of the EducAGE project is to improve the competences of caregivers that support older adults towards Healthy Ageing strategies and based on a digital transformation of its training and daily work. In this sense, high-quality content and tools will be developed

according to the European policies and the World Health Organization Integrated care for older people recommendations (ICOPE WHO) but considering national and local contexts that could increase the impact of our results.

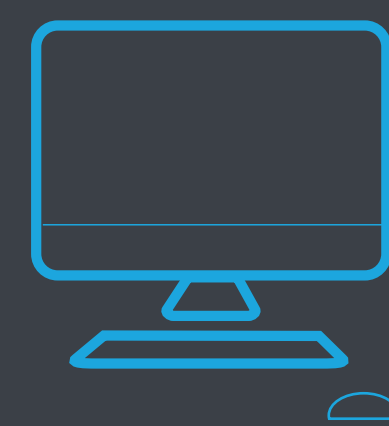
RESULTS

MOBILE APP FOR M-LEARNING



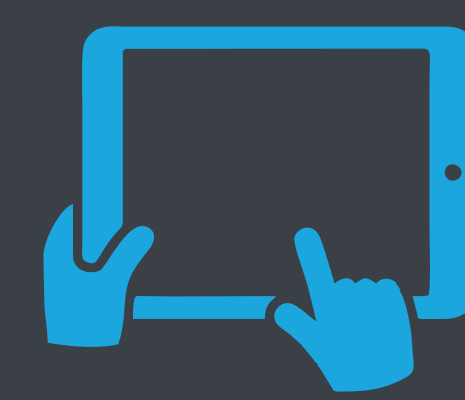
A mobile app will be developed for informal training of caregivers. For that, the content of the m-Learning app will consist of short videos, interactive games, tips, training exercises, and links to relevant information, among others. It aims to facilitate the construction of knowledge and develop caregivers' problem-solving skills in a flexible platform that promotes self-learning. The app will be highly compatible and user-friendly.

BLENDED LEARNING COURSE



In this project result, an integrated blended learning course will be developed to enhance the competences of caregivers (e-learning platform + face-to-face sessions, based on innovative pedagogical methodologies). Caregivers will be trained according to the three main modules:
Module I - Declines in intrinsic capacity, including mobility loss, malnutrition, cognitive impairment, and depressive symptoms.
Module II - Geriatric syndromes associated with care dependency, including the risk of falls.
Module III - Interventions to support caregiving and prevent caregiver strain.

DIGITAL WHITE PAPER



A digital white paper with guidelines, forms/examples, resources/links, practical tools/tips etc., will be developed from and for all the partner countries. The digital book aims to be a support or theoretical basis for the caregiver's practice. To accomplish this aim, the project team will collect and review the current recommendations on older adult care to promote caregivers' best practices, allowing them to achieve optimal functional outcomes.

IMPACT

EducAGE will directly contribute to generating training content and tools that promote a digital transformation of the learning context of older people caregivers, emphasizing the need for improving competences of both formal and informal caregivers. The accomplishment of

EducAGE aims will help increase the competences of caregivers at the National and European levels. The activities developed in this project will provide important knowledge to local authorities since an information gathering on programmes for active ageing will be performed.

The developed technological solutions will apply a familiar context to elderly people in order to improve and/or maintain physical and cognitive skills and social interaction.