



# EducAGE – Developing a "Digital White Paper" for empowering caregivers training

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## BACKGROUND

**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.

Most training programs for caregivers still lack the digital readiness and capacity to integrate digital contents and tools into their daily activities.

## OBJECTIVES OF THE EducAGE PROJECT

The EducAGE project aims to improve the competences of caregivers that support older adults towards Healthy Ageing strategies based on a digital transformation of their training and daily work.

## METHODS

Creation of digital white paper that compiled selected and adapted high-quality content, according to both European and national recommendations, on older people care was developed to promote caregivers' best practices.

## RESULTS



The Digital White Paper, **"Caregiver as a promoter of healthy ageing"**, gathers relevant and reliable information about the current recommendations on older people's care to promote caregivers' best practices.

### CONTENT:

- The Caregiver: an essential element for promoting healthy ageing
- **Module I:** How to counteract declines in intrinsic capacity?
- **Module II:** Managing geriatric syndromes and other health conditions
- **Module III:** Interventions to support caregiving and prevent caregiver strain.

Additional chapter with instructions on **How to use Digital White Paper?**



**"Caregiver as a promoter of healthy ageing"** includes **freely available** guidelines, forms, examples, resources, links, etc., from all partner countries that serve as support material and practical tools and tips for caregivers. Different digital tools were used to provide the mentioned information.

Besides English, the created Digital White Paper will soon be available in **Portuguese, Spanish, Hungarian and Czech.**



## NEXT PHASE

The next phase of this project consists of presenting the digital white paper to caregivers to assess the usability and accessibility of the created reference manual. This pilot trial will be essential to

understand the acceptability of the designed digital tool among informal caregivers and to make the necessary adjustments if required. 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 the competences of both formal and informal caregivers.

**REFERENCES:** Commission, E., Directorate-General for Employment, S. A. and I. & Zigante, V. (2021). Social situation monitor: the role of new technologies in modernising long-term care systems: a scoping review. Publications Office. <https://doi.org/doi/10.2767/626467> | Commission, E. & Eurostat. (2015). Quality of life: facts and views: 2015 edition. Publications Office. <https://doi.org/doi/10.2785/59737> | Commission, E. & Eurostat. (2019). Ageing Europe: looking at the lives of older people in the EU: 2019 edition. Publications Office. <https://doi.org/doi/10.2785/811048>