



# PROCARE

Professional Caregivers  
Burnout Prevention Initiative

# NEWSLETTER

# October 2022



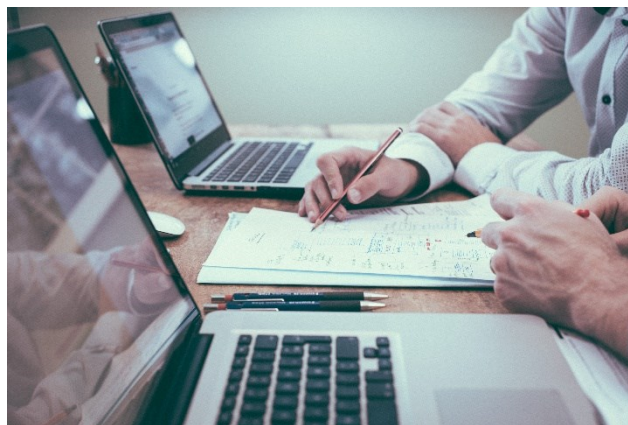
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## Four project-mentoring tools are entering

Pavlos Panagiotou - DEKAPLUS Business Services Ltd

The PROCARE Project consortium has already completed a set of four Mentoring Tools, aimed at the support of the Mentoring Relationships. The tools are addressed to both Mentors and Mentees, and are specifically designed to support the entire Mentoring



Cycle; from designing the Mentoring Agreement, to establishing the Mentoring Partnership Parameters, to note-taking, to processing and finally ensuring a thoroughly safe space for both sides during and post-mentoring sessions. The Tools delivered by the PROCARE Project are:

- The PROCARE Mentoring Agreement/Contract Tool; used as a template for establishing the basic parameters of a Mentoring Relationship.
- The PROCARE Self-Monitoring Tool; to be used as an 'emotions monitoring' table by mentees in order to trigger conversation and retrospection.
- The PROCARE Mentor's Diary Tool; used by mentors throughout the mentoring cycle, in order to note and process concerns brought up by mentees, their development and assignments.
- The PROCARE Mentee's Diary Tool; used by mentees throughout the mentoring cycle, as a 'diary' for documenting and processing events, thoughts, ideas and more.

The Tools will soon be available on the project website [www.procureproject.eu](http://www.procureproject.eu).

Make sure you stay up-to-date with Project-related news and results, by following our Facebook Page!

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## PROCARE Project Meeting Padua /IT/

Karel Vostrý, Vojtěch Měříčka – European Ageing Network

On 3-4 October 2022 we met for the Second transnational project meeting in Padua. The programme of this project meeting was very intense from the beginning!

After a small refreshment, we started with the traditional tasks of project administration, registration of the attendees and also the approval of the meeting agenda.

The first part (directed by Dekaplus and KUL) included the tasks of PR 2 mentor's training curriculum, training learning objectives and methodology, development and incorporation of e-Tools and learning material on LEAP platform and finally drafting the PROCARE mentoring curriculum. Examples of good



practice followed. This part was followed by a section on C1 in Greece - main steps and plans, timing, discussion. This was followed by information on the translation of project documents and also the presentation or promotion and progress of the dissemination of the project (EAN).

The very end of the meeting then belonged to the last agenda items namely discussion on reporting in the project, eligibility costs, timesheets and payments, other individual topics.

We rate the PROCARE project meeting as very successful, effective and last but not least enjoyable. The recently restored possibility of face-to-face meetings, long made impossible by COVID-19, is a very refreshing element and brings above all an increase in the efficiency of the meetings as well as the development of links and networking both between project team members and between organisations.

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## **The burnout experience in the caregivers of Alzheimer's patients**

**Silvia Casotto - Eduforma S.r.l.**

Alzheimer's disease has been found to be the most common dementia worldwide.

In Italy, there are over 1.48 million people with dementia, which will become 2.3 million by 2050.

Every year on 21st September, World Alzheimer's Day is celebrated around the world, set up in 1994 by the World Health Organization (WHO) and Alzheimer's disease international (ADI) for the purpose of propagating the knowledge and dissemination of information about the disease. September is World Alzheimer's Month and an awareness campaign has been launched in Italy. This campaign aims to raise awareness and fight the stigma that still affects people with dementia and their families. The guiding theme of this 11th World Alzheimer's Month was "Get to know dementia, get to know Alzheimer's" and emphasizes the importance of spreading knowledge of the disease, with particular attention to support the caregivers of people with dementia.

We therefore speak about burnout for caregivers of people with Alzheimer's, defined as a condition of physical and mental exhaustion related to assistance activities.

This arises as a consequence of chronic exposure to interpersonal stressors.

Italy was one of the first countries to have a National Dementia Plan, which, however, received the first funds only in 2021. Ensuring adequate care for Alzheimer's patients also means protecting those who take care of them.

# Project partners



**The European Ageing Network (E.A.N.)** groups more than 10.000 care providers across the European continent. Members represent all types of organisations and individuals active for older persons and all types of ownership including for profit, not-for-profit and governmental organisations. It is their vision and mission to improve the quality of life for older persons and support them in making each day a better day by providing high quality housing, services and care. EAN is present in 25 European countries.



**Eduforma** is an Educational Center accredited in Veneto Region for Lifelong Learning training interventions, vocational education and training (VET), as well as for Guidance Services and Labour. Founded in 2003, Eduforma offers training and management consulting services; it is specialized in the development of human resources, increasing people's skills to face professional problems concerning their specific competences. Eduforma drafts, coordinates and manages training projects funded by the Veneto Region (through the ESF), targeted to unemployed youth and adults. Eduforma is accredited as "Youth Corner" to implement the European Plan "Youth Guarantee". Thanks to the implementations of different EU projects - Eduforma has now a strong experience in new models of training methods development.



**DEKAPLUS** is a vocational education and training organisation, primarily focusing on the development of competences and skills of SMEs and NGOs. The company has a dedicated department managing EU projects. It undertakes the role of the project writer, project leader or project partner, depending on the nature of the project. Furthermore, since 2014 DEKAPLUS has been the contact point of the "Erasmus for Young Entrepreneurs" Programme in Cyprus.



The Non-Profit Organisation **IASIS** was founded in 2005 in Athens, Greece. The main objectives of the organization are to provide psychosocial support, to combat social exclusion, to provide psychological and counseling services, to create equal opportunities and new perspectives for vulnerable groups, to promote mental health, to provide psychiatric care in the Community based on the principles of Social Psychiatry and Psychosocial Rehabilitation and psychoeducational interventions, based on the standards of Psychiatric Reform and World Health Organization.



**The John Paul II Catholic University of Lublin** is the oldest university in Lublin and one of the oldest universities in Poland. It was founded in 1918 on the initiative of Father Idzi Radziszewski, who became the first rector. From the beginning, the University's mission is to serve God and Homeland - Deo et Patriae. KUL conducts scientific activity and educates Polish and foreign students in 6 faculties: Theology; Law, Canon Law and Administration; Philosophy; Humanities; Social Sciences; Exact Sciences and Health Sciences; Branch of the John Paul II Catholic University of Lublin in Stalowa Wola. A total of 9818 students are enrolled at the University.



**Centrum MEMORY, n.o.** is the model institution for caring for people with dementia. It is first contact for people interested in memory and memory problems and specialised facility for people with Alzheimers disease in the Slovak Republic. It provides early diagnostics of Alzheimers disease. The organization also focuses on prevention, cognitive trainings, runs educational programmes for professionals and also operates a day care center.



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