

Project Demetra

Enhancing formal caregivers skills in dementia care

SERN General Assembly
Collecchio 9-10 May 2019

Dr. Domenico Sgromo

*HAPPINESS IS A STATE OF WELL-BEING
OF WHICH YOU TAKE CONSCIOUSNESS...*

*...DO NOT LET THIS CONSCIOUSNESS
GETAWAY*

UNIVERSITA DI PARMA
Italy

SWEDEN EMILIA
ROMAGNA
NETWORK Italy
PARMA

AD PERSONAM AZIENDA DI
SERVIZI ALLA PERSONA DEL
COMUNE DI PARMA Italy

SENIORENCENTREN
LINZ GmbH

LANDRATSAMT
ENZKREIS Germany
PFORZHEIM

EMMAUS WZV
Belgium, Mechelen

EXPERTISECENTRUM
DEMENTIE
VLAANDEREN Belgium
Antwerpen

LOWER SILESIAN
MARSHALL OFFICE
WROCLAW Poland



DEMETR

Enhancing Formal Caregivers Skills in Dementia Care



EXPERTISECENTRUM DEMENTIE VLAANDEREN

EMMAUS VZW

URZAD MARSZALKOWSKI WOJEWODZTWA DOLNOSLASKIEGO

LANDRATSAMT ENZKREIS

SZL Seniorenzentren Linz GmbH

SERN
AD PERSONAM
UNIVERSITA' DI PARMA

Introduction

- A pilot study conducted with University of Parma during 2016, aimed to investigate the multidimensional and organizational well being in Ad Personam's nursing homes.
- Among other results the study evidenced that a variable percentage between 53-72% (N=218) of workers reported:
- Emotional disturbances (sadness, helplessness, emotional exhaustion detachment, anger rush)
- psychophysiological (headache, muscular tension, sleep disturbances)

For both levels in 53% of participant attributed such disorders to the relationship with elders they care.

Moreover, data collected through individual counseling sessions have shown a low level of satisfaction both for working life and for extra-life work.

- subjects reported a major need for training
 - on subjective well-being
 - relational skills with demented people.
 - Stress management
 - Emotional competence

Hypotheses

Training on positive psychology and subjective well-being decrease relational burden

Basic Skills in mindfulness based stress reduction has a beneficial effects on caregivers perception of subjective health

Further knowledge in emotional and relational skills with demented people will improve quality of care

Objectives

To enhance formal caregivers **skills** and development of **positive attitude** in managing relations in dementia care settings

(formal caregivers- person with dementia; formal caregivers – informal caregivers; formal caregivers-families; formal caregivers – colleagues)

To improve caregivers attitude to **wellbeing** through the assimilation of multidimensional actions

Formal interactive training with psychosocial experts leading to production of a «workbook» with exercises inspired to theoretical framework.

1 Multimedial Open Online Content on Wellbeing attitude and behaviours

Target Groups

Trainers:

18 trainers with specific competencies in dementia care have been designed from the partners to participate to the Parma meeting

Care Givers:

Each trainer will train a group ranging from 8 to 12 formal caregivers working

From last shared reflections

- the first meeting in Ghent have been used for defining the contents of the training, the methods and indicate the experts.
- the second module in Parma will be entirely dedicated to training. The representatives that each partner identified local trainers that will take part in this module.
- following the LTTA C2, the local training for caregivers will be launched and will be assessed in the the C3 meeting in Poland, where we will start the creation of a Massive Online Open Content (MOOC)

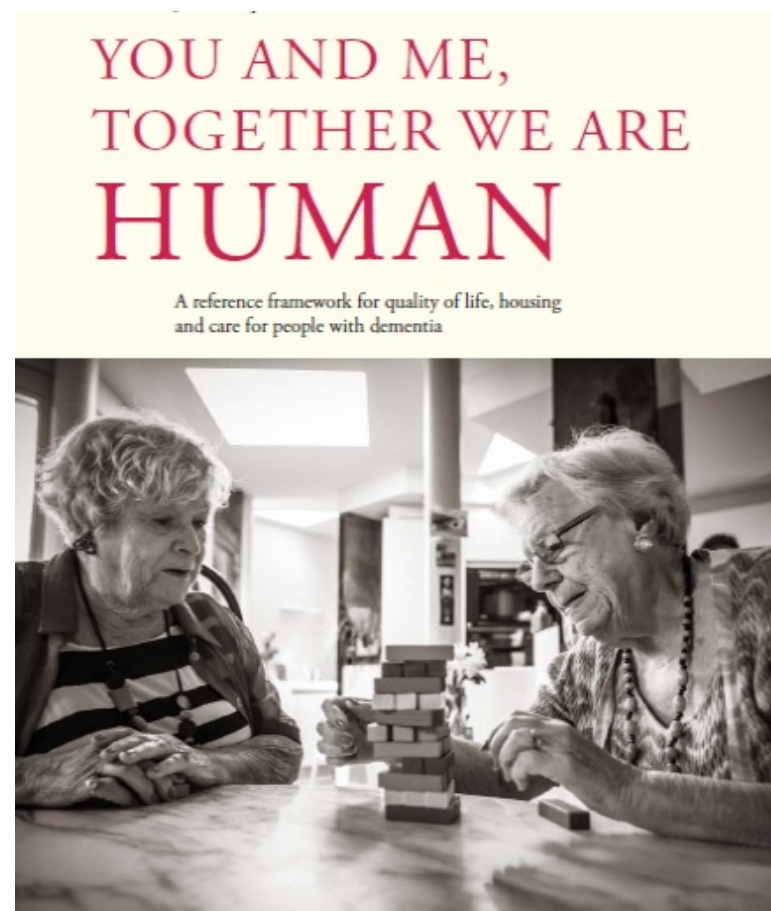


Parma LTTA meeting 13-17 May 2019 content

PARMA 13-17 MAY 2019

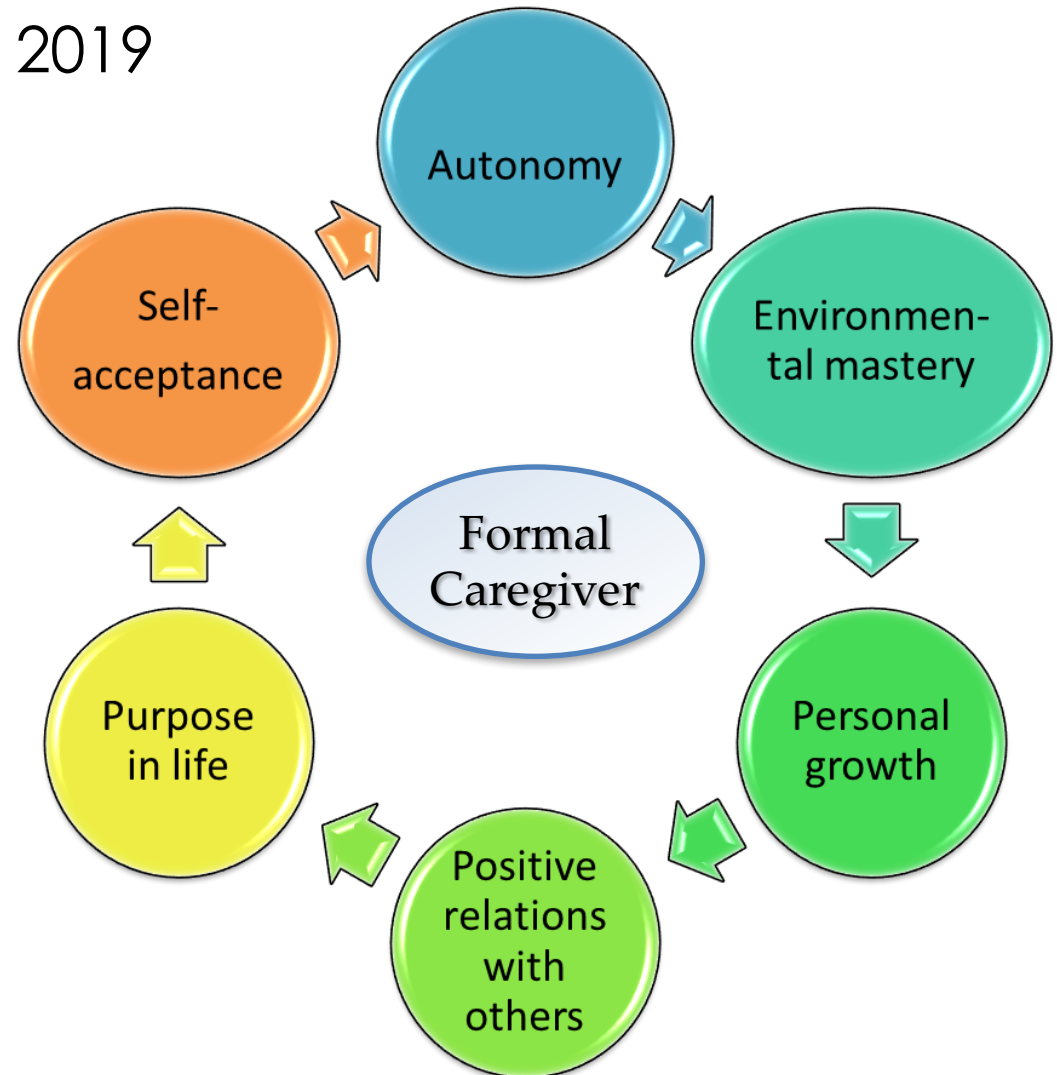
Framework & Presentation of approaches in the dementia care

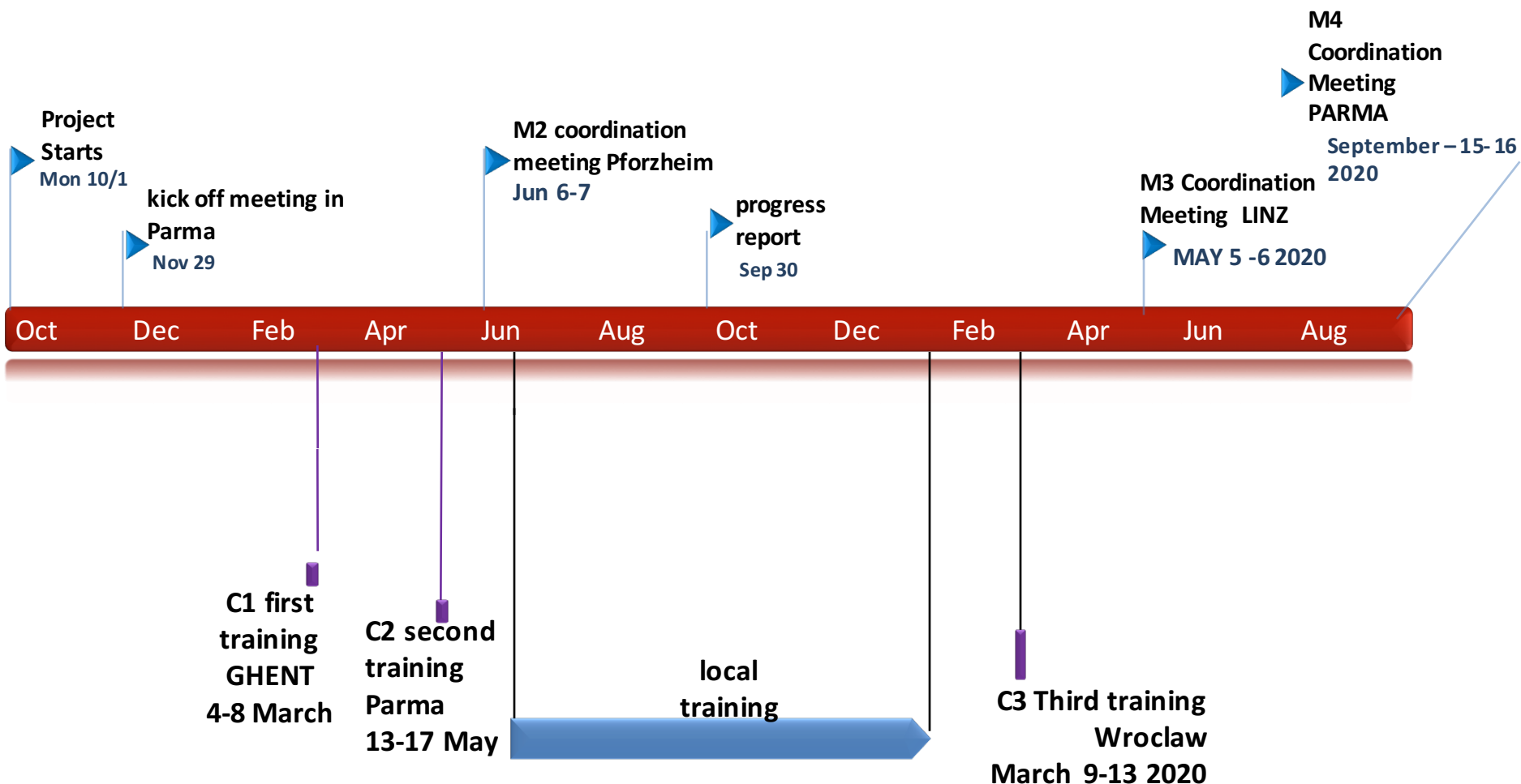
- Framework based on the book “You and me, together we are human” - *Sabine Boerjan EDV*
- Validation approach
- Experience based approach with focus on Person centred approach and experience oriented
- Montessori approach



PARMA 13-17 MAY 2019

- Exercise /experience on **Positive Psychology and Mindfulness**
- The positive psychology approach to health and wellbeing
- Positive psychology in the work place
- Exercises to meet positive psychology intervention
- Neurophysiology of self-image





THANK YOU FOR YOUR TIME AND ATTENTION

For any information please contact us

demetra@adpersonam.pr.it

<https://www.erasmus-demetra.eu>