

# apps4carers

SUPPORT SERVICES BASED ON INFORMATION AND COMMUNICATION TECHNOLOGIES CAN DO A LOT TO SUPPORT INFORMAL CARERS IN PERFORMING THEIR CARING ROLE

## apps4carers partnership newsletter

[www.appsforcarers.eu](http://www.appsforcarers.eu) | #apps4carers

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## apps4carers app is on your google play store

**THE PROJECT PARTNERSHIP HAS RELEASED THE APPS4CARERS APP WHICH IS NOW AVAILABLE FOR ANDROID DEVICES ON THE GOOGLE PLAY STORE.**

Apps4carers app is a new mobile app dedicated to carers which includes a repository of selected apps and websites in partner countries, information and tutorials on their use:

**Apps for carers is your handy tool, easy to use, navigate the selected resources from the following categories:**

- CONTACTS
- HEALTH
- TECNOLOGY
- WELLBEING



**DOWNLOAD IT FOR FREE!**

<https://play.google.com/store/apps/details?id=eu.slg.apps4carers>



## The project

The Apps for Carers (A4C) project intends to contribute to the wellbeing of informal carers by overcoming barriers which limit them from benefiting fully by learning, information and social participation opportunities offered by mobile solutions (apps and websites). The outputs foreseen include: a selection of mobile apps and websites currently available and useful to support informal carers main needs; a set of training methodologies and tools for improving digital skills and use of mobile solutions for carers; a trainers' manual for social workers and ICT trainers; a new mobile app which will include a repository of the selected apps and websites in each partner countries, information and tutorials on their use. A training methodology and programme will also be developed, including for instance: characteristics of target group (e.g., level of digital literacy, care role and burden, availability of proper devices), training objectives, expected learning output.

# september 2018

## FINAL TRANSNATIONAL PARTNER MEETING IN KALMAR

The participant partners analysed the final outputs of the project, including the Apps4Carers App, launched on Google Play on September, and the results of the surveys that investigated the care load of informal caregivers and the satisfaction related to the training received for using the App.

### Agenda – Kalmar Meeting, 4 September 2018

DOWNLOAD THE PRESENTATIONS

#### Welcome and overview of the agenda

Pauline Johansson, Jonas Nilsson, Lennart Magnusson & Elizabeth Hanson Apps for Carers Coordination Team  
Linneus University

#### A4C: Results from the pilot testing phase (I02)

Flavia Piccinini – INRCA

#### DISSEMINATION – UPDATES

Manuela Tagliani – ANS

#### I02 Training methodologies and tools: reflections and results

Alessandra Manattini – ANS





closing local events

cyprus

## CARING FOR CARERS :A NEW MOBILE APP FOR CARERS OF PEOPLE WITH CHRONIC DISEASES

Leading Organization: Cyprus University of Technology

Two multipliers events were realized: one in Nicosia on 30 May and one in Limassol on 31st May 2018.

Both events were organised with the collaboration of Ithaki, a non profit organistaion working for carers of people with dementia in Limassol.

Each event lasted up to 2,5 hours and the agenda included below topics:

Registration

Welcome Speech by the Scientific Supervisor of the Apps4Carers project in Cyprus

Presentation on the available services for carers

Presentation on the project 4Carers

Discussion and closing remarks

Number of participants:

Nicosia: 36 participants

Limassol: 34 participants

Total for both events: 70 participants

Disseminating materials distributed:

All participants received a file, including the leaflet, the agenda and the instruction on the use of the specific app

**ΓΙΑ ΑΥΤΟΥΣ ΠΟΥ  
ΦΡΟΝΤΙΖΟΥΝ**  
**Εφαρμογές για τη στήριξη  
οικογενειακών φροντιστών**

**30  
Μαΐου  
Λευκωσία**

**Πανεπιστήμιο Λευκωσίας**  
**Αμφιθέατρο UNESCO 18:00- 21:00**



Για πληροφορίες: [www.cut.ac.cy](http://www.cut.ac.cy) | [www.appsforcarers.eu](http://www.appsforcarers.eu) | 70008606



Τεχνολογικό  
Πανεπιστήμιο  
Κύπρου



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of the European Union



On 18 September INRCA held its final event in Ancona. This meeting offered the opportunity to present the main results achieved during the A4C project and to discuss with local stakeholders about the future implementation of the A4C app. During the event, a round table with representatives of local associations and policy makers was held, including AFAM (a Regional Association of Relatives of Patients with Alzheimer Disease), IOM (a regional NGO providing support to patients with cancer and their relatives), Associazione Parkinson Marche (the Marche region Parkinson association) and ARS Marche (the public body supporting the Marche region in delivering health care services). The discussion was a lively one, and both invited speakers and representatives from the audience provided their views about the app and the role of technologies in supporting family carers, including interesting opinions about the pros and contras of the new developments in this field.







**Supporto online  
ai famigliari caregiver di  
anziani non autosufficienti**  
**Presentazione della app  
"Apps4Carers"**

**18 Settembre 2018**

**Ancona, ore 16:00**  
Auditorium POR INRCA  
via della Montagnola 81



<p>16:00 Registrazione dei partecipanti e rinfresco iniziale</p> <p>16:30 <b>Saluti ed introduzione del tema del seminario "risorse online a supporto dei caregiver familiari"</b> <b>Giovanni Lamura</b> Direttore CRESI INRCA</p> <p>16:45 <b>Il progetto A4C obiettivi generali e attività svolte</b> <b>Flavia Piccinini</b> Ricercatrice CRESI INRCA</p> <p>17:10 <b>La sperimentazione all'INRCA. Il corso di formazione, le metodologie formative e la testimonianza dei partecipanti</b> <b>Alessia Carsughi</b> Ricercatrice CRESI INRCA</p>	<p>17:50 <b>Risultati della sperimentazione nei vari Paesi coinvolti: primi dati</b> <b>Flavia Piccinini</b></p> <p>18:05 <b>Tavola rotonda</b> Moderatore: <b>Giovanni Lamura</b></p> <p><b>Gualtiero Radoni</b> Presidente Associazione Parkinson Marche</p> <p><b>Manuela Berardinelli</b> Presidente AFAM Marche</p> <p><b>Alberta Pilone</b> Direttore Scientifico IOM Ancona</p> <p><b>Serafin Caneda D'Ambrosi</b> Inf. Cure Domiciliari, ASUR Area Vasta 2, Ancona</p> <p><b>Lucia Di Furia</b> Direttore Servizio Salute della Regione Marche</p> <p>18:30 <b>Conclusione dei lavori</b></p>
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## 8th June 2018 APPS4CARERS: let's focus on care: the meeting held in Trento (Italy)

Leading Organization: INRCA

It was held in Trento on the 8th of June the meeting "INNOVARE PER METTERE LA CURA AL CENTRO IL CONTRIBUTO DEL PROGETTO APPS4CARERS" (Innovate to Focus on Care: The Apps4carers project contribution). Within the framework of the Erasmus+ funded Apps4Carers, the keynote speakers presented the outcomes of an initiative that involved a group of caregivers from the Alto Garda and Ledro territories in the experimentation of the selected tools and apps. The meeting was organised by the Italian partner Anziani e non solo and Trento Province.

## 4th May 2018 Apps for Carers Workshop in Carpi (Italy)

Leading Organization: Anziani e non solo

Apps for caregivers: How to instal and use them. Workshop on websites and free apps for the caregiver wellbeing and the health of the care recipient. The meeting was held in Carpi on the 4th of May 2018



### INNOVARE PER METTERE LA CURA AL CENTRO IL CONTRIBUTO DEL PROGETTO APPS4CARERS

**8 GIUGNO 2018 ORE 16.00/18.30**

Aula Magna Nord del Dipartimento Conoscenza in Via Gilli n. 3, Trento

L'incontro è rivolto ai Caregiver familiari, Amministratori locali, Operatori socio sanitari degli Ambiti del Trentino, Cooperatori sociali, Associazioni di volontariato, Organizzazioni sindacali, Esperti e operatori nel settore dell'innovazione digitale.

**PRESEDE E INTRODUCE**  
Silvio Fedrigotti, Direttore Dipartimento Salute e Solidarietà sociale Provincia Autonoma di Trento

**I RISULTATI DEL PROGETTO APPS4CARERS**  
Licia Boccaletti, Coordinatrice Anziani e non solo Soc.coop.soc.

**PRESENTAZIONE DELL'APP "APPS4CARERS" E DI UNA SELEZIONE DI APP UTILI PER I CAREGIVER**  
Rita Seneca, Responsabile Comunicazione e ICT Anziani e non solo Soc.coop.soc.

**ESPERIENZE E CONTRIBUTI**  
Carmela Scozzafava, Dirigente medico presso l'Unità Operativa Cure Primarie del Distretto Centro Sud - Ambito Alto Garda e Ledro - dell'APSS di Trento  
Manuela Fontana, UMANA Agenzia per il lavoro  
Video contributi di caregiver familiari

**INNOVARE E CURARE: UN BINOMIO POSSIBILE? Ne discutono**  
Loredana Ligabue, Responsabile Area Care Anziani e non solo  
Diego Conforti, Direttore Ufficio Innovazione - Provincia Autonoma di Trento  
Silvio Fedrigotti, Direttore Dipartimento Salute e Solidarietà sociale - Provincia Autonoma di Trento

Conduce l'incontro: Fabio De Santi, Giornalista dell'Adige

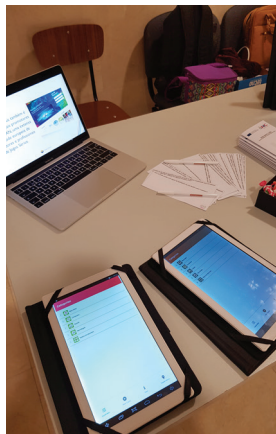
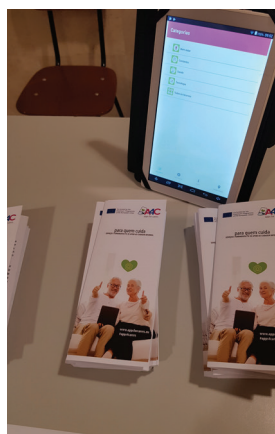
**Per informazioni ed iscrizioni:**  
Anziani e non solo  
059 645421  
info@anzianinonsolo.it

**I caregiver familiari sono coloro che si prendono cura, a titolo gratuito e non professionalmente, di propri cari anziani, disabili, non autosufficienti o fragili. In Italia i caregiver sono oltre 7.000.000!**

# portugal

Leading Organization: Virtual Campus

The Apps4Carers Multiplier Event in Portugal was organized in Vila Nova de Gaia, on the 27th of September 2018. Throughout the event, different associations, responsible for the dissemination of good practices and technical and psychological support, presented their own projects and tools targeted at this community. Additionally, experts in the field were invited as lecturers to talk about different themes related to the role of caregiving and carers in our every day lives: the Portuguese carer status, warning signs of Alzheimer, caregiving management, usefulness of technological devices. About 50 persons attended the event that was dedicated to formal and informal carers, their relatives and other professional staff related to caring roles.



# ebooks

The partnership has developed training contents and methodologies to teach informal carers how to use and choose them to support their caring role. Below the downloadable manuals.

## APPS4CARERS REPORT ON SELECTED APPLICATIONS

A selection of mobile apps and websites currently available in the different partner languages (Greek, Italian, Portuguese, Swedish) and in English, useful for informal carers and addressing main needs of: care plan and management; information and micro-learning; communication and social inclusion;

## APPS4CARERS TRAINERS MANUAL

A set of training methodologies and tools for improving digital skills and use of mobile solutions for carers, including suggestions for activities to be performed in class, materials for trainers and video tutorials. Such methodology and materials will be pilot tested with at least 10 carers in each partner country and refined according to feedback collected; A trainers' manual for social workers and ICT trainers, providing training methodologies, materials and country-specific recommendations for addressing carers' learning needs on mobile solutions;





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The **apps4carers** app  
is now available for  
**Android Devices** on  
**play store.**  
**Download it for  
free!**

Appsforcarers is an **APP for informal carers**  
developed in the framework of the Erasmus+  
**APPS4CARERS (2016-1-SE01-KA204-022067) project**

ANDROID APP ON  
Google play



Linnæus University



Cyprus  
University of  
Technology

Singular Logic



virtualcampus



**ANS**  
Anziani e non solo  
società cooperativa sociale



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e Cura  
a Carattere  
Scientifico  
  
HEALTH  
AND SCIENCE  
ON AGING