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Promoting intergenerational activities to support caregivers of people with dementia



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# DESCRIPTION

When a close family member or friend develops dementia, it is likely that each family member will try to deal with their own feelings. However, within the family there are two sides which are equally sensitive and need special treatment and care under these conditions.

On the one hand, it is well known how painful a condition like Alzheimer's is for sufferers but also for their relatives; how difficult it is for them to experience their daily life and how exhausting mentally and physically their care can be; how lonely and disoriented the patient feels when he/she cannot express himself/herself, perform basic functions, even recognize himself/herself, and how difficult and destructive is the work of those who care for such a patient. On the other hand, children and young people also need time to adjust to the news. It can be very difficult for them, and they may need help and support to talk and understand dementia, to think about who should tell them, what and when you should tell them. You may need to help them understand what dementia is and what a diagnosis means for their relationship. In the end, all the burden of caring for and supporting both groups falls on caregivers (formal and family), who need training in managing such situations and emotional and discharge.

The abovementioned issues consist of the motivation for designing the project titled "Promoting intergenerational activities to support caregivers of people with dementia" - DEMcare4all. The project should be funded, so as to develop proper training and educational materials and resources, which will support caregivers, children and young people aged 6-17 and the demented persons themselves.

## ✓ OBJECTIVES

- To educate, inform and raise awareness about dementia among formal and family caregivers as well as people with dementia and those with early stages of dementia, aged 50+
- To educate and familiarize children and young people who live at the same house with people with dementia
- To support caregivers who are responsible for caring both demented people and children
- To create and promote learning opportunities among all citizens and generations
- To reduce the social stigma associated to dementia and improve the inclusion of the people suffering from this disease

## ✓ RESULTS

- Training Programme about dementia, addressed to formal and family caregivers of people with dementia and as well as to people with dementia and those of early stages of dementia, aged 50+
- Educational programme about dementia targeting a) children/ young people aged 6-17, who live at the same house with grandparents or even parents suffering from dementia and b) formal and family caregivers
- An intergenerational intervention in dementia, which includes a set of games and art activities, involving elderly people/people aged 50+, children/ young people aged 6-17, and their careers
- Awareness-raising, dissemination, and exploitation materials of the project, addressed to the above-mentioned target groups and also to other relevant stakeholders and the general audience.

# TARGET GROUP

1. formal and family caregivers of people with dementia
2. people with dementia and those of early stages of dementia, aged 50+
3. children/ young people aged 6-17

