EXPLORE THE **YOUNGCARE PLATFORM**

The YoungCare online platform is a e-learning resource designed to support informal caregivers of adults aged 18 to 64. It is also useful for adults with care needs and professional caregivers.

The platform brings together information, tools, and services from across Europe, with a special focus on resources, good practices, and support services available in Germany, Portugal, Italy, and Lithuania. By offering practical and localised content, it aims to enhance the daily lives of informal caregivers and young adults in need of care.



Ready to begin?

Visit **https://edu.youngcare.eu** to explore the interactive platform and find practical guidance, resources, and support tailored to your needs. All content is available in **English, German, Italian, Lithuanian, Dutch,** and **Portuguese**.

WHAT CAN YOU EXPLORE?

Whether you navigate using the interactive map or a list of questions, the platform offers easy access to five key content areas:

HOUSING AND LIVING

Learn about accessible housing, adapting your home, housing options, and home care.

LEISURE AND MOBILITY

Discover the benefits of sport and activities for the well-being of people in need of care and overcome mobility challenges.

PARTICIPATION AND EMPLOYMENT

Find guidance on how to communicate with different groups of people with care needs and disabilities and how to balance between informal care and work.

CARE AND SUPPORT

Access information about personal care, building support networks, and balancing formal and informal care.

LEGAL FRAMEWORK

Understand your rights, legal protections, and the support available under European and national laws.

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