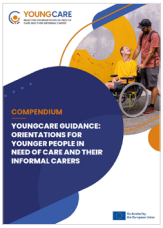
MEET THE **YOUNGCARE PROJECT RESULTS**

The YoungCare project results were developed in close collaboration with informal caregivers, young adults with care needs, and experts, through interviews, co-creation processes, and validation workshops.



YOUNGCARE COMPENDIUM

The **YoungCare Compendium** is a user-friendly guide for informal caregivers and young adults in need of care. It offers practical tips on understanding diagnosis, accessing services, managing daily challenges, reducing stigma, improving communication, self-care, balancing life and work, and finding support.

Available in six languages, here



YOUNGCARE PLATFORM

The **YoungCare Platform** is an e-learning tool that provides general and country-specific resources for informal caregivers. It includes educational content, practical tools on topics such as housing, mobility, employment, care, and legal rights, and available services in especially in Germany, Portugal, the Netherlands, Italy, and Lithuania.

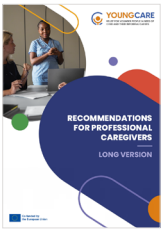
Available in six languages, here



POLICY RECOMENDATIONS

Policy Recommendations offer suggestions for improving support to informal caregivers by addressing time constraints, financial pressure, lack of recognition, and limited access to services, while promoting care as a shared societal responsibility.

Available in six languages, here



RECOMMENDATIONS FOR PROFESSIONAL CAREGIVERS

The **Recommendations for Professional Caregivers** highlight the importance of collaboration with informal carers, person-centred approaches, emotional support, training, digital tools, and coordination, to enhance the autonomy and inclusion of young adults with care needs.

Available in six languages, here

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