

Newsletter #1

Together we care, together we grow.

YOUNGCARE
RELIEF FOR YOUNGER PEOPLE IN NEED OF CARE AND THEIR INFORMAL CARERS

The demands of caregiving can often go unnoticed and uncelebrated. We understand that being an informal caregiver for a loved one, especially as a younger person, can be a challenging journey. That's why, at YoungCare, our mission is to promote strategies that relieve the situation of informal caregivers and enhance the lives of those in need of care.

FRESH NEWS

RELEASE OF NATIONAL REPORTS

While scientific work on informal caregivers of younger adults (18-64 years old) is limited, our National Reports provide an overview of the national situation in Germany, Portugal, The Netherlands, Italy, and Lithuania. The reports include data, good practices, and insights from interviews with informal caregivers, younger adults in need of care, and experts.

What we have been doing

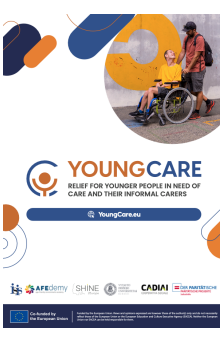


YOUNGCARE LAUNCHES IN GOUDA, THE NETHERLANDS

Our project officially kicked off on January 17-18, 2023, with a hybrid meeting in Gouda, The Netherlands. All partners were there, making it a fantastic start! Learn more about the launch here.

DIVE INTO OUR FIRST PRESS RELEASE

Curious about our project's aims and expected outcomes? Our first press release has all the details! Explore it here and get to know us better.




WHAT IS YoungCare?

YoungCare is an Erasmus+ project that will promote strategies for relieving the situation of informal caregivers and the young dependent adults in need of their care (assistance to carry out normal activities or to protect their rights).

WHY YoungCare?

In recent years it has become apparent that long-term care services neglect the needs of dependent people between the ages of 18 and 65. Across the EU, most of this care is provided by informal caregivers, often relatives and friends that provide care, typically unpaid, to someone with whom they have a personal relationship. Experts and practitioners agree that training and guidance on these topics - aimed at young dependent adults and their informal caregivers - is urgently needed but scarce.

WE AIM TO:

- Give visibility to the young dependent adults and their informal caregivers and let them partake in measures that are designed to meet their desires and needs.
- Increase knowledge and skills on measures and possibilities to improve their quality of life.
- Raise awareness of multi-modal intervention measures at the political and associational levels.

OUR TARGET GROUPS:

The central target groups of our project are informal carers, as the majority of younger people in need of care lives at home. Younger people in need of care or volunteers should also benefit from the offer. In order to bring about changes on the professional and structural level, recommendations for professional carers and political decision makers will be prepared.

WE WILL DEVELOP:

- A COMPENDIUM on the wishes and needs of dependent young adults and their informal caregivers, based on literature research and narrative interviews. We will collect facts and figures about the topic, and also illustrate gaps and impacts on their lives.
- A low-threshold and easy-to-access E-LEARNING OFFER, with playful elements and learning units co-produced with informal and formal caregivers and the younger adults they care of.
- SHARING AND PROMOTION activities to raise awareness of the gaps and needs of these target groups, with RECOMMENDATIONS for policy makers and formal carers.

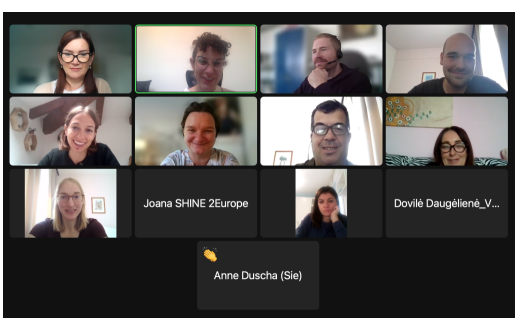
WHEN AND WHERE?

From December 2022 to July 2025, YoungCare will be developed and implemented by 6 organisations in 5 countries:

- ISIS Institut für Soziale Infrastruktur gGmbH (Germany). International Coordinator
- AFEdemy, Academy on age-friendly environments in Europe B.V. (The Netherlands)
- SHINE 2Europe (Portugal)
- Vytautas Magnus University (Lithuania)
- CADIAI - Cooperativa Sociale (Italy)
- Paritätische Projekte gemeinnützige Gesellschaft mbH (Germany)

DISCOVER YOUNGCARE: OUR LEAFLET IS NOW AVAILABLE

Find out what YoungCare is all about, why we're developing this project, our objectives, target group, and more. Access our leaflet here and join us on this journey!



TRANSNATIONAL PROJECT MEETING: ONLINE DEVELOPMENTS

In our recent Transnational Project Meeting, we discussed progress in our work, including the peer-reviewed compendium and the draft of our e-learning platform. This initiative aims to equip informal caregivers with the knowledge and skills needed to navigate their roles in a more easy way. Know more about it here.

What's next

COMPENDIUM RELEASE

Early next year, the compendium will be available in each partner country's language. It will offer tips and guidance on coping and living as an informal caregiver, since the diagnosis of the younger adult in need of care. Stay tuned on our website and social media for its release!



Engage with YoungCare!

Would you like to contribute your experience and knowledge as an informal caregiver, a younger adult in need of care, or an expert? Contact us here! We welcome your input for the co-creation of our e-learning platform.

Meet our partners

Institut für Soziale Infrastruktur
Sozialforschung Sozialplanung Politikberatung

AFEdemy
age-friendly environments academy

SHINE 2Europe

VYTAUTAS MAGNUS UNIVERSITY
MCMXXII

CADIAI
COOPERATIVA SOCIALE

DER PARITÄTISCHE GESAMTVERBAND

YOUNGCARE
RELIEF FOR YOUNGER PEOPLE IN NEED OF CARE AND THEIR INFORMAL CARERS

Visit us and spread the word
youngcare.eu

Co-funded by the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.