

Newsletter #3

Together we care, together we grow.

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

This month marks the official end of the YoungCare project, but the journey continues! All partners remain committed to sustaining and expanding the impact of our project results. In this newsletter, we are delighted to share the latest highlights.

WHAT WE HAVE ACHIEVED: YOUNGCARE RESULTS

YOUNGCARE E-LEARNING PLATFORM GOES LIVE IN 6 LANGUAGES



The YoungCare e-learning platform is now officially available in **English, Dutch, German, Italian, Lithuanian,** and **Portuguese**. It offers structured guidance for informal caregivers across five essential areas: House & Living, Leisure & Mobility, Participation & Employment, Care & Support, and the Legal Framework. Learn more here.

Explore the platform here: EN | DE | IT | LT | NL | PT.



You can also download our new **leaflet**, which guides you step-by-step through accessing and benefiting from the tool. Access it here.

In February, the consortium held an online transnational meeting to review the English version of the platform (then in testing). Partners prepared for national workshops and refined data collection and evaluation strategies. Read about this online transnational meeting here.

FROM INSIGHT TO ACTION: POLICY AND PROFESSIONAL CAREGIVERS RECOMMENDATIONS



Built upon insights from two of our three European roundtables, bringing together 38 and 28 participants in co-creation sessions, the Policy and Professional Caregivers Recommendations provide concrete support strategies for informal caregivers. These address real-world challenges such as time constraints, information barriers, gender inequality, and emotional stress.

Read more about the final roundtable here.



Access the full recommendations, short and long version, here.



DISCOVER ALL OUR RESULTS: QUICK OVERVIEW LEAFLET

Looking for a comprehensive project summary? Our new key results leaflet highlights all YoungCare outputs - including the platform, compendium, and recommendations - with direct links.

Download here.

Spreading The Word About YoungCare

To further disseminate the project, YoungCare's results have been shared across several locations through dedicated Multiplier Events.

Vilnius, Lithuania (2 April 2025)

YoungCare International Multiplier Event in collaboration with the PAAR-net Training School showcased the e-learning platform, European compendium, and policy recommendations. Participants - including PhD researchers, municipal leaders, and innovation experts - contributed co-creation insights essential to our sustainability strategy.

Learn more here.

Rüsselsheim, Germany (25 May 2025)

At the **Family and Health Day**, YoungCare was presented in a stand featuring posters and platform demos. The event generated excellent engagement with the public, self-help groups, and professionals in areas such as dementia and pastoral care.

Learn more here.

Porto, Portugal (May 2025)

Featured at the national "Innovation and Sustainability: The Grand Societal Challenges" conference, the event reached a wider audience of social innovation and sustainability stakeholders.

Learn more here.

Kaunas, Lithuania (19 June 2025)

Hosted at Vytautas Magnus University, the event *"Informal care for working-age people with disabilities: challenges and opportunities"* included a keynote by Prof. Jonas Ruškus, platform demonstrations, group discussions, and a presentation on the emotional impact of caregiving.

Learn more here.

Bologna, Italy (10 July 2025)

An event was held at Fondazione Barberini in Bologna, Italy, to showcase the main outcomes of the YoungCare project.

Learn more here

Our Meetings



In April 2025, project partners gathered in Vilnius for both the European Multiplier Event and a hybrid transnational project meeting. During the meeting, final adjustments to the YoungCare platform were made, the policy and professional recommendations were refined, and a comprehensive SWOT analysis was conducted to support the project's long-term sustainability.

Learn more here.

A Heartfelt Thank You from the YoungCare Consortium

The YoungCare consortium extends its deepest thanks and appreciation to all those who contributed to the project, whether informal caregivers, adults in need of care, professional caregivers, or other dedicated experts.

Your willingness to share your experiences and insights - through interviews, co-creation sessions for the development of policy and professional recommendations, and hands-on workshops to improve the e-learning platform - was essential to shaping meaningful and relevant outcomes.

Thanks to your contributions, we were able to co-create educational tools that we hope truly reflect the needs of informal caregivers and adults aged 18 to 64 who require care. The challenges in this field remain significant, and much work lies ahead, but your involvement has already made a real difference.

Above all, we honour the invaluable and often under-recognised role of informal caregivers. Your work matters.

Meet our partners

Institut für Soziale Infrastruktur
AFEdemy age-friendly environments academy
SHINE 2Europe
VYTAUTAS MAGNUS UNIVERSITY
CADIAI COOPERATIVA SOCIALE
DER PARITÄTISCHE GESAMTVERBAND

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