



YOUNGCARE

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



YoungCare.eu



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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.
- Develop a co-created learning tool on measures and possibilities to improve their quality of life.
- Raise awareness of much-needed 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)

