



**Empowering
Lives**

**Transforming
Care**

**Well Care
Project**

**Well
Care**

Caring for someone can be mentally draining and exhausting. Both informal carers – who provide unpaid care to a close one outside a professional or formal framework – and professional LTC workers, face the potential risk of compromising their mental health and well-being over time. How can we safeguard their health and resilience? What if improved integration of LTC could help mitigate such risks ?

Investing in the mental health and wellbeing of informal carers and long-term care workers through the identification, evaluation, and promotion of good practices across Europe.



**Funded by
the European Union**



WELL CARE is a **transdisciplinary and participative project** in which informal carers and long-term care (LTC) workers, researchers, NGOs, experts and stakeholder organisations within health and social care, psychology, sociology and gerontology work together to strengthen supports available for improving the mental wellbeing and resilience of all carers.



The WELL CARE project aims to **increase the understanding of successful ways of preventing and managing mental health and wellbeing issues among informal carers and LTC workers.** This includes looking at personal factors, the environment, and how organisations can make solutions successful.

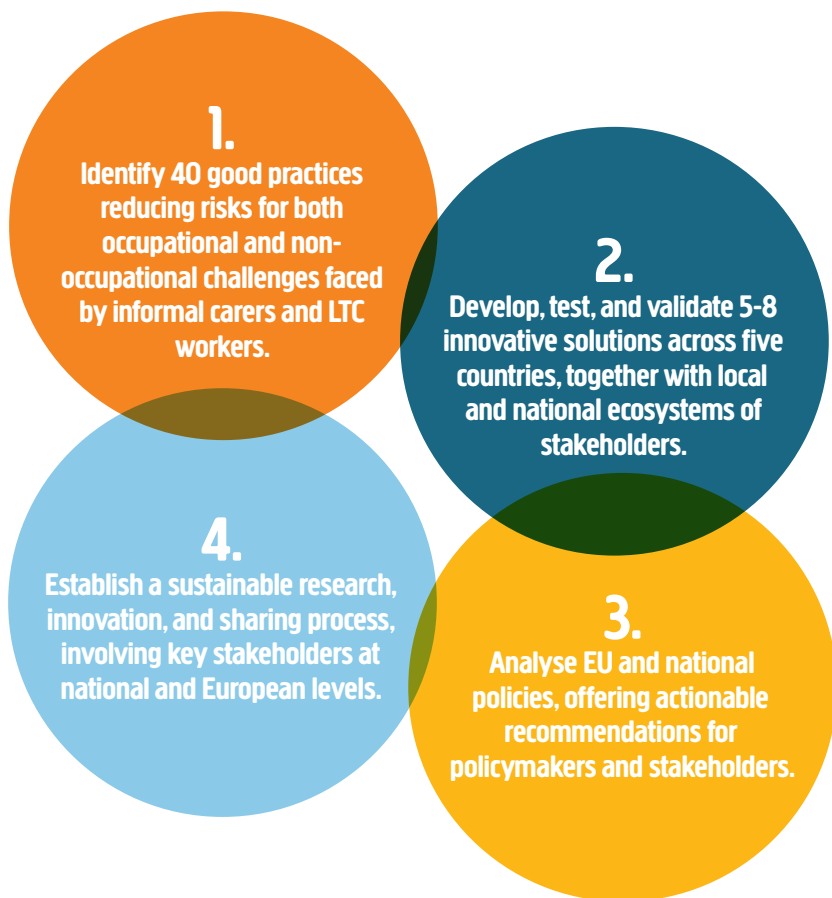


The WELL CARE project focuses on strengthening **care partnerships**, understood as the coordination, integration, and mutual recognition of care and caring activities performed by informal carers and LTC workers, in a vision of integrated LTC.



The WELL CARE project will ultimately **develop a set of support measures to address the mental health and wellbeing needs of both informal carers and LTC workers,** thus sustaining and enabling a vision of care partnerships between these two groups.

4 concrete objectives to transform long-term care



Resilience is the ability – of individuals and communities – to adapt to adversity, taking into account not only individuals' internal resources, but also their social environments and the availability of resources within them. In this way, resilience is an integrative process made up of psychological, social, and systemic factors.

The project will consistently consider gender, inclusion and intersectionality perspectives to understand possible inequalities and necessary changes for more fair and inclusive policies and practices.

The WELL CARE project will systematically involve informal carers, LTC workers, persons with LTC needs and stakeholders in national Blended Learning Networks.

WELL CARE: A 48-Month Transdisciplinary Collaboration

Embark on a 48-month journey with WELL CARE, a transdisciplinary and collaborative project. Researchers, NGOs, and expert organisations in health, social care, psychology, sociology, and gerontology join forces to fortify support systems for and with informal carers and LTC workers. Funded by the European Union's Horizon Europe program, the project commenced on January 1, 2024.

Principal Investigator: Elizabeth Hanson, Professor, Dept. Health & Caring Sciences, Faculty of Health and Life Sciences, Linnaeus University, Research Director, Swedish Family Care Competence Centre (Nka), Board Member and former President of Eurocarers.

Participating Organizations

Research organisations: Linnaeus University (coordinator), Sweden; Free University (Vrije Universiteit), Netherlands; National Institute of Health and Science on Ageing (IRCCS INCRA), Italy; Zittau/Görlitz University of Applied Sciences, Germany; University of Ljubljana, Slovenia; University of North Carolina at Chapel Hill, USA.

Non-profit Organisations and Knowledge Translation Centres: Swedish Family Care Competence Centre (Nka), Netherlands Cares for Each Other (NLZVE); Anziani e Non Solo, Italy; wir pflegen, Germany; Anton Trstenjak Institute of Gerontology and Intergenerational Relations, Slovenia.

European Umbrella Organisations: Mental Health Europe (MHE); Eurocarers; European Ageing Network (EAN); European Association of Service Providers for Persons with Disabilities (EASPD).

For more information, visit our project's website:

www.wellcare-project.eu

Funded by the European Union (Grant Agreement no. 101137468). Views and opinions expressed are however those of the authors only and do not necessarily reflect those of the European Union or the Health and Digital Executive Agency. Neither the European Union nor the granting authority can be held responsible for them



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