InformCare for Informal Carers in the UK

On behalf of the research team for Carers UK version composed by:
Francesco Barbabella, Arianna Poli, Benjamin Salzmann, Frida Andreasson,
Elizabeth Hanson, Hanneli Doehner, Giovanni Lamura

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Aims of the project

- To develop, implement and evaluate four potentially cost-effective social innovations focussed on well-being, quality of life and healthy life expectancy (HLE)
- To create a social innovation web-based platform
- To address the critical barriers to the implementation of social innovations
- To emphasise knowledge exchanges and implementation in the New Member States
A multilingual platform for informal carers

As part of the INNOVAGE project INRCA and EUROCARERS led the development of a web platform aimed at addressing the needs of informal carers. The platform is implemented in 27 EU member states and includes both common and national-specific services.

Two additional sections of the platform have been prepared for a certain number of countries for other target groups:

- Employers of working carers
- Care professionals
Test sites – Italy, Germany, Sweden

Questionnaires were administered to carers and different dimensions related to caring were assessed:

- Demographic, socio-economic status and background characteristics;
- Health status;
- Quality of life;
- Self-perception of carer’s role;
- Perceived social support;
- Usability of the web services;
- Perceived usefulness and appropriateness of the services;
- Navigation patterns of the carer through the platform.
Static information

- Information on illnesses and care management
- Available care and support services
- Psychological support - consultation
- Information on taking care of yourself
- Work and care reconciliation
- Family and care reconciliation
- Legal aspects
- Financial aspects
- Good Practices
- Emergency services

Caring for the older people

Your own needs

Support by the state

Get Help

Content has been sourced from reliable organisations with longstanding expertise in condition specific and/or caring issues.
Coping with caregiving


More ➤

Family reconciliation

When you are a carer, sometimes you find yourself in a position where you try to combine different family roles: as a parent, as a spouse, as a child and as carer. Reconciliation between family relationships and caregiving is a difficult task.

More ➤

Test Yourself


More ➤
This section is devoted to Pathologies of older people and care management.

Information on a number of diseases are provided.

You may visit each page by clicking on boxes below or by clicking on your left side list.

**Dementia**

The term "dementia" refers to a group of symptoms that appears to people with diseases which destroy brain cells and cause a gradual deterioration of cognitive abilities.

**More**

**Parkinson Disease**

It is a progressive neurological disorder, which so far cannot be cured.

**More**

**Stroke**

A stroke is a brain attack. For your brain to function, it needs a constant blood supply, which provides vital nutrients and oxygen to the brain cells.

**More**

**Arthritis**

Arthritis is an inflammation of the joints that causes pain and immobility, ranging from mild to severe.

**More**

**Osteoporosis**

Osteoporosis is a disease of the bones which reduces calcium and mineral reduction. Bones are becoming weak and may break easily.

**More**

**Visual Impairment**

We see now pathologies that affect sight and hearing, provoking sensory deficits.

**More**
Coping with Caregiving

The Caregiving years: An introduction

When you expect a child, the community (your family, friends, co-workers) rally around you and your spouse.

More

Carers' stories

I am exhausted and extremely tired but I have not had a good night's sleep since we moved. Everyone tells me to stop worrying, things will work out, etc., etc.

More

Looking after yourself

Being a carer sometimes makes it difficult to take care of yourself. Priorities are changing as the disease progresses and looking after yourself takes usually last place on a long list of heavy duties.

More

Coping with stress and depression

Stress is part of everyday life and, for many carers, stress can be a major factor affecting their health. Stress is caused by the many demands made on our time and energy and the overall feeling of being overwhelmed.

More

Relaxation technique

When we are thinking of doing activities that we enjoy as sleeping, watching TV, going out with friends.

More

Coping with dementia

The Coping with Dementia DVD is made up originally of 7 chapters and is addressed to people caring for someone in the middle to late stages of dementia.
Interactive services

- Email communication
- Forum
- Video chat/video conferencing
- Social networking
Hello Arianna Poli!

What's New

Post Something...

Arianna Poli Cosa causa la malattia di Alzheimer? Proviamo a saperne di più...

Cosa causa la malattia di Alzheimer?
Le cause della malattia spiegate dal cion. Giovanni Frisoni, neurologo e riconosciuto esperto internazionale.

1 hour ago - Like - Comment - Delete - Share

Domenico Messina shared Arianna Poli's link. Anche a mia madre nel 2007 venne diagnosticata l'alzheimer e inizia' a prendere i farmaci per il rallentamento dell'avanzare della malattia. Ora la malattia è andata avanti, oggi ancora cammino delle passeggiate al mattino e al pomeriggio, si alimenta ... *more

"Familiari, salvaguardate voi stessi solo così potete aiutare il malato" - Repubblica.it
Storia numero 1 Mia madre, una bambina. Parafasciando un libro che ho letto, è questa la situazione che ho inizio 14 anni fa a mia madre che ha oggi 37 anni. Sono un medico di 33 anni, figlio unico, e spero che tale lavoro mi serva ad apprezzare meg

May 31 - Unlike - Comment - Delete

Arianna Poli ottimo!

Arianna Poli fammi pure sapere se è qualche problema

Arianna Poli 😊
Watch the video!

https://www.youtube.com/watch?v=xmdNdplWoU4&list=PLr50Bh2p_bxd8ylAKYSTius7_rKsjJYf