

Informal care in Val-de-Marne

Focus on Forum of carers

TRIADE meeting, 14th of Novembre 2016

Proche ou aidant
d'une personne âgée
ou handicapée ?

Le Département
vous invite

Forum des aidants
Lundi 3 octobre 2016
9h-17h
au MAC VAL à Vitry-sur-Seine

JE T'♥IDE

Inscription rapide et facile !

* Par téléphone au 3939 ou par internet
* Par internet : www.auditionnons.valdemarne.fr

VAL de MARNE
Le département

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PRESENTATION OF INFORMAL CAREERS FORUM

« Je tenais à vous dire combien je trouve important que ce forum se tienne dans le lieu de culture qu'est le MACVAL. Cela permet de donner un cadre de création et un cadre agréable à l'ensemble du Forum »

"I wanted to tell you how important this forum is because it is being held in the place of culture that is the MACVAL. This gives a framework for creating and gives a pleasant atmosphere to the entire Forum »

GENERAL OBJECTIFS

- To support the informal caregivers in their administrative procedures to access to various aids and trainings through coordination of actors from social, elderly and disability fields in Val-de-Marne;
- To allow wellbeing of informal caregivers and theirs relatives.

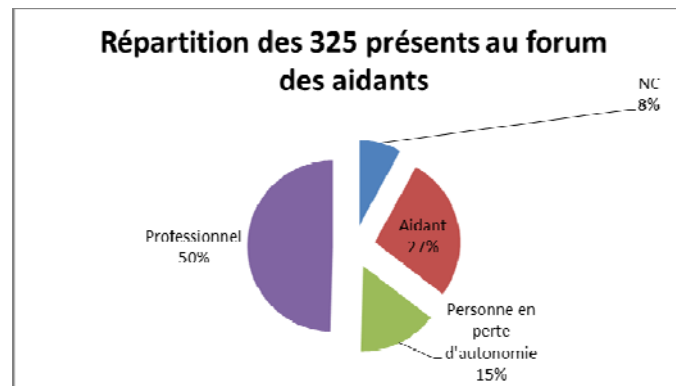
DESCRIPTION OF INFORMAL CARERS FORUM

- In France, informal caregivers represent one person out of six.
- Unawareness to have the right to be supported.
- They could face the isolation and exhaustion.
- An event has been organized annually by the Departmental Council of Val-de-Marne since 2015.
- Objectives: to identify informal caregivers not registered until today in Val-de-Marne, to gather and to inform informal careres on existing devices and aids.

INFORMAL CARERS FORUM IN VAL-DE-MARNE

- In 2016, forum of caregivers took place on 3th of October in the museum of Modern Art called MAC VAL; But not only, theirs relatives could come also in order to participate to different workshops.

- Nearly 400 people (informal, formal, and people with loss of autonomy) gathered on 3th October 2016:



INFORMAL CARERS FORUM IN VAL-DE-MARNE

- Informal carers met more than 100 professionals that could give some information and help.

- The information towards carers has been divided into a 5 universes:

1. Right: institutions and associations providing information about possible aids that they can benefit;
2. Health: hospitals, pension fund, security associations: all necessary resources to protect health;
3. Home: how to find help you need to live well at home;
4. Institutions: panel of services to support elderly and disabled people;
5. Active together: discussion with organizations that reflect and act to facilitate travel, leisure, meetings, training, etc.

INFORMAL CARERS FORUM IN VAL-DE-MARNE

- 19 workshops: workshops to live well at home, wellness workshops, meeting with the MDPH, the collaboration between caregivers and professional caregivers, the realization of a fresco, etc.

"Someone thought she could not relax and was astonished by the number of times she yawned. Another said that it was impossible to concentrate ... and out the participants said: "I have watery eyes," "I feel lighter," "I have less sore shoulders "" I do not have a headache "..."

INFORMAL CARERS FORUM IN VAL-DE-MARNE

- Two round tables:

- Announcement of loss of autonomy: from acceptance to adaptation;
- How to hold together every day without feeling guilty?

- "Theater forum" (style of theatre and debate) for better understanding of different problems related to informal care and concrete solutions.

- A practical guide (brochure) has been made



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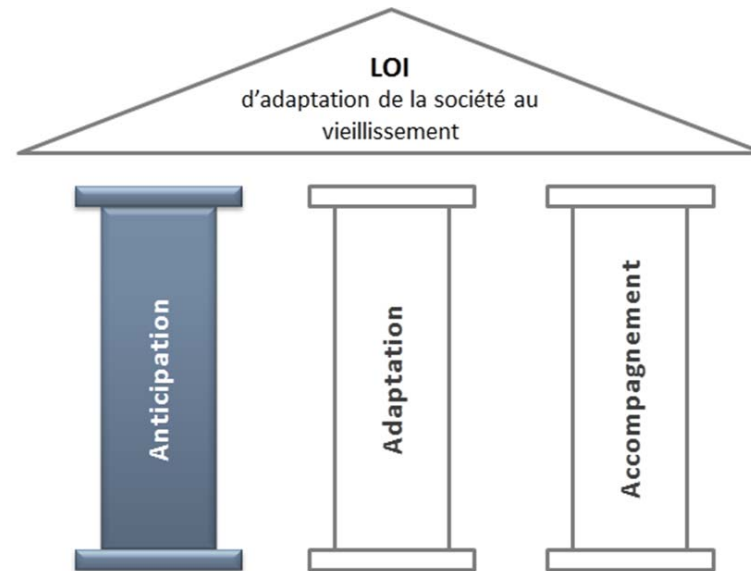
GENERAL PRESENTATION

Informal care in France

Facts:

1. Until now the law doesn't give the definition of the informal and formal carer and doesn't recognize the right to respite.
2. Ageing issue: informal carers become elderly people as their parents.

Informal care in France: national law



- (1) Anticipating loss of autonomy, which comprises financing action on prevention and combating isolation among elderly people (185 million euro according to the estimated budget).
- (2) Adapting society to ageing (these measures amount to 84 million euro).
- (3) Support for older people facing loss of autonomy, which focuses on home based care (460 million euro). This pillar includes measures in favour of informal carers.

Informal care in France: national law

For the first time the national society adaptation to ageing law :

1. Recognizes, identifies, assesses caregivers
2. Informs, supports, relays, brings respite
3. Structurizes Caregivers Assistance Policies

Also, the law makes a key innovation by creating a right to respite for informal carers until now funded through the device of the personal autonomy allowance (APA).

Furthermore, the carer is not only member of family, that could be also a friend or neighbour.