

## TEMPLATE N°1: IDENTIFICATION OF GOOD PRACTICES BY HOST ORGANISATION

**Template N°1** facilitates the description and identification of the good practices that will be presented by the host organizations during the TRIADÉ project. These good practices should endorse the main aim of the project, i.e. the good practice(s) focus on the enhancement of knowledge, skills, competences or attitudes of formal and informal caregivers for a more inclusive and community based care system.

**Template N°1** should be completed for each good practice that will be presented and/or shown by the host organizations. PLEASE, SEND THESE TEMPLATES TO ALL PARTNERS AT LEAST 2 MONTHS BEFORE THE ACUAL VISITS!

NAME OF HOST ORGANISATION/INSTITUTION	DEPARTMENTAL COUNCIL OF VAL-DE-MARNE
<b>TITLE OF THE GOOD PRACTICE</b>	Informal care in Val-de-Marne
<b>GENERAL OBJECTIVE OF THE GOOD PRACTICE</b>	<ul style="list-style-type: none"> <li>- 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;</li> <li>- To allow wellbeing of informal caregivers and theirs relatives.</li> </ul>
<b>MOTIVATION FOR CHOOSING THIS GOOD PRACTICE</b>	<p>Following the meeting in Rotterdam which focused on informal care, we considered that it will be appropriate to present, as a part of the departmental policy of support of caregivers (informal and formal), a specific action based on information and exchange between informal and formal caregivers. This action allows to reach as more informal caregivers as we can in order to improve their care, their wellbeing and wellbeing of their cared elderly and disabled people.</p>
<b>SHORT DESCRIPTION OF THE GOOD PRACTICE (+/- 500 WORDS)</b>	<p>Forum of caregivers is an event organized annually by the Departmental Council of Val-de-Marne, in order to gather and to inform informal caregivers on existing devices and aids. Also, the forum allows to identify informal caregivers not registered until today in Val-de-Marne.</p> <p>In France, informal caregivers represent one person out of six. Many of them are unaware that they also have right to be supported. Caring for a person with reduced autonomy can lead to isolation and exhaustion. Health of caregiver and his wellbeing are essential to cared person.</p> <p>In 2016, forum of caregivers took place on 3<sup>th</sup> of October in the museum of Modern Art called MAC VAL allowing caregivers and their cared people to discover this adapted place accessible for everyone. Caregivers could come and participate with their cared relatives.</p> <p>During the whole day, the visitors (informal caregivers) meet professionals at the information points (stands) divided into a following universes:</p> <ol style="list-style-type: none"> <li>1. Right: institutions and associations providing information about possible aids that they can benefit;</li> <li>2. Health: hospitals, pension fund, security associations: all necessary resources to protect health;</li> <li>3. Home: how to find help you need to live well at home;</li> <li>4. Institutions: panel of services to support elderly and disabled people;</li> <li>5. Active together: discussion with organizations that reflect and act to facilitate travel, leisure, meetings, training, etc.</li> </ol> <p>All organizations, associations and institutions participating to the forum, through a dynamic animation of their stands, valorize their actions and help</p>

informal caregivers to engage necessary steps to meet their needs (fulfilling shifts, making the appointments...). Two round tables are proposed for a collective exchange between visitors and professionals on two key life issues:

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

Each round table is preceded by 30 minutes piece of theater inviting visitors (informal caregivers) to share a moment of their life in order to go to the point of the subject and avoid too theoretical discourse.

“Theater forum” (style of theatre and debate) is the best way to let visitors to express themselves on stage with a moderation of a professional actor allowing the quality of exchanges and giving them concert answers to their concrete questions/problems that they could have (medical resources, respite, support group,...).

Visitors can also discover various day activities available in workshops for caregivers and their cared people:

1. Workshops for all: adapted visits of the museum Mac Val, relaxation and music therapy, soft gym, good gestures of daily life, initiation on digital devices, workshops organized by Maison départementale pour personnes handicapées, workshop of how to adapt a home of elderly or disabled people.
2. Workshops dedicated to elderly and disabled people came with their caregivers: realization of a fresco with Mutual Self-help Group of the municipality of Vitry sur Seine.

A practical guide (brochure) has been made and given to caregivers gathering important information and resources for caregivers.

<b>DESCRIPTION OF TARGET GROUP</b>	Informal caregivers; Formal caregivers; Elderly and disabled people;
<b>MEANS/MEHODES OR TOOLS USED</b>	Gathering of all partners and stakeholders in social, elderly and disability fields.
<b>SKILLS INVOLVED FOR THE CAREGIVERS</b>	Openness to the other, open mind, listening, exchange, cooperation
<b>ATTITUDES INVOLVED FOR THE CAREGIVERS</b>	It should be noted that some caregivers do not recognize themselves as such, do not ask for help and go to exhaustion. It is necessary that caregivers understand their position and their role of caregiver in order to take care of himself and his relative.
<b>RESOURCES NEEDED</b>	Material and logistical resources.
<b>NOTES</b>	Nearly 400 people came in Mac Val on 3th of October and hundreds of partners were mobilized to keep the stands, animate workshops, and spoke at round tables.