

Alzheimer: intergenerational springboard of social and professional inclusion?

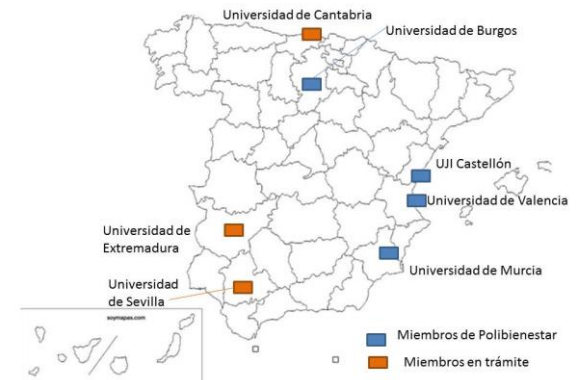


AFE-INNOVNET: the Crisis – an opportunity to become Age-Friendly!
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- Interdisciplinary team: 19 senior and 8 junior researchers
- Specialized in research, innovation and social technology, technical advice and training in the field of public policies
- European network: EIP AHA (European Commission), Coral network, Ensa, Cost actions (IS1102 and IS1104), Thinktur, Reference site, Think Tank (25 countries, +100 institutions)



THE PROJECT



THE PROGRESS PROJECT



- The project “Alzheimer: Tremplin intergénérationnel d’Insertion Sociale et Professionnelle”

Project funded under the Progress Programme

Duration: 2011 – 2013

Reference: VP/2010/007/0129-VS/2011/0162

THE PROGRESS PROJECT

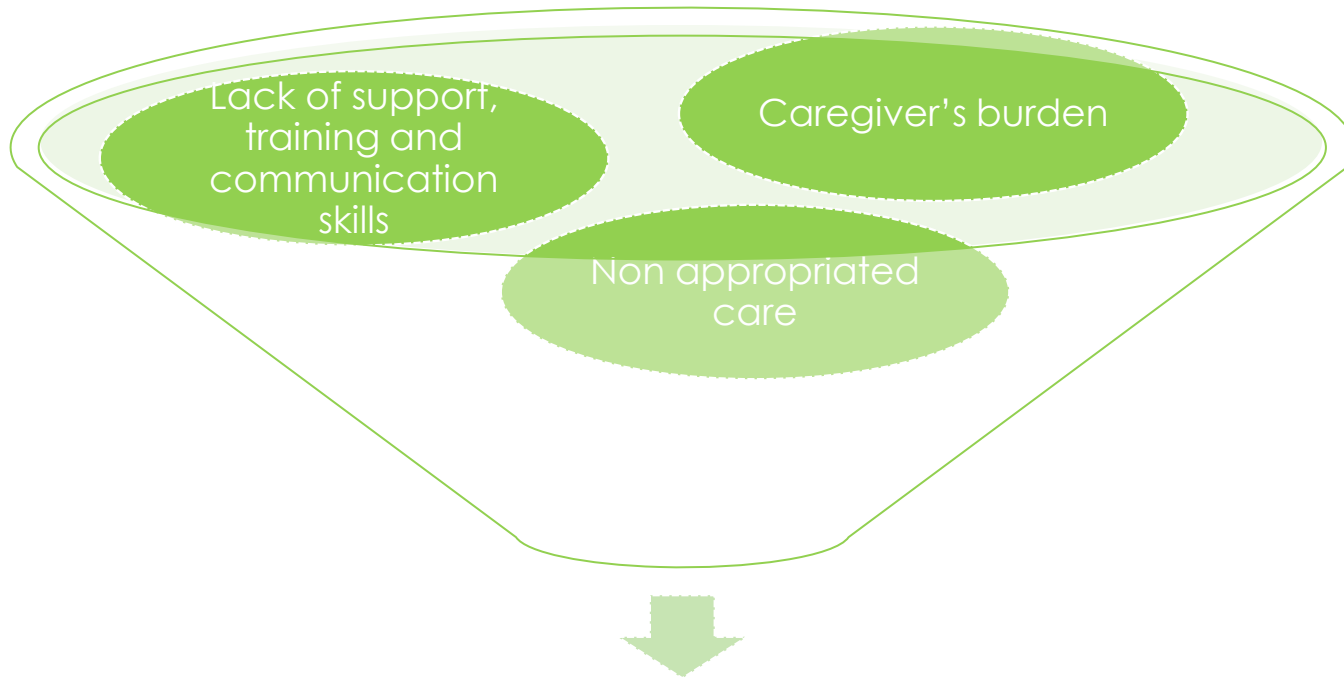
- The direct impact of lack of support and training



THE PROGRESS PROJECT



- The indirect impact of lack of support and training



Premature institutionalization; violence against patients; social exclusion of patients and informal caregivers; etc.

THE PROGRESS PROJECT



- **General objective:** To contribute to the maintenance and reconstruction of social ties through activities focused on dependency and care for people with Alzheimer's disease.

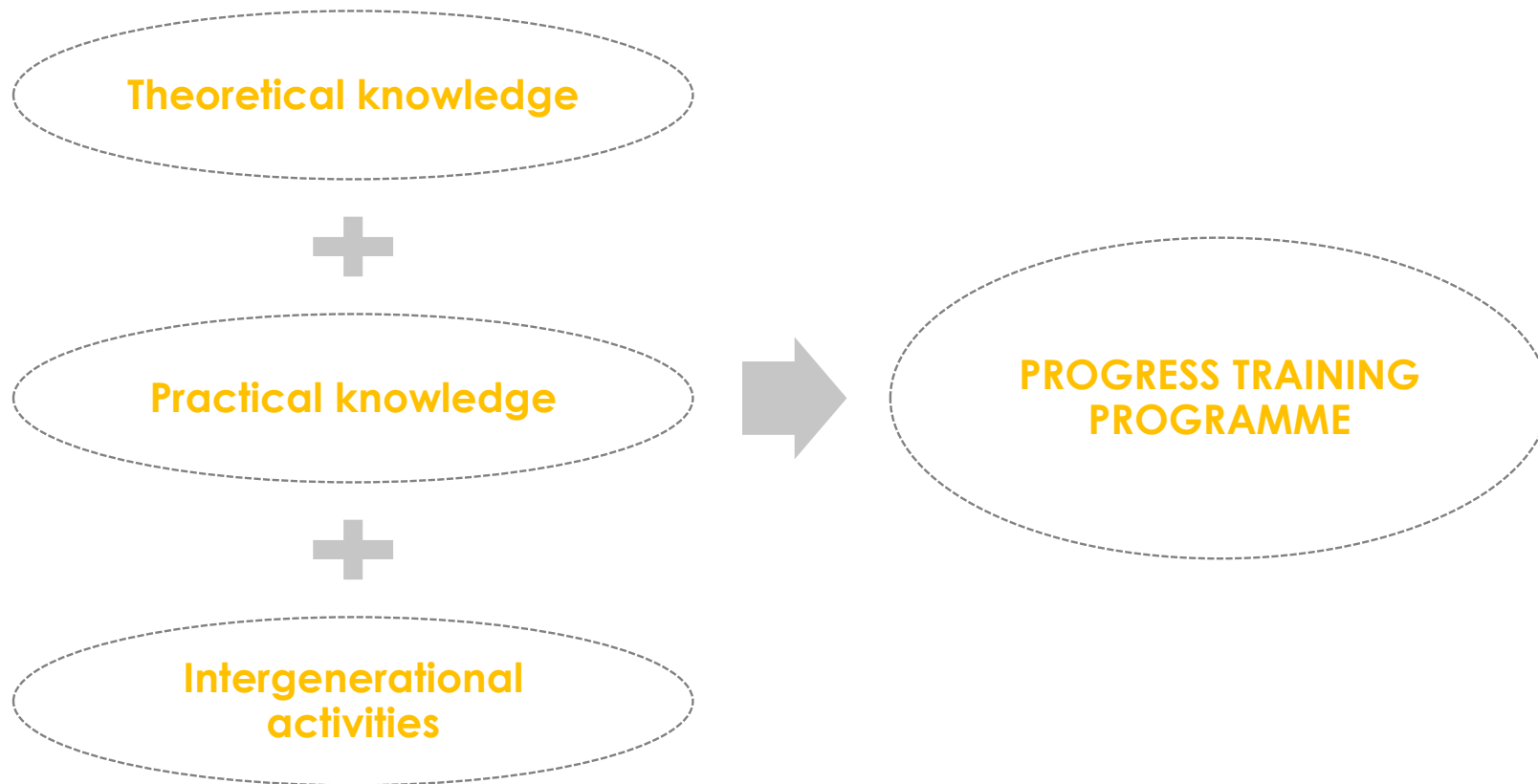
People with
Alzheimer's disease

Informal caregivers

People in risk of social
and labour exclusion

THE PROGRESS PROJECT

- Procedure



THE PROGRESS PROJECT



- Specific objectives

People with Alzheimer's disease

Social relationship

Cognitive
function -
stimulation
activities

Informal caregivers

Social support
network

Social
relationships

People in risk of social and labour exclusion

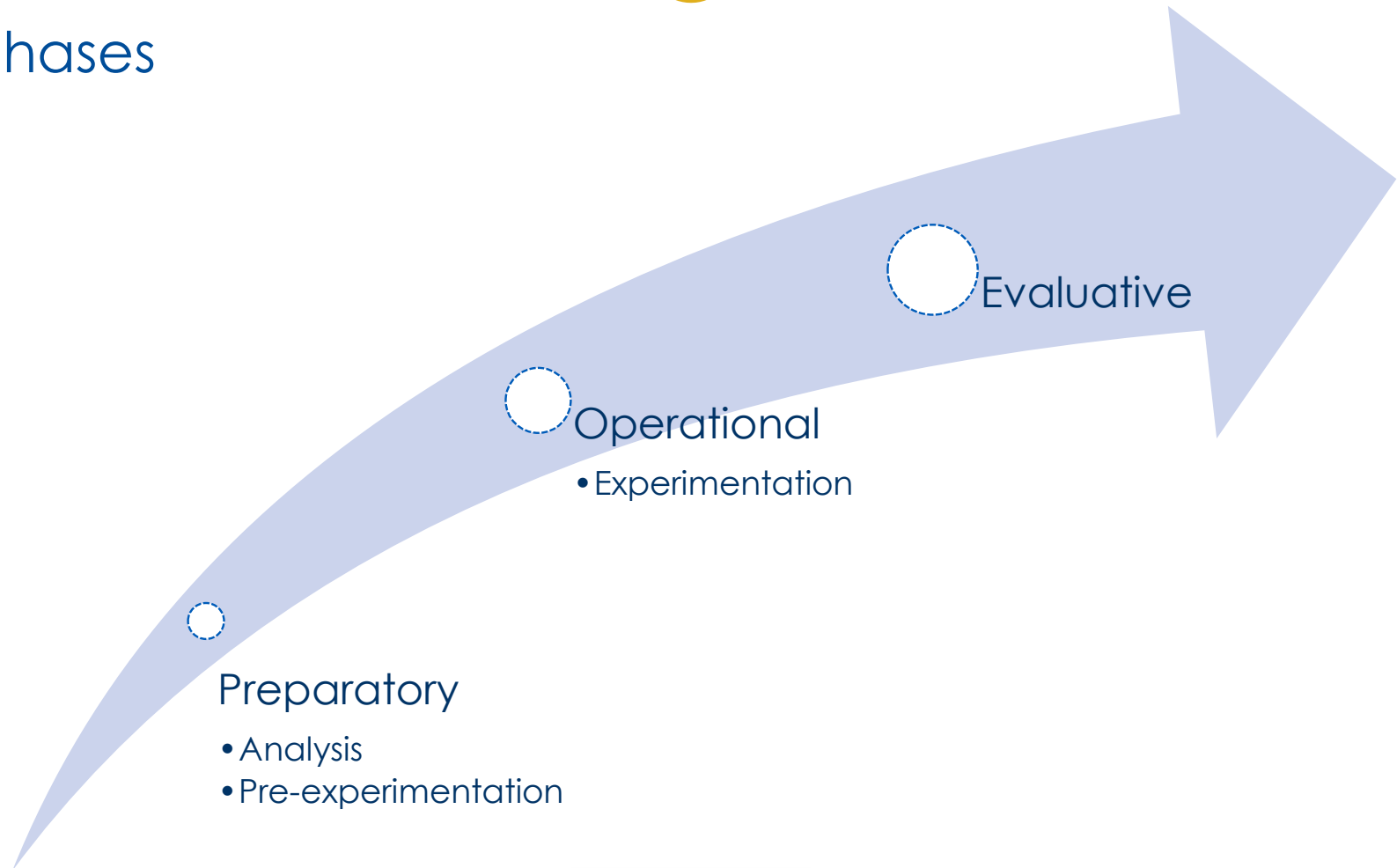
Social inclusion
and labour
guidance

Employment
opportunities

Training

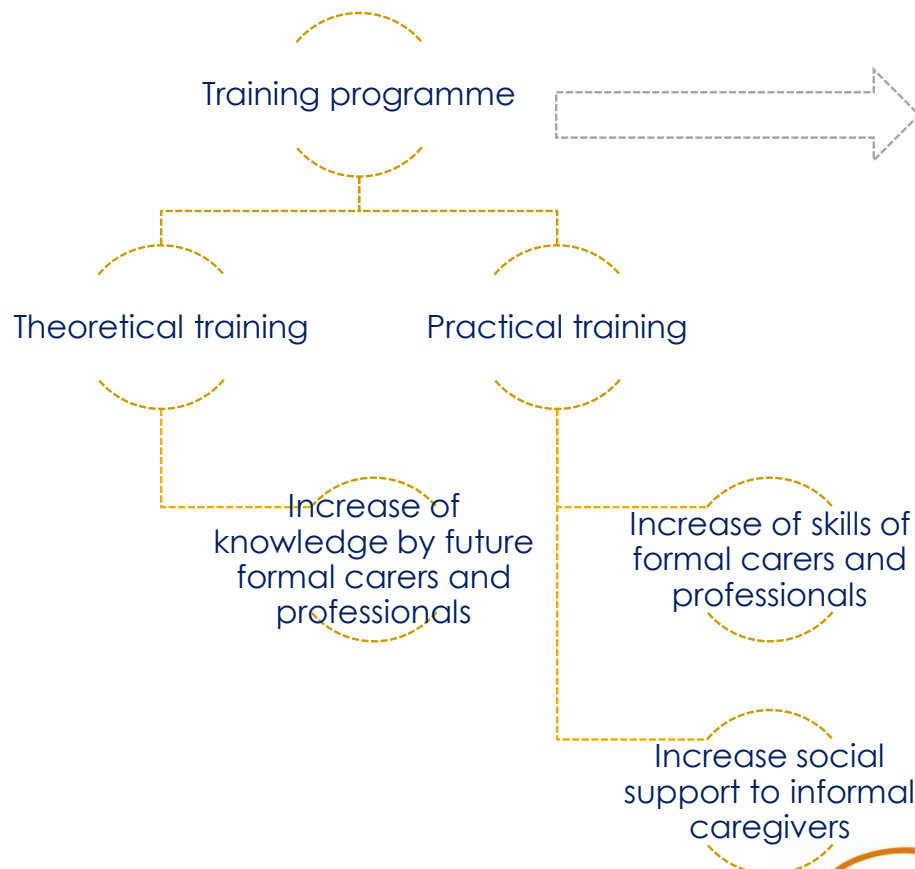
THE PROGRESS PROJECT

- Phases



THE TRAINING NEEDS

- **The contribution to the Progress Project to improve friendly environments for Alzheimer's disease in Spain.**



Research questions for the next phase

How does the programme impact on:

- the professional future of trainees? Do they increase their probabilities to get a job? Is it related with the provision of care services?
- the social network of people with Alzheimer's disease and their informal caregivers? Do they receive more visits? Do they go out more?
- The perceived social support of informal caregivers?

THE TRAINING CONTENT



THE PROGRESS PROJECT

• Theoretical modules' content:

- Introduction to gerontology
- Introduction to Alzheimer's disease
- Informal Care and informal caregivers
- Support and services for Alzheimer's disease

General training

- Individual approach to AD: communication, musical reminiscence and orientation to reality

Specialized training

Touristic professionals

People with musical training

Social animators

THE PROGRESS PROJECT



- Theoretical training
 - Duration: 30 hours distributed in 5 sessions of 6 hours
 - Materials: PPTs and training books, DVDs, books, comics, etc.

- Practical activities
 - Duration: 12 hours distributed in 8 sessions of 1,5 hours
 - Content:
 - ✦ Module 1: Presentation and research of the musical history of the people with AD, his/her family and social environment
 - ✦ Module 2: Intergenerational activities through reminiscence of the people with Alzheimer's Disease musical history.
 - ✦ Module 3: Intergenerational activities through reminiscence of the familiar musical history.
 - ✦ Module 4: Intergenerational activities through reminiscence of the social environment musical history.

THE PILOTS



PRE-EXPERIMENTATION

Theoretical and practical training

- Theoretical training

Dates: March - April

Length: 6 sessions of 5 hours

Participants 11 people

Practical training:

Dates: June- July

Length: 5-10 hours

Participants: 7 people

Activities developed:

- Visit to a day care center
- Development of intergenerational activities based on music therapy

Place: Comunidad Valenciana



LESSONS LEARNED



- Main conclusions regarding the OUTPUTS' dimension:
 - ✓ Achievement of the expected result improvement of AD patients' social relationships.
 - ✓ Creation of intergenerational solidarity between society (minors) and AD's patients.
 - ✓ Achievement of the access to social support by informal caregivers.
 - ✓ Achievement of the specified result knowing the social value of formal caregiver's job and increase the trainees' vocation to work in fields related with Alzheimer Disease and to access to further training.

PARTICIPANT'S TESTIMONIES



Testimonies by people with Alzheimer

“This makes me emotional because you have chosen me, an unhappy person. I am very lucky”

Testimonies by participants in course

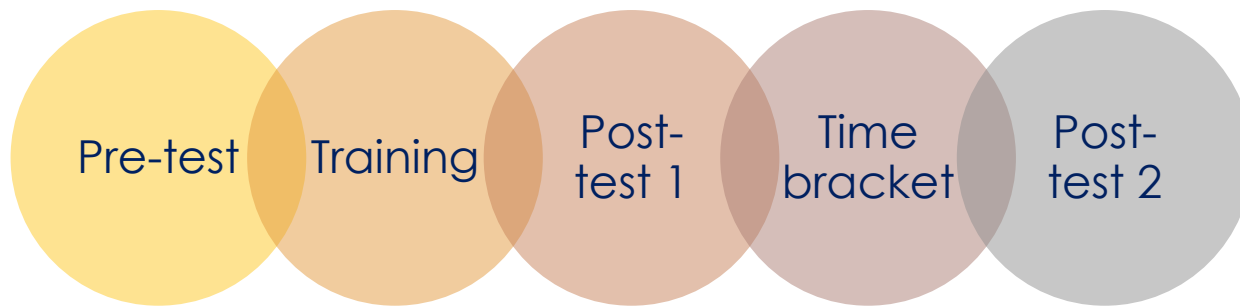
“It is a degenerative disease in which these patients and persons need help from other persons, and it is interesting to learn how to help them”

“The patient looked happy and thankful with the trainees group”

RECOMMENDATIONS



- Higher amount of sessions and reduction of duration of each
 - Increase from 6 to 8 session
 - Decrease from 2.5 hours to 1.5 hours
- The inclusion of comparison groups to evaluate the impacts on the expected results.
- The inclusion of temporal series techniques to measure the net effect of Progress Project on the expected results. (1 pre-test and 2 post-tests)





- **Selection of participants: TRAINEES**
 - 30 unemployed people to participate in the training activities
 - 30 unemployed people to participate as control group

Profile a)		Profile b)
1	Women	Long-term unemployed (+2 years)
2		+ 55 years old
3		Immigrant
4		Victims of gender violence
5	Under 25 years old and low- qualified	Low qualification (non-obligatory education)
6		Long-term unemployed (+1/2 year)
7		Immigrant



- **Selection of participants: PEOPLE WITH ALZHEIMER**

- 10 people to participate in the practical training

Profile:

1. Early or middle stage of the disease
2. Living at home with a informal caregiver

- **Selection of participants: INFORMAL CAREGIVERS**

- 10 people to participate in the practical training

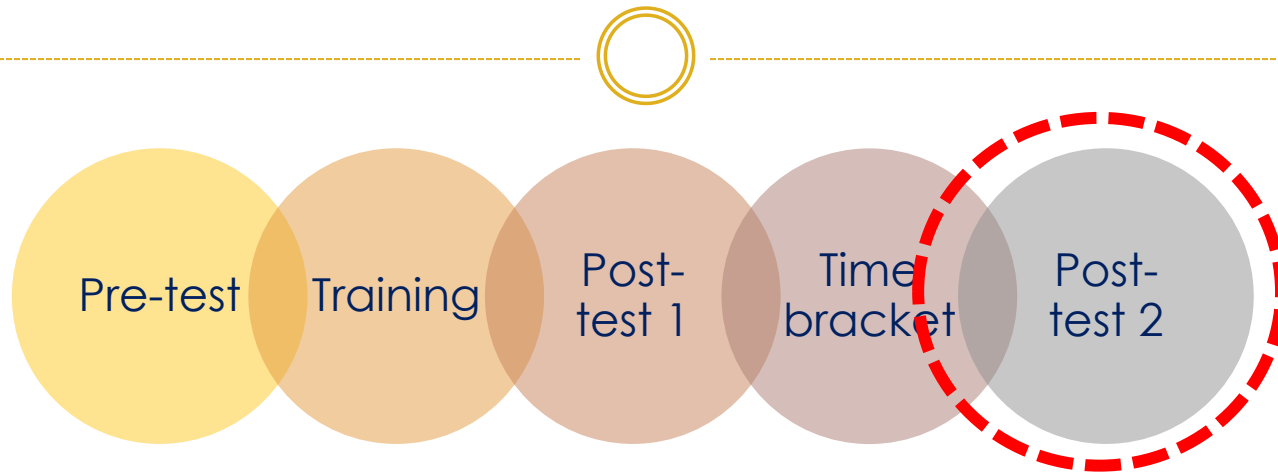
Profile:

1. Primary informal caregivers living at home with the person with Alzheimer disease (previous slide)



- **FINAL SCENARIO:**
 - **59 potential trainees (4 didn't reach the requisites)**
 - Experimental group: 31
 - Control group: 24
 - **13 people with Alzheimer and families**
- **2 trainees per people with Alzheimer and their families**

WHERE ARE WE NOW?



Further quantitative data in the following months!

20th of September – Final conference in Spain

THANK YOU FOR YOUR ATTENTION!



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