Erasmus+
Enriqueciendo vidas, abriendo mentes.

Cofinanciado por la Unión Europea

ERASMUS+ PROJECT CARE4YOU "INNOVATIVE CARE: Guide to Methodologies and Best Practices in Care for People in Situations of Dependency"

METHODOLOGIES AND BEST PRACTICES IN THE FIELD OF CARE

INNOVATIVE CARE: Guide to Methodologies and Best Practices in Care for People in Situations of Dependency © 2024 by Care4you is licensed under CC BY 4.0. To view a copy of this license, visit https://creativecommons.org/licenses/by/4.0/

I. INTRODUCTION

I.1. Brief description of the CARE4YOU project.
I.2. Rationale for the creation of this guide.
I.3. National and European policies and plans within its framework: European Care Strategy and Spanish National Strategy for a New Community Care Model.
I.4. Main objectives of the guide.

II. RESOURCES

II.1. Resources in the field of vocational training (videos, books, materials, films, etc.).
II.2. Resources in the field of work and support for people in situations of dependency.
II.3. Resources in the field of employment support within this sector.

III. METHODOLOGY

III.1. Innovative methodologies in vocational training (both related and unrelated to the field of dependency, but applicable to it).
III.2. Innovative methodologies for providing support, care, and services.
III.3. Innovative methodologies in employment.
III.4. Tools for measuring the impact and effectiveness of implemented methodologies.

IV. BEST PRACTICES

IV.1. Examples of national and European best practices in vocational training.
IV.2. Examples of national and European best practices in dependency care.
IV.3. Examples of national and European best practices in employment.

V. CASE STUDIES AND PRACTICAL EXAMPLES



INTRODUCTION

I. INTRODUCTION

I.1. Brief description of the CARE4YOU project.

The CARE4YOU project is a transnational collaboration within the Erasmus+ KA210 program. Its main objective is to improve educational curricula and professional practices in the field of social healthcare, especially in rural areas. To achieve this, it brings together partners specializing in educational innovation, social inclusion, and care for people in situations of dependency:

- IES Félix Muriel (Spain): Leading educational institution in vocational training for social healthcare.
- Asociación AGADEA (Spain): Specialist in working with elderly people and those with Alzheimer's disease and other neurodegenerative dementias.
- Mestieri Lombardia (Italy): Leader in labor inclusion and vocational training for vulnerable groups.

The CARE4YOU project aims to improve training in social healthcare and care for people in situations of dependency through cooperation between entities, exchange of best practices, and innovation in educational curricula.

To this end, one of the main objectives is the creation of the "AUXILIAR COTERAPEUTA" certification, which will complement the training of caregivers, emphasizing the importance of specialized care. This role requires a combination of specialized technical and interpersonal skills, which the project aims to identify in order to train current and future professionals in the sector.

In this context, the CARE4YOU project's ultimate goal is not only to improve the quality and relevance of training in social healthcare but also to contribute to the creation of effective, inclusive, and connected educational systems. Through research, the exchange of best practices, and the dissemination of results, CARE4YOU aspires to make a lasting impact in the field of care for people in situations of dependency in Europe.

I.2 Rationale for the creation of this guide

The creation of this guide responds to the need for a comprehensive resource that systematizes methodologies and best practices in the field of social healthcare. Demographic changes, such as the aging population and the rise of neurodegenerative diseases, demand more inclusive, personalized, and community-based care models.

This guide aims to:

- Transfer knowledge generated in the CARE4YOU project to other contexts and sectors.
- Serve as a training tool for professionals, caregivers, and organizations working in the sector.
- Promote innovative care models based on the practical experience of the project partners.

I.3 National and European policies and plans within its framework

The guide is aligned with the following strategies and regulatory frameworks:

1. European Care Plan:
   - A proposal by the European Union promoting accessible, high-quality, and sustainable care services for all people, prioritizing vulnerable populations.
   - It encourages professional training in the care sector, reducing inequalities between regions, and ensuring common standards.

2. Spanish National Strategy for a New Care Model in the Community:
   - A model based on proximity, person-centered care, and strengthening community services.
   - It reinforces home-based care as an alternative to institutionalization, promoting the integration of community networks and training for family caregivers.

Both frameworks serve as a foundation to propose an approach that combines the personalization of care with professionalization and community integration.

I.4 Objetivos principales de la guía

The objectives of this guide are as follows:

1. Promote professionalization in the social healthcare field:
    - Provide updated tools and methodologies for the training of auxiliary co-therapists.
2. Encourage quality and innovation in care services for people in situations of dependency:
    - Disseminate best practices implemented during the CARE4YOU project and in other European contexts.
3. Contribute to the social inclusion of elderly people and those in situations of dependency:
    - Promote community-based models that favor active aging and the participation of elderly people in their environment.
4. Ensure the sustainability and replicability of practices:
    - Design strategies that can be adapted to different local realities, especially in rural areas.
5. Create knowledge networks:
    - Connect educational, professional, and social entities to share experiences and methodologies, strengthening a collaborative approach.



RESOURCES

II. RESOURCES

II.1. Resources in the field of vocational training (videos, books, materials, films, etc.)

In this section, we present various educational resources to be used in vocational training classrooms. Through the use of these resources by teachers, students acquire theoretical and practical content for their future professional performance.

1. Audiovisual resources related to the theme of Care for People in Situations of Dependency.

Description: These are various resources in audiovisual format. They include documentaries, short films, and feature films that address different topics. Some of them can be viewed for free, while others require subscriptions to different platforms:



Links:

- Short film “El circo de las mariposas” to work on diversity and its richness.
  Link: https://www.youtube.com/watch?v=od2lg1ZC20s

- Film “Elling… mi amigo y yo” 2001, directed by Petter Naess. To delve into social skills training and integration into society.
  Link: https://www.youtube.com/watch?v=YTQUGBghV3U

- Film “Las sesiones” 2012 Directed by Ben Lewin to explain the role of the sexual assistant.
  Link: https://www.filmaffinity.com/es/film189922.html

- Film “La consagración de la primavera”. Sexual Assistance. Directed by Fernando Franco.
  Link: https://www.filmaffinity.com/es/film356144.html

- Different procedures for the care of people in situations of dependency at FEMORA.
  Link: https://femora.sergas.es/

- Film “Los principios del cuidado” 2016 Directed by Rob Burnett to discuss Activities of Daily Living (ADL).
  Link: https://www.filmaffinity.com/es/film841409.html

- Various videos from E-saúde on user mobilization.
  Link:: https://www.youtube.com/c/%C3%89Sa%C3%BAde_sergas

- Short film about Alzheimer's: “La ventana abierta”. https://www.youtube.com/watch?v=YVi-gD5X9Vo

- Campaign for the Getxophoto festival:“ Elogio a la vejez” https://www.youtube.com/watch?v=7EYqsr1wTCM
- Short film NAPO. Memories and recollections in old age: https://www.youtube.com/watch?v=-p1P4fdhaF8
- Documentary Afanias:“Vida Independiente” https://afanias.org/que-hacemos/hogar/vida-independiente/
- Campaign “Conoce sus historias”. Elderly People and Their Dreams. Www.vidasllenasdevida.com https://vimeo.com/79314202
- Short “Te quiero mal”. Sensory Functional Diversity. Blindness. https://www.youtube.com/watch?v=PywrtnfPm84
- Documentary “Las alas de la vida”. Life of Carlos Cristo, a doctor diagnosed with a terminal illness. Values of life and existence.

  Link: https://www.youtube.com/watch?v=T9WimVnAhMg
- Documentary “Bicicleta, cuchara, manzana” From the Pascual Maragall Foundation to understand Alzheimer's.
  Link: https://www.rtve.es/play/videos/version-espanola/version-espanola-bicicleta-cuchara-manzana/1342369/
- Documentary “Arrugas” By Ignacio Ferreras from 2011 to explain Alzheimer's and other dementias.
  Link: https://ok.ru/video/1166386399822
- Film “Y tú quién eres?”. Directed by Antonio Mercero. Alzheimer's.
  Link: https://www.filmaffinity.com/es/film891809.html
- Film “Cuidadores” By Oskar Tejedor from 2011 to delve into the role of caregivers and their needs.
  Link: https://www.filmin.es/pelicula/cuidadores

2. Bibliographic resources

- Description: In vocational training classrooms, various materials are used to cover each of the contents: books, manuals, etc. We include in this guide those that we find most interesting.

- Links:
  - Guides from the Fundación Pilares: https://tienda.fundacionpilares.org/es/11-guias
  - Publications from Plena Inclusión. In this case, we present the Guía de Ocio Inclusivo: https://www.plenainclusion.org/publicaciones/buscador/cuaderno-de-buenas-practicas-servicio-de-ocio-inclusivo/
  - Manual de Formación para os coidados no entorno familiar. De la Xunta de Galicia 2010. https://politicasocial.xunta.gal/sites/w_polso/files/arquivos/publicacions/manual_formacion_coidados_contorno_0.pdf
  - Various manuals for each module published by different editorial houses. Among them, Paraninfo:
  - https://www.paraninfo.es/libros/ciclos-formativos-CAT-001/servicios-socioculturales-y-a-la-comunidad-N1-0113/tecnico-en-atencion-a-personas-en-situacion-de-dependencia-N2-0087
  - Altamar: https://www.altamar.es/catalogos/listado/Atencion-apersonas-ensituacion-dedependencia-59

3. Web resources

- Description: To delve into different topics, vocational training teachers and students use information from various websites.

- Links:
  - Política Social de la Xunta de Galicia: https://politicasocial.xunta.gal/es/recursos/publicaciones
  - Fundación Pilares: https://www.fundacionpilares.org/
  - Educación Xunta de Galicia, Formación Profesional: https://www.edu.xunta.gal/fp/materiais-recursos-didacticos-nas-ensinanzas-fp
  - CEAPAT: https://ceapat.imserso.es/web/ceapat
  - Imserso: https://imserso.es/web/imserso
  - Plena Inclusión: https://www.plenainclusion.org/



II.2 Resources in the field of work and support for people in situations of dependency.

We present key resources in the field of work and support for people in situations of dependency, both at the national and international levels. These resources include guides, platforms, organizations, and programs that provide useful information and services for professionals, caregivers, and people in situations of dependency..

1. IMSERSO (Instituto de Mayores y Servicios Sociales) - España

- Description: IMSERSO is the main organization in Spain responsible for developing programs and public policies related to elderly people, people with disabilities, and those in situations of dependency. It provides information and resources about the Dependency Law, as well as guides for caregivers and professionals.
- Link: IMSERSO - Página Oficial
- Highlighted Resources:
  - Thermalism Programs.
  - Information on the Dependency Law.
  - Guides for the care of elderly people at home.

2. Pilares Foundation for Personal Autonomy - Spain

- Description: The Pilares Foundation promotes a person-centered care (PCC) model and provides resources and training for professionals and caregivers of dependent individuals. It offers educational materials, research, and best practices on care in both home and institutional settings.
- Link: Fundación Pilares
- Highlighted Resources:
  - Guide on Person-Centered Care.
  - Tools for the assessment and improvement of care quality.

3. Platform Aging in Network - Spanish National Research Council (CSIC)

- Description: This platform offers information, statistical data, and scientific publications related to aging and dependency. It is a useful resource for those researching or working in the field of elderly care.
- Link: Aging in Network (http://envejecimiento.csic.es/)
- Highlighted Resources:
    - Reports on the situation of elderly people in Spain.
    - Studies on dependency and care for elderly people.

4. Association of Directors and Managers of Social Services (Spain)

- Description: This association is a leading reference in Spain in the field of social services, including care for people in situations of dependency. They offer reports, guides, and training materials aimed at social services professionals.
- Link: Asociación de Directores y Gerentes de Servicios Sociales
- Highlighted Resources:
    - Informes sobre la Ley de Dependencia.
    - Manuales de buenas prácticas en servicios sociales.

5. Dependencia.info (Informational portal about the Dependency Law in Spain)

- **Description:** Dependencia.info is a portal specializing in information about the Dependency Law in Spain. It provides news, articles, and useful resources for sector professionals and family members of dependent individuals.
- Link: Dependencia.info
- Highlighted Resources:
    - Updated information on benefits and assistance.
    - News and updates on the management of dependency in Spain.

6. European Social Network (ESN) - European Network of Social Services

- **Description:** ESN is a network that brings together organizations and professionals working in social services across Europe, including those providing support to elderly and dependent individuals. Its aim is to exchange best practices and develop effective social policies.
- Link: European Social Network
- Highlighted Resources:
  - Publications on dependency care models in Europe.
  - Case studies of best practices in social services.

7. AGE Platform Europe

- **Description:** AGE Platform Europe is a European network that promotes the rights of elderly people and combats age discrimination. It provides resources and tools to improve the quality of life for elderly individuals and those in situations of dependency.
- Link: AGE Platform Europe
- Highlighted Resources:
  - Reports on active aging and social inclusion.
  - Campaigns and resources on the rights of elderly people.

8. HelpAge International

- **Description:** HelpAge International is a global organization dedicated to improving the lives of elderly people. They offer programs and resources to support elderly individuals and those in situations of dependency in various countries, including guides and studies on aging and care.
- Link: HelpAge International
- Highlighted Resources:
  - Guides on care and support for elderly people.
  - Global reports on aging and the rights of elderly people.

9. World Health Organization (WHO) - Global Network of Age-friendly Cities and Communities

- **Description:** The WHO leads a global network of cities and communities committed to being age-friendly. This initiative provides tools and resources for municipalities to develop policies and services that promote active and healthy aging.
- Link: OMS - Age-Friendly Cities
- Highlighted Resources:
  - Guide to creating age-friendly cities and communities.
  - Best practices implemented in different countries.

10. Dependency and Long-Term Care in Europe

- **Description:** This European resource provides data and comparative studies on long-term care (LTC) systems in different European countries, including care for elderly and dependent individuals. It is useful for professionals and public policy makers.
- Link: Long-Term Care in Europe
- Highlighted Resources:
  - Reports on long-term care policies in Europe.
  - Comparative studies on the financing and provision of care.



More resources focused on work and support for people in situations of dependency, especially those with Alzheimer's and other dementias. These resources provide support for caregivers, tools, and services to improve the quality of life of affected individuals and their families.

1. Fundación Pasqual Maragall

- Description: The Pasqual Maragall Foundation is dedicated to research on the prevention and treatment of Alzheimer's. It also offers resources for caregivers and families, as well as training and support to improve the well-being of those caring for people with Alzheimer's.
- Link: Fundación Pasqual Maragall
- Highlighted Resources:
  - Guides for caregivers of people with Alzheimer's.
  - Research on advances in Alzheimer's prevention.

2. CEAFA (Confederación Española de Asociaciones de Familiares de Personas con Alzheimer y Otras Demencias)

- Description: CEAFA brings together associations of relatives of people with Alzheimer's from across Spain and works to promote rights, support, and training for families caring for people with dementia. It also provides resources for caregivers and organizes awareness and training activities.
- Link: CEAFA
- Highlighted Resources:
  - Guides for the care of people with dementia.
  - Support programs for caregivers and families.

3. Fundación Alzheimer España (FAE)

- Description: The Alzheimer's Spain Foundation (FAE) offers a wide range of resources for people with Alzheimer's and their families, including training for caregivers, legal advice, and emotional support. It also promotes awareness activities and campaigns about the impact of Alzheimer's.
- Link: Fundación Alzheimer España
- Highlighted Resources:
  - Helpline for caregivers.
  - Information on Alzheimer's symptoms and its stages.

4. Alzheimer’s Disease International (ADI)

- Description: ADI is an international organization representing Alzheimer's associations worldwide. It provides global resources on dementia and Alzheimer's, promotes research, and supports families and caregivers of people with these diseases. It also publishes global reports on the state of dementia and the challenges of its care.
- Link: Alzheimer's Disease International
- Highlighted Resources:
  - Global reports on dementia.
  - Guides and tools to improve care for people with Alzheimer's.

5. Alzheimer Europe

- Description: Alzheimer Europe is an organization that promotes inclusive public policies and provides updated information on Alzheimer's and dementias at the European level. It supports national associations and fosters cooperation among researchers, policymakers, and patient associations.
- Link: Alzheimer Europe
- Highlighted Resources:
  - Reports and studies on dementia in Europe.
  - Projects and initiatives supporting Alzheimer's at a European level.

6. AFA (Asociaciones de Familiares de Alzheimer) - Red Nacional

- Description: AFAs are local associations that provide direct support to families and caregivers of people with Alzheimer's throughout Spain. These associations offer respite services, caregiver training, and guidance, as well as cognitive stimulation programs for those affected.
- Link: Red Nacional de AFA
- Highlighted Resources:
  - Respite programs for caregivers.
  - Cognitive stimulation activities for people with Alzheimer's.

7. The Alzheimer's Society (Reino Unido)

- Description: The Alzheimer’s Society in the UK provides a comprehensive range of support services for people with dementia and their families. In addition to educational resources for caregivers, they offer a helpline and access to both local and online support groups.
- Link: The Alzheimer's Society
- Highlighted Resources:
    - Guides for caring for people with dementia at home.
    - Support for caregivers, including support groups and a helpline.

8. Alzheimer's Association (EE.UU.)

- Description: The Alzheimer’s Association is the leading organization in the USA dedicated to combating Alzheimer's. It provides educational resources, emotional support, helplines, and tools for caregivers. Additionally, it promotes research and raises awareness about Alzheimer's.
- Link: Alzheimer’s Association
- Highlighted Resources:
    - 24/7 helpline for caregivers and families.
    - Educational programs on Alzheimer's and dementias.

9. Asociación Internacional de Psicogeriatría (IPA)

- Description: The IPA works to improve care for older adults with mental health disorders, including dementias such as Alzheimer's. It provides resources for mental health professionals, caregivers, and affected individuals, with a special focus on quality of life and mental well-being for older adults.
- Link: International Psychogeriatric Association
- Highlighted Resources:
  - Training programs for mental health professionals specializing in dementia.
  - Conferences and scientific resources on psychogeriatrics and Alzheimer’s.

10. Konsult Dementia - Plataforma de Apoyo a Cuidadores (Reino Unido)

- Description: Konsult Dementia is an online platform in the UK offering tools and resources to help family and professional caregivers better manage the care of individuals with Alzheimer's. The platform provides access to dementia specialists and personalized guidance.
- Link: Konsult Dementia
- Highlighted Resources:
  - Consultations with Alzheimer's specialists.
  - Interactive resources to improve patients' quality of life.

11. Portal Mayores (España)

- Description: Portal Mayores is a website by IMSERSO that provides information and resources for older adults and those in situations of dependency, with a particular focus on Alzheimer's and other dementias. It includes studies, guides, and publications for caregivers, professionals, and families.
- Link: Portal Mayores
- Highlighted Resources:
  - Publications on caregiving for older adults with Alzheimer’s.
  - Practical guides for families and caregivers.

12. Fundación Reina Sofía

- Description: The Reina Sofía Foundation works on projects for research and awareness about Alzheimer's. It funds research and support centers and promotes activities that highlight the importance of early diagnosis and specialized care.
- Link: Fundación Reina Sofía
- Highlighted Resources:
  - Research projects on Alzheimer’s.
  - Awareness and training programs on dementia care.

13. Centro de Referencia Estatal de Atención a Personas con Alzheimer y otras Demencias (CREA Alzheimer) - Salamanca

- Description: CREA is a public state center that combines direct care for individuals with Alzheimer's and dementias with research and training. It focuses on developing new intervention methodologies and promoting personal autonomy and well-being.
- Highlighted Resources:
  - Residential living units.
  - Family and caregiver interventions.
  - Research on non-pharmacological therapies.
- Link: CREA AlzheimerSID
- Highlighted Resources:
  - Cognitive stimulation programs for individuals with Alzheimer's.
  - Psychological training and support for caregivers.
  - Research on treatments for dementias.

14. A.M.A Milano - Associazione Malattia Alzheimer - Milano

- Description: A.M.A Milano supports families of people with Alzheimer's by providing information, guidance, and assistance during the caregiving process. It advocates for better care services and shares its expertise with institutions to enhance the care network.
- Link: https://www.amamilano.org/
- Highlighted Resources:
  - Alzheimer Café: gatherings where patients and families can reconnect and foster abilities.
  - Art therapy: creative activities for patients and their families.

15. Per non sentirsi solo ONLUS - Modena

- Description: This association, composed of families of people with Alzheimer's, offers information, rights advocacy, and assistance to support those managing caregiving. It promotes cultural and social initiatives and collaborates with healthcare and social institutions.
- Link: https://www.pernonsentirsisoli.org/
- Highlighted Resources:
    - Counseling service for families: provides emotional and intellectual support in a safe environment.
    - Well-being workshops: empower individuals to take charge of their health and adopt healthier lifestyles.

16. Rete Alzheimer - Comune di Milano

- Description: Since 2013, the Municipality of Milan has coordinated the Rete Alzheimer network in collaboration with ATS Milano-Città Metropolitana, healthcare entities, and third-sector organizations. It focuses on cognitive impairment and dementia services.
- Link: https://www.comune.milano.it/aree-tematiche/servizi-sociali/rete-alzheimer
- Highlighted Resources:
    - Initiatives for World Alzheimer's Day.
    - Psychosocial services to support home care for people with cognitive impairments and their families.

II.3. Employment Support Resources in the Care Sector

1. WeMi - Comune di Milano

- Description: WeMi is a public platform that consolidates welfare services offered by the Municipality of Milan and a network of local associations, cooperatives, and social enterprises.
- Link: https://wemi.comune.milano.it/menutcb
- Services and resources:
  - WeMi Tate Colf Caregivers: Assists citizens in finding family assistants and provides orientation and advisory services for job seekers in roles like nanny, domestic worker, or caregiver.
  - Register of family assistants established by the Lombardy Region.

2. MELC: Mediazione lavori di cura - Sportello Assistenti Familiari

- Description: These offices support families in the Vimercate and Trezzo sull'Adda areas in finding family assistants and help caregivers secure employment.
- Link: http://www.offertasociale.it/servizi/melc-mediazione-lavori-di-cura-sportello-assistenti-familiari
- Services and resources:
  - Assistance for families in finding family assistants.
  - Guidance on employment contracts.
  - Training opportunities for family assistants.



METHODOLOGIES

III. METHODOLOGIES

III.1 Innovative Methodologies in Vocational Training (With and Without Relation to the Field of Dependency, but Applicable to It)

In this section, we present a variety of pedagogical and methodological resources to implement in professional training, with the ultimate goal of improving the quality of education offered. It is important to emphasize that in the field of education, we must focus on changing classroom methodologies, prioritizing active approaches where students become the true protagonists, developing skills and capacities through practical application. Information on various existing methodologies can be found in different formats:

1. Websites and Blogs:

Description: This guide includes a selection of websites and blogs by education professionals that explain active and participatory methodologies, which will be explored in greater depth later.

A) **Blogs**:
https://innovacioneducativa.wordpress.com/2007/10/08/metodologias-educativas/
https://profuturo.education/observatorio/
https://creaconlaura.blogspot.com/
https://justificaturespuesta.com/
https://fernandotrujillo.es/

B) Websites:
https://ined21.com/
https://eduteka.icesi.edu.co/
http://educalab.es/home

2. Bibliographic Material

Description: A selection of books and guides detailing methodologies and the results of their application in the classroom:

- Active and Global Pedagogical Methods. Graó Educación - Issue: 318 (February 2023)
- Active Methodologies in the Classroom: Educational Innovation to Promote Meaningful Learning in Students (Pablo Usán Supervía and Carlos Salavera Bordás, 2020)
- Design to the Limits: Strategies to Open New Possibilities, Challenges, and Opportunities for All Students (Educational Resources). Octaedro
- Methodologies for Innovative Education: Practical Cases (Pedagogy Notebooks). Wolters Kluwer España, S.A., 2020

3. Audiovisual Material (Movies, Documentaries, and Other Resources)

Description: A range of feature films emphasizes the importance of quality, student-centered education, highlighting the need to use active methodologies.

- “La Ola”. Alemania. 2008. Director: Dennis Gansel;
- “La educación prohibida”. *Argentina, 2012.* Director: German Doin.

Highlighted Active Methodologies for Professional Training:

1. Service-Learning (ApS)

Description:
This methodology provides highly inclusive learning experiences where individuals contribute based on their diverse abilities and interests. It is an active, collaborative way of learning that moves beyond an individualistic, accumulation-based approach to knowledge.
In Service-Learning, students learn and serve as a team—dialoguing, reflecting together, sharing skills, contrasting viewpoints, and working towards a specific goal: improving a social situation to which they feel personally and collectively committed.
This educational proposal combines learning processes with community service in a well-structured project where participants learn by addressing real-world needs in their environment, aiming to improve it. It links social commitment with acquiring knowledge, skills, attitudes, and values—fostering competence through meaningful contributions to others.

More Information About This Methodology:

- Explanatory Link: https://traineee-platform.csicy.com/es/lessons/tema-1-2-que-es-el-aprendizaje-servicio-3/

  Steps for Implementation:
  - Starting Point: Analyze the school's reality, identify a new need, and connect with social organizations.
  - Motivating the Group: Engage students, encourage participation, and create an initial project draft.
  - Planning: Design the service, predict learning outcomes, and prepare a plan.
  - Executing the Project: Implement the service, document actions, communicate progress, and reflect on the process.
  - Evaluation.
  - References:

- Web link to the Service-Learning Practical Guide: https://redjovencoslada.es/wp-content/uploads/2021/08/Guia-practica-ApS.pdf
- Learning by Changing the World. Service-Learning in Practice: http://colectivoescuelaabierta.org/wp-content/uploads/2017/09/Gu%C3%ADa-APS_Pedro-Uru%C3%B1uela.pdf
- Do You Know Service-Learning? Basic Guide for Organizations: https://plataformavoluntariado.org/wp-content/uploads/2020/04/guia-aps-para-organizaciones.pdf

2. Flipped Classroom:

Description: This methodology involves reversing the order of conventional classes and shifting the focus. The emphasis is no longer on the teacher who speaks while students listen and memorize. Instead, the focus is on the students, who learn by doing and take responsibility and control over what they learn. Students prepare the topic to be addressed using new technologies and bibliographic resources, and then, in the classroom, they engage in discussions, tasks, and projects, with the teacher acting as a guide.

- References:
- Explanatory document on Flipped Classroom in Vocational Training: https://openaccess.uoc.edu/bitstream/10609/99286/7/jpueblaTFM0619memoria.pdf
    - Web: https://www.theflippedclassroom.es/
    - Explanatory video: https://www.youtube.com/watch?v=TTJwL7cmKG0 https://virgulablog.es/programacion-didactica/elementos-de-la-programacion-didactica/metodologia/metodologias-activas/flipped-classroom-o-aula-invertida/

3. Project-Based Learning

Description: Project-based learning (PBL) is a teaching and learning method centered on tasks, involving a shared negotiation process among participants, with the primary goal of producing a final product. This method promotes individual and autonomous learning within a work plan defined by objectives and procedures. Students take responsibility for their unique learning, discover their preferences and strategies in the process, and may also participate in decisions regarding content and assessment.

It is developed collaboratively, confronting students with situations that lead them to propose solutions to a given problem. A project is understood as a set of interconnected activities aimed at creating products, services, or insights capable of solving problems or addressing needs and concerns, considering the available resources and time.

In this methodology, knowledge acquisition is equally important as acquiring skills and attitudes. It's essential to understand that this is a methodology, not an instructional strategy.

STEPS OF PBL (PROJECT-BASED LEARNING)

1. **Motivation, presentation, or introduction.**

2. **Selection of the topic and formulation of the guiding question.**

3. **Formation of teams.** Organize groups of three or four students to ensure diverse profiles and roles.

4. **Definition of the final challenge product.** Establish the product students should develop based on the competencies to be developed. This could be in different formats: a brochure, a campaign, a presentation, scientific research, a model, etc. It's recommended to provide a rubric that includes cognitive and competency objectives and criteria for assessment.

5. **Planning.** Plan a work schedule specifying tasks, responsible persons, and timelines.

6. **Research and information gathering.** Students analyze prior knowledge, then autonomously search, compare, and analyze the information needed to complete the project. The teacher's role is to guide them.

7. **Analysis, synthesis, and management of information.** Students share gathered information, discussing ideas, creating hypotheses, structuring data, and collectively seeking the best response to the initial question.

8. **Creation of the product.** Students apply what they have learned to produce an output that addresses the question posed at the beginning.

9. **Dissemination of the product.** Students present their learning and explain how they answered the initial problem.

10. **Collective response to the initial question.** After all group presentations, reflect with the students on the experience and collaboratively seek an answer to the original question.

11. **Evaluation and self-assessment.** Finally, assess students' work using the provided rubric, and ask them to self-assess. This helps them develop self-criticism and reflect on their mistakes and errors.

- References:

https://www.youtube.com/watch?v=wL4n-PdQXGs
https://www.youtube.com/watch?v=NmHv6pNGLWY

4. Gamification

Description: Gamification is a learning technique that applies game mechanics to the educational-professional context to achieve better results: it's used to absorb knowledge, improve skills, reward specific actions, etc.

One of the key aspects of applying gamification is ensuring students fully understand the game dynamics being implemented. These dynamics are designed to engage students in playing and progressing toward their goals during the activity. Depending on the dynamic pursued, the teacher should emphasize certain aspects. For example, if the teacher aims to spark students' interest in the game, they should apply reward dynamics. If the goal is to focus on the activity, competition dynamics can be used, which, although not always seen as a positive trait, are effective in education.

Cooperation is also used, which is another form of competition but in a group context. The activity also incorporates solidarity, promoting mutual assistance between peers altruistically.

Any activity in gamification aims to achieve three main objectives: to engage students by creating a connection with the content being worked on, to fight boredom, and to motivate them. Finally, it seeks to optimize and reward students in tasks where there's no incentive other than learning itself.

- References: Explanatory videos on Gamification:
  https://www.youtube.com/watch?v=KbXolVkZDBk
  https://www.youtube.com/watch?v=T5SGqP_h_lE

5. Design Thinking

Description: Design Thinking is a methodology that focuses on solving real user needs. It tries to address problems innovatively ("thinking outside the box"). It allows us to find solutions to unmet human needs in ways that differ from traditional thinking.

The key to Design Thinking is understanding the problem from the user's perspective so that we can empathize, comprehend, and feel what they feel. We seek the best solutions for the problem that are adapted to the individual or group.

After analyzing a problem with Design Thinking, we should fully understand it. The goal is to innovate, but we must bring these ideas into practice. It's crucial to know the target audience and consider the user's perspective.

Our objective is to focus on the user, listen, understand, and be open-minded. It requires a new attitude:

- **Focus** on people and their problems, seeking insights (why, how, when), not thinking about ourselves.
- **Visual** work with drawings, post-its, etc.

Stories are used to better understand a problem (storytelling).

Build and represent solutions.

Action - moving forward, managing chaos if many ideas emerge.

Collaboration is crucial; working in interdisciplinary teams provides diverse viewpoints.

It works in phases, with continuous learning, where mistakes become opportunities for innovation.

It engages both parts of the brain—left (analytical thinking, solution generation) and right (intuitive, emotional, understanding the user). In education, we tend to focus only on the left side, but we should encourage the use of the right side to generate more solutions and then execute them better.

Phases:

Empathize, Define, Ideate, Prototype, Validate

- References: Explanatory videos on the methodology.
  https://www.youtube.com/watch?v=fQ8VeEdp0bg
  https://www.youtube.com/watch?v=RZIsHZ4EkBs
  https://www.youtube.com/watch?v=LdN3AsHLQuc

6. Learning by Doing

- Description: Learning by Doing is a methodology that emphasizes learning through active practice and direct experience. Students actively participate in practical activities and projects that allow them to experiment and apply what they are learning in real contexts.

  The learning process in this methodology involves four stages:

1. Concrete Experience: Immersion in activities and tasks leads to observation.

2. Reflective Observation: Reflection on the observed experiences and forming hypotheses based on that information.

3. Abstract Conceptualization: From these hypotheses, students generate abstract concepts that need to be interpreted and assimilated.

4. Active Experimentation: Students experiment and apply the concepts in other contexts, allowing them to improve.

- References: https://www.youtube.com/watch?v=E1KC7Yz43_o

III.2. Innovative Methodologies for Providing Support, Care, and Services

1. Person-Centered Care (ACP) Method

- Description: Person-Centered Care (ACP) is an approach that prioritizes the individual preferences, needs, and desires of people in situations of dependency. Instead of providing a standardized care model, the environment and care are adapted to each individual, fostering their participation in decisions about their daily life.
- Example in Spain: The Fundación Pilares has developed and promoted the implementation of this model in nursing homes and homes for elderly people.
- References: Fundación Pilares: Modelo de Atención Centrada en la Persona

2. Buurtzorg Model (Integrated Home Care – Netherlands)

- Description: The Buurtzorg model is an innovative home care methodology that has been successfully implemented in the Netherlands. It is based on small teams of community nurses who provide comprehensive and personalized care to elderly and dependent people in their homes. This approach reduces bureaucracy and facilitates close and high-quality care.
- References:
  - Buurtzorg International: Buurtzorg
  - Article in English: The Buurtzorg Model Explained

3. Telemonitoring and Telecare for the Elderly (Denmark)

- Description: Denmark is one of the leaders in the use of telemonitoring and telecare technologies for the care of elderly and dependent people. This system allows healthcare professionals to remotely monitor patients in their homes through connected devices, improving the quality of care and reducing the need for in-person visits.
- References:
    - Telecare System in Denmark: World Health Organization – Case Study
    - Article on Telecare in Denmark: Technology and Health Care

4. Cohousing: Collaborative Housing for the Elderly (Sweden)

- Description: Cohousing is a form of collaborative housing that allows elderly people to share space and services while maintaining their independence. In Sweden, this model is gaining traction as an innovative solution to combat loneliness, improve well-being, and reduce the demand for institutionalized care. The housing is designed with shared spaces for common activities and support services.
- References: Cohousing en Suecia: Senior Cohousing in Sweden: https://helsingborgshem.se/artikel/sallbo

5. Intergenerational Support Programs (Spain)

- Description: In Spain, innovative initiatives have emerged to promote coexistence between elderly people and young people, generating mutual support. One example is the intergenerational coexistence program, where university students live with elderly people, allowing for the creation of emotional bonds and mutual support in daily tasks.
- Example: The Convive project by the Fundación Solidarios, which facilitates this intergenerational coexistence.
- References: Fundación Solidarios: Proyecto Convive (https://convive.org.es/)

6. Hogeweyk (Village for People with Dementia - Netherlands)

- **Description:** Hogeweyk, also known as the "dementia village," is an innovative model of care for people with advanced dementia. The village is designed as a closed community where residents can live autonomously in a safe and friendly environment. Caregivers and staff are integrated as part of the environment, providing support when needed without interfering in the residents' daily life.
- References:
  - Hogeweyk Dementia Village: Sitio Oficial https://hogeweyk.dementiavillage.com/
  - Artículo sobre Hogeweyk: The Guardian

7. Continuous and Integrated Care Services (Portugal)

- Description: Portugal has developed an innovative system of continuous and integrated care through its National Network of Integrated Continuous Care (RNCCI). This network connects hospitals, health centers, and home care services to provide comprehensive care for elderly and dependent people, especially after hospitalizations. The integration of health and social services allows for better coordination and follow-up.
- References:
  - RNCCI Portugal: SNS Portugal(https://www.sns.gov.pt/sns-saude-mais/cuidados-continuados/)
  - Article about the RNCCI network: Journal of Integrated Care

8. Aging 2.0: Technological Innovation in Elderly Care

- Description: Aging 2.0 is a global platform that brings together entrepreneurs, caregivers, and technologists to develop innovative technological solutions to improve the lives of elderly people. Solutions include connected health devices, virtual care platforms, and apps that help manage daily care.
- References: Aging 2.0: Sitio Oficial (https://www.aging2.com/)

III.3. Innovative Methodologies in Employment

1. Regione Lombardia (Italia) - Delibera 15243 del 17/12/2008 Indicazioni regionali per percorsi formativi di assistenti familiari

- Description: In 2008, the Lombardy Region approved the document "Family Assistant Training Course," which establishes training programs dedicated to family assistants. A basic course of 160 hours and a second-level course dedicated to home care for people with advanced neurological diseases, lasting at least 100 hours, are planned. The goal of the training course is to qualify the family assistant profession in Lombardy and provide operators with a common professional standard. Through the course, family assistants will acquire practical knowledge and operational skills.

- Resources:

  The basic module provides essential competencies related to the care and hygiene of people with low assistance needs, meal preparation, communication and relationships with the assisted person and their family, home care, and domestic hygiene, as well as rights and duties in the employment relationship.

  The second-level module focuses on supporting the care activity in the presence of advanced neurological diseases, particularly in people with Alzheimer's disease and dementia, as well as assisting people affected by Amyotrophic Lateral Sclerosis.

  These courses are part of broader actions implemented by the Lombardy Region to support home care for these patients. Upon completion of the courses, a certificate of acquired competencies will be issued, which will be useful for finding employment in the sector.

III.4. Tools to Measure the Impact and Effectiveness of Implemented Methodologies

To ensure that innovative methodologies, such as those used in educational, caregiving, and professional development settings, are effective and achieving the desired outcomes, various tools can be employed. These tools help measure both the immediate results and long-term impact of the methodologies. Some of these tools include:

1. Surveys and Questionnaires

- Highlighted practice: Use of standardized scales to measure the physical and emotional well-being of individuals with dependency.
- Example:
  - Escala GDS (Geriatric Depression Scale): It assesses the level of depression in elderly individuals.
  - Cornell Scale for Depression in Dementia: Used to measure the emotional impact on individuals with Alzheimer's.
- Impact: They allow for the assessment of how the implemented methodologies affect the mental and emotional health of patients.
- Resource link: GDS Tool

2. Satisfaction Surveys and Questionnaires

- Highlighted Practice: Collecting feedback from users and their families about the services provided.
- Example:
  - Satisfaction surveys specifically designed for patients with mild or moderate cognitive impairment and their families.
  - Familiares SAT-Q: A questionnaire that measures family members' perception of the quality of care.
- Impact: These surveys help identify areas for improvement and strengthen person-centered approaches.

3. Clinical and Functional Performance Indicators

- Highlighted Practice: Use of indicators to assess functional and cognitive improvements in patients.
- Example:
  - Barthel Index: Measures functional independence in activities of daily living.
  - Mini-Mental State Examination (MMSE): Assesses global cognition and detects changes in cognitive decline.
- Impact: Allows for comparison of results before and after the implementation of methodologies.
- Resource link: MMSE Guidelines

4. Evaluation of Staff Competencies and Training

- Highlighted Practice: Use of tools to assess the performance and continuous training of the team.
- Example:
  - Kirkpatrick Model: Assesses the impact of training on caregivers and its practical application in daily care.
  - Self-Assessment Tools for Caregivers: Provide indicators of the level of confidence and skills acquired.
- Impact: Ensures that the methodologies implemented are effective and sustainable in the long term.
- Resource link: Kirkpatrick Model

5. Data Management and Monitoring Systems

- Highlighted Practice: Implementation of digital platforms to record, analyze, and evaluate data in real time.
- Example:
  - Platforms like SISCAT (Catalan Health System): Facilitate real-time monitoring of patient progress.
  - Odoo Software for Social Health Management: Allows integration of clinical data, activity records, and feedback.
- Impact: Promotes data-driven decisions and improves care efficiency.
- Resource link: Odoo para Salud

6. Participatory Evaluation

- Highlighted Practice: Involving patients, families, and caregivers in the evaluation of outcomes.
- Example:
  - Methods like focus groups and participatory workshops to gather perceptions about the impact of methodologies.
  - Practical Example: Evaluation of the impact of the Namaste Care program through group interviews.
- Impact: Encourages continuous improvement focused on the real needs of users.

7. Use of Technological Tools for Cognitive Impact

- Highlighted Practice: Assessing the impact of cognitive methodologies through technological platforms.
- Example:
  - NeuronUP: A platform for measuring the effectiveness of cognitive stimulation exercises in people with Alzheimer's.
  - Lumosity: An application used to measure improvements in memory, attention, and processing speed.
- Impact: Provides specific metrics on cognitive improvement of patients.
- Resource link: NeuronUP

8. Caregiver Stress Measurement Tools

- Highlighted Practice: Evaluating the impact of methodologies on the emotional burden of caregivers.
- Example:
  - Zarit Caregiver Burden Scale: A standard tool for measuring the level of stress and burden on caregivers.
- Impact: Allows adjustment of support programs to reduce stress and improve the mental health of caregivers.
- Resource link: Zarit Scale

9. Cost-Effectiveness Evaluation

- Highlighted Practice: Analyzing the cost-benefit ratio of implemented methodologies.
- Example:
  - Tools like Cost-Effectiveness Analysis (CEA): Evaluate the relationship between implementation costs and benefits in terms of quality of life.
  - Practical Example: Analysis of interventions like Hogeweyk in the Netherlands.
- Impact: Justifies investments and promotes the economic sustainability of interventions.
- Resource link: CEA Methods

10. Comparative Benchmarks

- Highlighted Practice: Comparing results with national and international standards.
- Example:
  - Benchmarks from the European Social Network (ESN): Provide standards to measure the effectiveness of social and healthcare services.
- Impact: Ensures that methodologies meet required quality levels.
- Resource link: European Social Network Benchmarks

11. Social Impact Indicators

- Highlighted Practice: Using specific indicators to measure the social impact of implemented methodologies.
- Example:
  - SROI Model (Social Return on Investment): Calculates the social value generated compared to the investment made, considering both tangible and intangible benefits.
  - Practical Example: Evaluation of community care programs for older adults.
- Impact: Helps visualize social benefits and justify the continuation of methodologies.
- Resource link: SROI Network

12. Longitudinal Analysis Tools

- Highlighted Practice: Long-term monitoring of the effects of methodologies on patients and caregivers.
- Example:
  - Longitudinal studies using tools like REDCap (Research Electronic Data Capture): Used to collect and analyze data over time on cognitive and functional development.
  - Practical Example: Monitoring cognitive stimulation programs in Alzheimer's.
- Impact: Ensures the validity and sustainability of implemented methodologies.
- Resource link: REDCap

13. Patient-Reported Outcome Measures (PROMs)

- Highlighted Practice: Evaluating the impact from the patient's perspective.
- Example:
  - PROMs questionnaires (Patient-Reported Outcome Measures): Allow patients to rate their perception of improvement in quality of life, emotional wellbeing, and functionality after interventions.
  - Practical Example: Measuring wellbeing in home care programs.
- Impact: Provides a patient-centered view to assess the success of interventions.
- Resource link: PROMs Overview

14. Control Group Evaluation Methods

- Highlighted Practice: Comparing treated groups with control groups to measure the real effectiveness of methodologies.
- Example:
  - Quasi-experimental studies evaluating results in patients who receive specific interventions compared to those who do not.
  - Practical Example: Evaluation of reminiscence therapy impact compared to standard activities.
- Impact: Provides solid evidence on the effectiveness of methodologies.
- Resource link: NIH Clinical Trials

15. Holistic Environment Assessment Systems

- Highlighted Practice: Evaluating the impact of methodologies on the community and family environment.
- Example:
  - HEEADSSS Framework (Home, Education, Activities, Drugs, Sexuality, Suicide/Depression): A tool that evaluates how the environment affects the effectiveness of implemented methodologies.
  - Practical Example: Community interventions to reduce social isolation in older adults.
- Impact: Identifies external factors that may enhance or limit the success of methodologies.
- Resource link: HEEADSSS Guidelines

16. In-Depth Qualitative Analysis

- Highlighted Practice: Using interviews and narratives to assess the impact from a human perspective.
- Example:
  - Narratives and semi-structured interviews with patients, families, and professionals to collect personal experiences about interventions.
  - Practical Example: Evaluation of the “Namaste Care” program in advanced dementia.
- Impact: Provides valuable qualitative data for continuous improvement of methodologies.
- Resource link: Qualitative Research in Healthcare

17. Environmental Impact Analysis in Sustainable Methodologies

- Highlighted Practice: Evaluating how methodologies contribute to sustainability and environmental care.
- Example:
  - Using tools like Life Cycle Assessment (LCA) to measure the environmental impact of practices like telecare, transportation reduction, or energy consumption in care centers.
  - Practical Example: Evaluation of sustainable home care programs.
- Impact: Helps meet sustainability goals while assessing the effectiveness of interventions.
- Resource link: LCA Network

18. SMART Goal-Based Evaluation

- Highlighted Practice: Defining specific, measurable, achievable, relevant, and time-bound goals to assess effectiveness.
- Example:
  - Using tools like Trello or Asana to monitor goals achieved at each stage of a social-healthcare program.
  - Practical Example: Evaluating rehabilitation goals in patients with cognitive decline.
- Impact: Ensures that programs are implemented in an organized manner and evaluated accurately.
- Resource link: SMART Goals Framework

19. Artificial Intelligence for Evaluation

- Highlighted Practice: Using AI to analyze large volumes of data generated by interventions.
- Example:
  - Tools like IBM Watson Health to analyze clinical and behavioral data of dementia patients.
  - Practical Example: Evaluating cognitive progress and early detection of patterns in Alzheimer's.
- Impact: Provides predictive analysis and aids in the personalization of care.
- Resource link: IBM Watson Health (https://www.ibm.com/industries/healthcare)

20. Social Inclusion Indicators

- Highlighted Practice: Evaluating the impact of methodologies on the social integration of dependent individuals.
- Example:
  - Using indicators like the Social Cohesion Index to measure the degree of community participation among beneficiaries.
  - Practical Example: Evaluation of active aging programs in rural communities.
- Impact: Helps understand how interventions improve social inclusion and participation.
- Resource link: Social Cohesion Indicators


DAFO
GOOD PRACTICES
I ENCUENTRO TRANSNACIONAL DEL PROYECTO ERASMUS + CARE4YOU
I ENCUENTRO TRANSNACIONAL DEL PROYECTO ERASMUS + CARE4YOU
care4you
Mestieri Lombardia
agadea
Erasmus+

IV. GOOD PRACTICES

IV.1. Examples of good national and European practices in the field of vocational training

In this section, we want to showcase a series of classroom interventions using the methodologies and educational resources mentioned earlier. The examples of good practices have been developed in different educational centers with students of various characteristics.

1. Service Learning

- Description: There are numerous service-learning projects related to individuals in situations of dependency. Students identify a need/problem and, after training, seek possible solutions or initiate projects to address that need. Many of these projects have been awarded:https://redaps.wordpress.com/wp-content/uploads/2019/12/100-buenas-prc3a1cticas-de-aprendizaje-servicio-102342.pdf

- References:

    - Project Skip the Barriers of the Social Integration CS: https://www.youtube.com/watch?v=iAkKjV5_NDE

    - Senior Cognitive Stimulation Project: https://aprendizajeservicio.com/2018-3/2018-premio-inclusion/
    - https://redaps.wordpress.com/wp-content/uploads/2018/12/estimulacion-cognitiva.pdf

- Archaeological museum:https://www.educa2.adrid.org/web/revistadebates/buenas_practicas_10/-/visor/experiencia-de-aprendizaje-servicio-en-el-museo-arqueologico-nacional-encuentro-educativo-intergeneracional
- Capaces: https://proyectocapaces.blogspot.com/
- Service learning guide with a care perspective:https://www.intered.org/sites/default/files/intered_guia_aprendizaje_servicio_con_cuidados.pdf
- 60 Good learning and service practices: https://www.zerbikas.es/wp-content/uploads/2015/07/60.pdf
- Dancing with Alzheimer's. Service learning project:https://redit.institutdelteatre.cat/bitstream/handle/20.500.11904/1141/2020_Bailando%20con%20el%20alzheimer%20%281%29.pdf?sequence=1&isAllowed=y
- Printing and 3D. Service-learning project to help people with Alzheimer's:https://www.educaciontrespuntocero.com/experiencias/aprendizaje-servicio-steam/
- Service learning in socio-educational projects: https://fundacionlacaixa.org/documents/d/guest/aprendizaje-servicio-proyectos-socioeducativos-pdf
- Learning and service: Services to the community through the service-learning methodology. Improve the lives of the elderly through recreational activities (Grillons per al record)/ Electronics and TEA, building bridges/ Sea of magic. https://intef.es/wp-content/uploads/2022/12/Taller-ApS-lite.pdf

During the 2024-25 academic year, students from the CM program in Care for People in Situations of Dependency in Rianxo will carry out service learning. They will engage in cognitive stimulation activities at Agadea locations in Rianxo and Ribeira. Another service learning experience carried out in Rianxo was during the 2022-23 academic year, as part of the Monte Vivo project, where the content from the Attention and Psychosocial Support unit on sensory stimulation was used in collaboration with the CRA of Rianxo to conduct a sensory stimulation activity at the IES Félix Muriel, organized by CM students for preschool students.

2. Design Thinking in the Care Sector

Descripción: Taller Design Thinking en acercamiento a un caso complejo: Con este taller de trabajo se pretende mejorar el itinerario de atención al paciente complejo, combinando servicios actuales y futuros. De esta manera, las dinámicas de trabajo estarían orientadas a la investigación de la persona usuaria clave, en la que poder descubrir insights reveladores: problemas, necesidades, etc.

- References: https://www.zaintzaherrilab.eus/es/w/pasaia-herrilaben-kasu-konplexura-hurbiltzeko-design-thinking-bigarren-tailerra-arrakastaz-burutu-da-1

    - Application of Design Thinking in the care of elderly people in residences:https://www.youtube.com/watch?v=EBhnl7yKH_s

- Description: Successful experience with MRI machines: Given the traumatic experience for children undergoing diagnostics with MRI machines, which are filled with warning signals and placed in dark rooms, many children feel fear, cry during their tests, and break one of the fundamental rules for accurate diagnosis: staying completely still. As a result, centers have had to sedate 80% of children to get an accurate image reading. This has made the experience even more difficult for children and parents. The team at General Electric Health, with the support of a specialized child behavior team and the participation of several children who contributed their ideas, co-created a solution that reduced the number of children who needed sedation almost to zero and made the experience enjoyable. They designed MRI machines that looked like pirate ships, spaceships, enchanted forests, and submarines. This way, they managed to ensure that hundreds of children no longer viewed their visit to healthcare centers as difficult but as a game.https://www.laboratorioti.com/2018/09/28/video-del-viernes-como-doug-dietz-le-cambio-la-vida-a-los-ninos-a-traves-del-design-thinking/
- References: https://jorgesantos.co/ejemplos-design-thinking/

- **SUCCESS STORIES WHEN EMPATHIZING WITH THE PATIENT:**
  https://dinngo.es/innovacion-en-sector-sanitario-design-thinking-casos/

3. Project-based learning

- Description: We can highlight a large number of pedagogical initiatives within the Project Based Learning Methodology, among which we can highlight the following:
    - Community Project Based Learning. National Union of Education Workers: https://cdnsnte1.s3.us-west-1.amazonaws.com/wp-content/uploads/2022/11/23160409/12.-Aprendizaje-basado-en-proyectos-comunitarios.pdf
    - Project Based Learning: Success Stories: https://www.redem.org/aprendizaje-basado-en-proyectos-pbl-casos-de-exito/
    - Excess garbage and pollution in and around the school: https://www.studocu.com/es-mx/document/escuela-normal-camilo-arriaga/innovacion-y-trabajo-docente/ejemplo-aprendizaje-basado-en-proyectos-comunitarios/72807718
    - Project Based Learning as a means of total Inclusion: https://reunir.unir.net/bitstream/handle/123456789/4279/ALDAZ%20ARAVIO%20-%20TORRE%2C%20MARCELO.pdf?sequence=1
    - Project Based Learning. Lyon City School: https://www.youtube.com/watch?v=9D1fKlTPmWg&t=20s
    -
    - Looks: https://intef.es/recursos-educativos/experiencias-educativas-inspiradoras/detalle-experiencias/?id=33448

A) Flipped classroom:

- Description: a flipped in FP: creativity, self-esteem and autonomy:

  https://cedec.intef.es/flipped-en-fp-creatividad-autoestima-y-autonomia/

B) Gamification:

- Gamification as a tool for social inclusion:https://www.catalunyavoluntaria.cat/es/la-gamificacion-como-herramienta-de-inclusion-social/
- 30 Gamification experiences in the classroom that will hook your students: https://www.educaciontrespuntocero.com/recursos/herramientas-gamificacion-educacion/
- 5 ideas to apply gamification in the classroom: https://formainfancia.com/ejemplos-gamificacion-aula/
- Gamification in the classroom. Practical examples: https://esemtia.com/2022/10/28/gamificacion-en-el-aula-ejemplos/

C) Learning by doing:

Examples of Learning by Doing in the educational field:

Case method: It involves presenting students with a detailed case that describes a real or hypothetical situation to encourage analysis and decision-making.

Internships in companies - FCT: Internships are the quintessential example of Learning by Doing, as they provide students with the opportunity to enter the workforce.

Examples of Learning by Doing in dependency:

The three examples from the educational field are already being implemented in the classroom in the Care for People in Situations of Dependency courses. These include simulations reflected in the module practices, the resolution of practical cases, and the development of the Workplace Training module.

Activity of the students from the Vocational Training in Care for People in Situations of Dependency at an ASTUS residence

The students carried out recreational activities to enhance the cognitive functions of the residents (memory games, language, psychomotor skills, etc.), where they were able to practice important professional competencies.

https://www.iesjuancarlosi.es/actividad-del-alumnado-del-c-f-g-m-de-atencion-a-personas-en-situacion-de-dependencia-en-una-residencia-de-astus-2/

The students of the Vocational Training in Care for People in Situations of Dependency from Rianxo constantly engage in Learning by Doing experiences in the workshop classroom, simulating dependency situations. For example, they mobilize other classmates, take vital signs, perform hygiene on a mannequin in bed, administer medications, etc.

IV.2. Examples of good national and European practices in the field of dependency care

1. Spain: Person-Centered Care (PCC) Strategies

- Description: In Spain, several centers and services have implemented the Person-Centered Care (PCC) model, which prioritizes individual preferences and rights. A prominent example is the Matía Foundation, which has developed methodologies to implement PCC in nursing homes and home care services.
- References:
  - Matia Instituto: Atención Centrada en la Persona (https://www.matiainstituto.net/es/palabras-clave/atencion-centrada-en-la-persona)
  - Practical Guide: Person-Centered Care Model 1. - What does this care model consist of?(https://www.matiainstituto.net/es/publicaciones/cuadernos-practicos-modelo-de-atencion-centrado-en-la-persona-1-en-que-consiste-este)

2. France: Cités Labellisées Autonomie (Certified Cities for Autonomy)

- Description: France promotes initiatives in cities and regions under the "Cities for Autonomy" framework, aiming to create environments that are friendly to older people and those with dependencies. These initiatives include adapted housing, accessible transportation systems, and community support services.
- References:Cités Labellisées Autonomie: CNSA (https://www.cnsa.fr/informations-thematiques/systeme-dinformation-et-numerique/si-harmonise-mdph)

3. Sweden: Assisted Living Model for Older People

- Description: Sweden is a leader in creating assisted living facilities where elderly people with dependencies receive personalized care in small residential groups. This model allows for more individualized attention and promotes active aging in a less institutional environment.
- References: "The Swedish Care Model" Link en inglés

4. Netherlands: Hogeweyk - Village for People with Dementia

- Description: In the Netherlands, the Hogeweyk village is an innovative residential model for people with dementia that simulates a small community. Residents can live a daily life in a controlled yet very similar environment to a normal community.
- References:
  - Hogeweyk Dementia Village: Sitio oficial
  - Artículo sobre Hogeweyk: The Guardian

5. United Kingdom: Strategies for Integrating Social and Health Services

- Descripción: El sistema británico destaca por su enfoque en la integración de los servicios sociales y sanitarios. Se ha desarrollado un marco que facilita la coordinación de cuidados entre servicios públicos y privados, con especial énfasis en la atención domiciliaria y el uso de tecnologías para monitorear el bienestar de las personas mayores.
- References: Integrated Care System (ICS): NHS England

6. España: Proyecto "En Buena Compañía" de Amigos de los Mayores

- Description: This project, led by the Amigos de los Mayores Foundation, aims to combat loneliness in older people by creating volunteer networks and both in-person and telephone companionship programs.
- References: Fundación Amigos de los Mayores: En Buena Compañía

7. Spain: Spanish Network of Age-Friendly Cities

- Description: Spain has a strong commitment to this initiative. Currently, more than 200 Spanish cities and municipalities are part of the Age-Friendly Cities Network, making Spain one of the countries with the highest participation. The city of Bilbao was a pioneer and has implemented important measures to improve accessibility, social participation, and support services for older people.
- Key Actions:
  - Improvement of public spaces to be more accessible (ramps, signage, lighting).
  - Creation of active participation and volunteering programs for older people.
  - Companionship services to reduce loneliness among older people.
- References: Red Española de Ciudades Amigables con las Personas Mayores: https://ciudadesamigables.imserso.es/

1. Italy: UNI 11766 Standard

The standard, developed by the Italian Standardization Body, and the corresponding certification represent a unique feature worldwide, as Italy is the first country to establish such a pathway to ensure the competencies of family assistants. The UNI 11766 standard defines the requirements for each professional role in accordance with the European Qualifications Framework and lists all the knowledge, skills, and competencies required to be certified by an accredited body. For each type of family assistant, specific tasks and activities are defined that the assistant must be able to perform, in addition to ensuring compliance with the ethical code for domestic workers.

2. Training and Development Programs

Training programs are crucial for equipping professionals in this sector with specific skills. Some notable examples include:

- Professional Certificates (Spain):
  - Programs like the one for Socio-Healthcare Assistance for Dependent People in Social Institutions and Home Care provide both theoretical and practical training recognized in the job market.
  - Resources:
    - SEPE - Certificados de Profesionalidad (https://sede.sepe.gob.es/especialidadesformativas/RXBuscadorEFRED/EntradaBuscadorCertificadosFormDual.do)

3. Support Networks and Labor Inclusion

Las redes y programas de inclusión laboral desempeñan un papel crucial en el acompañamiento a personas que desean integrarse en el sector:

- FSE - Fondo Social Europeo:
  - Financia programas de inclusión laboral para colectivos vulnerables, con un enfoque en sectores esenciales como la atención sociosanitaria.
  - Fondo Social Europeo
- Programa INCORPORA (Fundación "la Caixa"):
  - Facilita la inserción laboral de personas en riesgo de exclusión social, con formación específica en atención sociosanitaria.
  - Programa Incorpora

4. Specialized Employment Platforms and Job Portals

Access to specialized socio-healthcare employment platforms is key to connecting professionals with job opportunities:

- Inforesidencias.com:
  - A job portal specifically for working in residences and socio-healthcare centers.
  - Inforesidencias
- Jobted - Atención Sociosanitaria:
  - A platform with updated job offers in elder care and dependent care.
  - https://www.jobted.es/
- Red EURES:
  - A European network for job searching in the socio-healthcare field in other European countries.
  - EURES

5. Resources for the Development of Transversal Skills

In addition to technical skills, transversal skills such as empathy, communication, and teamwork are fundamental in this sector. Key resources include:

- Erasmus+ Platform:
  - Programs that promote international mobility and learning in real-world work environments, strengthening both technical and transversal skills.
  - Erasmus+
- State Foundation for Employment Training (FUNDAE):
  - Offers subsidized courses to improve specific skills, such as customer service or emotional management in caregiving.
  - FUNDAE

6. Family Caregiver Support Programs

Non-professional caregivers who want to formalize their experience and enter the job market have resources such as:

- "Cuidar bien" de la Fundación Sanitas:
  - Provides specific training for family caregivers, with certification options.
  - Fundación Sanitas
- Formación online del SEPE para cuidadores:
  - Free courses aimed at family caregivers to facilitate their professional integration.
  - SEPE - Cursos de Formación

7. Entrepreneurship Programs in the Socio-Healthcare Sector

El sector también fomenta iniciativas de emprendimiento para la creación de servicios personalizados de atención:

- Red Emprendeverde:
  - A platform that supports social entrepreneurs in developing sustainable and innovative projects.
  - Red Emprendeverde
- Microcredits for Caregivers (Fundación ONCE):
  - Provides financing for individuals wishing to start a business in dependency care.
  - Fundación ONCE

8. European Programs and Networks for Sharing Best Practices

- ESN (European Social Network):
  - A network connecting European entities to share innovative practices in social services, including employment in the socio-healthcare sector. They offer training resources and experience-sharing events.
  - European Social Network (ESN)
- Interreg Europe Programs:
  - Promote transnational cooperation to improve policies and practices in sectors like elder care. They facilitate resources for projects that enhance employability in the socio-healthcare sector.
  - Interreg Europe
- Erasmus+ for Vocational Training:
  - Provides funding for international mobility projects and professional internships in socio-healthcare, facilitating the enhancement of technical skills and access to employment.
  - Erasmus+ Formación Profesional

9. Support Platforms for Caregivers and Employers

- Cuidum (Platform for Professional Caregivers):
  - A platform that connects professional caregivers with families and employers seeking care for dependent individuals.
  - Cuidum
- QIDA - Home Care:
  - A company that offers employment to home caregivers, ensuring continuous training and formal contracts in the sector.
  - QIDA
- YoCuido (Job Portal and Training for Caregivers):
  - A platform in Spain that connects caregivers with families, also offering tools to formalize their experience and training.
  - YoCuido

10. Vocational and Specialized Training

- Red de Centros de Formación de Cruz Roja Española:
  - Offers specialized programs in dependency care, first aid, and socio-healthcare, with recognized certification.
  - Cruz Roja - Formación
- Courses from the Institute for the Elderly and Social Services (IMSERSO):
  - Subsidized training and educational resources specific to the socio-healthcare sector.
  - IMSERSO - Formación
- Teletraining Courses from FUNDAE:
  - A platform offering free courses related to elder care, disability, and emotional management in caregiving.
  - FUNDAE

11. Resources for Young People and Vulnerable Groups

- Youth Guarantee Program (Spain):
  - An initiative for young people under 30 seeking employment in essential sectors like socio-healthcare. It offers dual training and internships.
  - Youth Guarantee (https://www.sepe.es/HomeSepe/es/encontrar-trabajo/Garantia-Juvenil.html)
- Cáritas Inclusion Programs:
  - Cáritas offers training and job orientation in caregiving for at-risk groups, with a high employment rate.
  - Cáritas Formación
- Plena Inclusión:
  - An organization working for the labor inclusion of people with intellectual disabilities, particularly in care and socio-healthcare services.
  - Plena Inclusión

12. Entrepreneurship and Financing Networks

- Ashoka Innovators for the Public:
  - A global organization supporting social entrepreneurship projects, particularly in sectors like socio-healthcare.
  - Ashoka
- MicroBank de CaixaBank:
  - Offers microcredits for entrepreneurs wishing to start projects in the care and dependency sector.
  - MicroBank - CaixaBank
- ENISA (National Innovation Company):
  - Finances innovative business projects, including those focused on the socio-healthcare sector and dependency care.
  - ENISA

13. Psychological Support and Comprehensive Training Programs for Caregivers

- Psychology and Wellbeing (AFA Alzheimer):
  - Associations like AFA (Alzheimer Family Associations) offer psychological support and specific training for caregivers seeking professionalization.
  - AFA Alzheimer España
- Training and Respite Family Program:
  - Projects in collaboration with municipalities offering professional training and respite services for caregivers.
  - Check local social services portals for details.
- Caregivers PRO - Fundación Mapfre:
  - An initiative offering emotional wellbeing resources and professional training to caregivers.
  - Cuidadores Fundación Mapfre

14. International Networks and European Training

- HELP - Training Courses in Europe (Council of Europe):
  - Offers training programs on human rights and care applied to the socio-healthcare field.
  - HELP - Council of Europe
- ENPCC (European Network of Care Centers):
  - Brings together care centers across Europe to share best practices and joint training programs.
  - ENPCC



CASE STUDIES AND PRACTICAL EXAMPLES

V. CASE STUDIES AND PRACTICAL EXAMPLES

1. Hogeweyk Case: The Village for People with Dementia in the Netherlands

- Description: Hogeweyk, known as the "Village for people with dementia," is a unique model in the Netherlands where residents live in an environment that simulates a small community. The residents, suffering from advanced dementia, can lead a daily life in a safe and familiar environment. The staff takes on a more discreet role, facilitating the autonomy of the residents while ensuring their safety.
- Key Aspects:
  - Person-centered care model.
  - Creation of a non-institutional environment that mimics daily life.
  - Success in improving the quality of life for residents.
- Reference: https://hogeweyk.dementiavillage.com/

2. Case Study: REMCARE Project (UK)

- Description: The REMCARE Project in the UK focused on reminiscence therapy for people with dementia and Alzheimer's. This intervention involved reviving past memories through objects, images, and music from their youth. The results showed significant improvements in mood and social interaction.
- Key Aspects:
  - Use of reminiscence therapy as a non-pharmacological intervention.
  - Improvement in patients' emotional wellbeing.
  - Involvement of caregivers in activities.
  - Reference: British Medical Journal Study

3. Case Study: Buurtzorg (Home Care in the Netherlands)

- Description: Buurtzorg is an innovative home care model successfully implemented in the Netherlands. Highly trained nursing teams provide comprehensive care to people with Alzheimer's and other dementias in their own homes, promoting independence and continuity of care in a familiar environment.
- Key Aspects:
  - Autonomous nursing teams.
  - Comprehensive home care.
  - High satisfaction among both patients and caregivers.
  - Reference: Buurtzorg International

4. Case Study: AMBAR Therapy (Plasmapheresis)

- Description: AMBAR therapy, developed by Grifols and applied at the Ace Alzheimer Center Barcelona, is an innovative therapeutic approach based on plasmapheresis. Clinical trials have shown that this therapy can slow cognitive decline in people with moderate Alzheimer's, with promising results.
- Key Aspects:
  - Innovation in treatment with plasmapheresis.
  - Potential to slow the progression of Alzheimer's.
  - Implementation in clinical trials.
- Reference: AMBAR® Center

5. EduMed Project: Multisensory Stimulation (Snoezelen Room)

- Description: The EduMed Project uses Snoezelen rooms, multisensory spaces designed for people with advanced Alzheimer's. These rooms provide a controlled environment where patients can interact with different sensory stimuli (lights, sounds, textures), promoting relaxation and improving quality of life.
- Key Aspects:
    - Use of multisensory stimulation in advanced dementia.
    - Improvement in emotional wellbeing and reduction in anxiety.
    - Reference: Sala Snoezelen

6. Case Study: “Music & Memory” (USA)

- Description: The Music & Memory program uses personalized music to help people with Alzheimer's remember moments from their lives and improve their emotional state. Through personalized playlists with meaningful songs, patients show improvements in social interaction, stress reduction, and overall wellbeing.
- Key Aspects:
    - Use of music as a therapeutic tool.
    - Improvement in autobiographical memory and communication.
    - Reduction in agitation and depressive symptoms.
    - Reference: Music & Memory

7. Case Study: Virtual Reality Therapy for Alzheimer's

- Description: Virtual reality (VR) therapy has been implemented in various centers for people with Alzheimer's as a tool for cognitive stimulation and emotional wellbeing. Patients experience immersive environments that allow them to relive memories and participate in controlled virtual activities, improving mood and encouraging engagement.

- Key Aspects:
  - Use of advanced technology to improve quality of life.
  - Application of VR to stimulate memory and orientation.
  - Positive results in reducing isolation and anxiety.
  - Reference: Research on Virtual Reality and Alzheimer's(https://www.cuidarbien.es/te-ensenamos/la-realidad-virtual-y-el-alzheimer-caso-practico)

8. Case Study: Specialized Palliative Care for Alzheimer's

- Description: In many centers, such as the Paliaclinic Foundation in Barcelona, a palliative care approach specifically for people with advanced Alzheimer's has been developed. This model combines pain management with emotional support and complementary therapies to improve the wellbeing of patients in their final stages of life.
- Key Aspects:
  - Multidisciplinary approach in palliative care.
  - Care focused on quality of life and patient comfort.
  - Integration of the family in the care process.
- Referencia: Paliaclinic

9. Case Study: PARO Therapeutic Robot

- Description: The PARO therapeutic robot, designed in Japan, is a robotic seal that has proven effective in improving the wellbeing of people with dementia. Used in several centers in Europe, this robot provides animal-assisted therapy, encouraging interaction and reducing stress and anxiety levels in patients.
- Key Aspects:
  - Use of robots for non-pharmacological therapy.
  - Improvement in communication and reduction in agitation.
  - Promotion of emotional wellbeing and relaxation.
  - Reference: Robot PARO

10. Case Study: Montessori Therapy Adapted for People with Dementia

- Description: The Montessori method, originally designed for early childhood education, has been adapted for use with people with Alzheimer's and other dementias. This approach focuses on cognitive stimulation through structured activities that promote the independence and dignity of patients. In one center in Australia, activities included simple tasks such as organizing objects, manual tasks, and memory exercises, adapted to each patient's ability.
- Key Aspects:
  - Focus on autonomy and dignity.
  - Activities adapted to promote cognitive function.
  - Improvement in patients' mood and self-esteem.
- Reference: Montessori para Alzheimer

11. Case Study: Animal-Assisted Therapy in Residences

- Description: In several residences across Europe, animal-assisted therapy (AAT) has been implemented as part of the treatment for people with dementia. Studies have shown that regular interaction with dogs and other animals improves emotional well-being and reduces anxiety in patients. For example, a study conducted in Switzerland showed a significant reduction in aggressive behaviors and increased social interaction among patients with moderate dementia.
- Key Aspects:
  - Use of animals to improve emotional well-being.
  - Reduction in agitation and aggressive behaviors.
  - Encouragement of social interaction among patients.
- Reference: Terapia Asistida con Animales

12. Case Study: "Namaste Care" in the UK

- Description: The Namaste Care program focuses on providing comfort care for people with advanced dementia through sensory and emotional stimulation. In various hospices and care centers in the UK, the program has helped reduce the use of sedative medications, promoting relaxation and improving the quality of life for patients in the later stages of dementia.
- Key Aspects:
  - Focus on comfort through sensory stimulation.
  - Reduction in the use of sedative medications.
  - Improvement in emotional interaction and patient relaxation.
- Reference: Namaste Care

13. Case Study: Use of Social Robotics in Japan (Pepper Robot)

- Description: In Japan, the humanoid robot Pepper has been used in residences for elderly people with dementia, acting as a "social companion." Pepper can hold basic conversations, tell stories, and remind patients to perform certain daily activities. Studies have shown that the use of this type of social robotics helps reduce isolation and encourages active participation from patients.
- Key Aspects:
  - Use of robotics to foster social interaction.
  - Reduction of isolation and loneliness in patients.
  - Improvement in mood and motivation.
- Reference: Robot Pepper

14. Case Study: "REACH" Program for Dementia Caregivers (USA)

- Description: The REACH (Resources for Enhancing Alzheimer's Caregiver Health) program was implemented in the United States to provide training and emotional support for caregivers of people with dementia. It focuses on stress management techniques, problem-solving, and communication strategies. Results have shown significant improvement in caregivers' quality of life, with less stress and better relationships with patients.
- Key Aspects:
  - Emotional and psychological support for dementia caregivers.
  - Techniques for stress reduction and improving communication.
  - Improvement in caregivers' well-being and relationships with patients.
- Reference: Robot Pepper

15. Case Study: "Dementia Dog" Project in Scotland

- Description: The Dementia Dog project in Scotland uses specially trained dogs to assist people with dementia in everyday tasks. These dogs help patients remember routines, provide companionship, and reduce anxiety. Studies have shown that patients with an assistance dog have better quality of life, with fewer episodes of disorientation and agitation.
- Key Aspects:
  - Use of assistance dogs to improve quality of life.
  - Reduction in anxiety and better adherence to daily routines.
  - Improvement in spatial orientation and social interaction.
- Reference: Dementia Dog

16. Case Study: Sensory Garden Therapy in Sweden

- Description: In several residences in Sweden, sensory gardens have been used as part of therapy for people with Alzheimer's disease. These gardens are designed to stimulate the senses through smells, colors, and textures, providing a space for relaxation and connection with nature. Patients who participate in outdoor activities in these gardens show a reduction in anxiety and aggression.
- Key Aspects:
  - Sensory stimulation through nature.
  - Reduction in aggression and improvement in mood.
  - Gardening activities adapted to each level of ability.
- Reference: Jardines Sensoriales en Alzheimer

17. Case Study: Augmented Reality for Cognitive Stimulation

- Description: In some care centers in Canada and the UK, augmented reality (AR) has been used for cognitive stimulation in patients with Alzheimer's disease. This technology allows patients to interact with virtual objects in their environment, improving their memory, orientation, and fine motor skills. Studies have shown that augmented reality can increase patients' motivation to engage in activities and improve their overall well-being.
- Key Aspects:
  - Use of augmented reality to improve memory and orientation.
  - Increased participation and motivation in daily activities.
  - Technological innovation applied to non-pharmacological therapy.
- Reference: PubMed sobre Realidad Aumentada y Alzheimer

18. Case Study: Reminiscence Therapy Using Photographs and Artifacts

- Description: In a study conducted in day centers in Norway, reminiscence therapy was implemented using old photographs, personal items, and significant cultural artifacts. Patients with Alzheimer's disease participated in sessions where they discussed their memories related to these items. The results showed that this approach improved communication and increased social interaction while helping to maintain autobiographical memory.
- Key Aspects:
  - Stimulation of autobiographical memory through photos and objects.
  - Encouragement of social interaction and communication.
  - Cultural relevance in dementia treatment.
- Reference: European Journal of Ageing

19. Case: Use of Wearable Technology for Monitoring Alzheimer's Patients

- Description: In Japan, several nursing homes for elderly people have implemented the use of wearable technology (wearable devices) to monitor the vital signs and physical activity of Alzheimer's patients. These devices allow caregivers to monitor activity levels, location, and emergency signs such as falls. The collected data helps personalize care plans and improve patient safety.
- Key Aspects:
  - Continuous monitoring to improve patient safety.
  - Data collection for personalized care.
  - Fall prevention and emergency management.
- Reference: ResearchGate sobre Tecnología Wearable y Alzheimer

20. Case: Validation Therapy for People with Dementia (Naomi Feil)

- Description: Validation therapy, developed by Naomi Feil, is used with people with dementia to improve emotional communication. This method is based on accepting the patient's reality, validating their feelings and memories, rather than correcting errors or confronting false beliefs. This therapy has been successfully applied in geriatric centers in the United States, showing a reduction in anxiety and stress, as well as an improvement in quality of life.
- Key Aspects:
  - alidation of emotions and memories instead of correction.
  - Reduction of anxiety and stress in advanced dementia patients.
  - Better quality of life and relationships with caregivers.
- Reference: Validation Therapy - Naomi Feil

21. Case Study: Therapeutic Gardening Programs in the UK

- Description: The therapeutic gardening program has been implemented in several care centers in the UK, offering dementia patients the opportunity to engage in gardening activities. Exposure to nature and working with plants not only improves mood but also promotes fine motor skills and reduces aggressive behavior. Additionally, it provides a socialization opportunity for patients.
- Key Aspects:
    - Improvement in motor skills and emotional well-being.
    - Gardening activities adapted for relaxation and sensory stimulation.
    - Reduction in anxiety and promotion of social interaction.
- Reference: Therapeutic Horticulture in Dementia Care

22. Case Study: "Digital Dementia" Project in Sweden

- Description: In Sweden, the Digital Dementia project has introduced technological devices like tablets and apps tailored for Alzheimer's patients. These devices enable patients to engage in cognitive and physical activities, such as interactive games and memory exercises. The use of adapted technology has shown positive effects in slowing cognitive decline, in addition to providing tools for caregivers to keep patients active and engaged.
- Key Aspects:
    - Use of apps and digital devices for cognitive stimulation.
    - Slowing of cognitive decline and improvement in motor skills.
    - Increased patient engagement in playful and educational activities.
- Reference: Journal of Alzheimer's Disease Reports

23. Il Paese ritrovato (Monza, Italia)

- Description: An innovative project that revolutionizes the way care and assistance are understood, offering people with Alzheimer's and dementia the chance to live their residual autonomy freely while receiving the necessary assistance and protection. It is a small village where people can live safely in protected apartments but can move autonomously around the square, café, shops, and cinema, leading a normal life compatible with the disease, feeling at home while receiving the necessary care. It's a place where people with dementia are free to choose how to spend their time and find a dimension of socialization that gives value to their lives.
- Key Aspects:

  Presence of numerous integrated services in a single context:

  - Healthcare services
  - Hotel services
  - Personal services
  - Rehabilitative services
  - Psychologist
  - Educational activities
  - Social services
  - **Referencr**: [Il Paese Ritrovato | Un servizio della Cooperativa La Meridiana]



24. Residenza leggera – Pradalunga (Italia)

- Description: A residential service for people over 65 with a good level of self-sufficiency. The elderly have the option to live in autonomous rooms but also have access to shared spaces with other residents. It also accommodates people with mild dementia, as long as they maintain a good level of autonomy. The service is primarily aimed at elderly people in situations of social marginalization. Key Aspects:
- Family assistants available 24 hours a day and other professionals collaborating daily or weekly, including physiotherapists, nurses, and healthcare workers.
- Reference: https://www.generazionifa.it/servizi/accoglienza/#residenza-leggera-pradalunga

Guía de Metodologías y Buenas Prácticas..." Proyecto Care4You KA210-VET-870D79E7. Programa Erasmus+ Small-Scale partnerships in vocational education and training

www.care4you-eu.com

Erasmus+
Enriqueciendo vidas, abriendo mentes.

care4you ERASMUS PROJECT

Cofinanciado por la Unión Europea

IES FELIX MURIEL

Mestieri Lombardia

30 Aniversario agadea Alzheimer

Care4you

@care4.you.eu

Care4you