

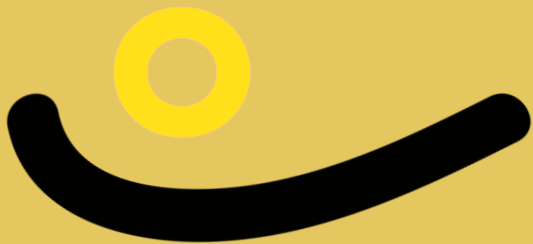


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Support for Informal Carers, Professionals and Care Structures

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GOLD

GETTING OLDER
WITH A DISABILITY



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The aging process involves the whole family



- Ageing of informal carers (parents, siblings)
- Fragmented services
- Reactive, crisis-based interventions
- Lack of structured future planning

Increasing
complexity
of needs



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The roles in this Care Ecosystem



THE FAMILY/INFORMAL CAREGIVERS

- **Feelings of Abandonment:** Family caregivers frequently experience social isolation, a lack of recognition for their efforts, and feelings of being abandoned by institutions
- **Early Detection:** Family members are often the first to notice subtle signs of aging, emerging disorders, or changes in daily routines because they know the person best
- **Collaborative Planning:** They work alongside professionals to make shared decisions regarding the aging person's care, accommodation, and personalized life plans



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The roles in the care ecosystem



THE PROFESSIONALS

- **Building Trust and Listening:** A core duty is to create opportunities to simply listen, build empathy, and maintain open, transparent dialogue with both the individual and their family
- **Prepare transitions:** Recognize that accepting the aging process is difficult for families, who may still view the person they care for as a "child"
- **Respect Their Expertise:** Acknowledge the deep knowledge that family members have about their loved ones, and always respect their opinions and decisions, even if they differ from your own
- **Supporting the Family:** Watch for signs of caregiver exhaustion, communicate clearly and help plan for future living transitions, if not already present



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GOLD Inspiring Practices: A Multilevel Support Model



1. Support for Informal Carers

- Be a recognized active actor
- Emotional support
- Future planning guidance – the «life project»

2. Training for Professionals

- Interprofessional collaboration – complexity
- Communication tools
- Transition management – integrated care

3. Strengthening Care Structures

- Network coordination
- Shared care approaches – holistic, flexible, connected with the territory/families



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Impact: What Makes This Approach Effective



- Reduced fragmentation between services
- Stronger collaboration among professionals
- Increased support for informal carers
- Better anticipation of transitions
- Improved quality of life



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Looking Ahead



- ✓ **Adapt integrated strategies** – from EU to national and local levels
- ✓ **Improve Data and Monitoring:** Future planning requires robust data collection and monitoring systems to evaluate service effectiveness and develop evidence-based policies that respond to real, emerging needs
- ✓ **Compleat Shift to Person-Centered, Rights-Based Models:** The future of long-term care must focus on systemic change that balances professional assistance with community and family support, ultimately guaranteeing dignity, autonomy, and equal opportunities for aging individuals



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Thank you



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