



ICT4LIFE

Final Conference

CONTINUOUS SUPPORT AND TRAINING FOR CAREGIVERS

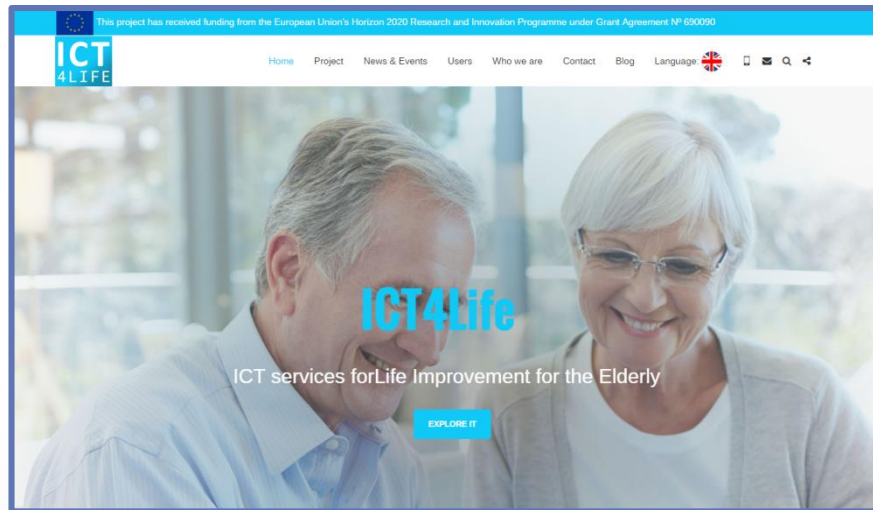
Laura Carrasco, Association Parkinson Madrid



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Caregivers' profiles

- People suffering from Parkinson's, Alzheimer's and other dementia and their caregivers are a tandem.
- Impact of gender. **Mostly of caregivers are women.**



Caregivers' profiles

First Type

- Couple, so another elderly person
- Live in the same house than the affected person
- No use of technology.

Second Type

- Relatives (especially daughters)
- Do not live in the same house (own house, family, work and duties)
- Previous use of technology.

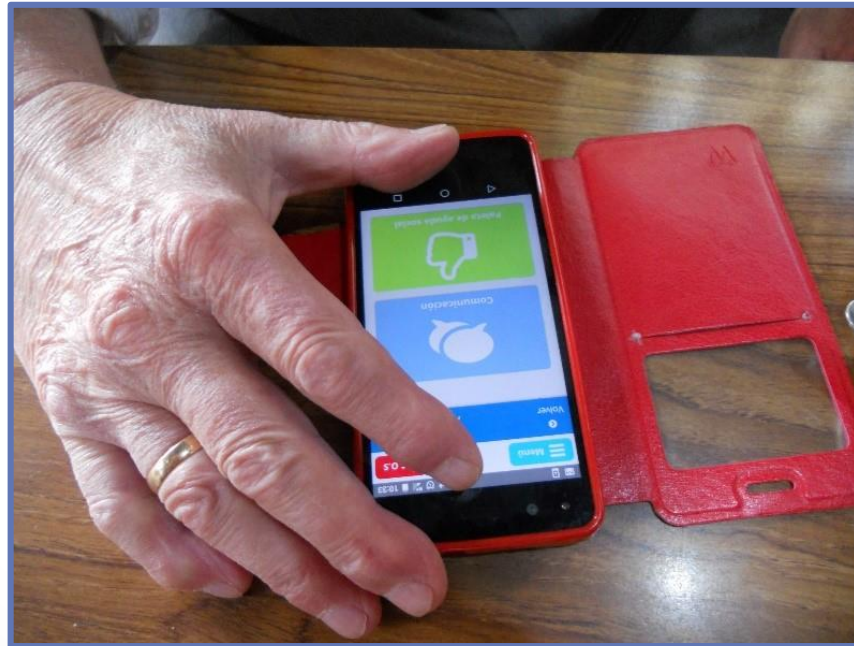
Caregivers' problems

- Burn-out
- Need of being informed about what is happening to people they take care of (suffering from Parkinson's, Alzheimer's and other dementias)
- Psychological impact (different from Parkinson's and Alzheimer's caregivers).

What can ICT4Life do for caregivers? Experiences after pilots (1/5)

Training and information

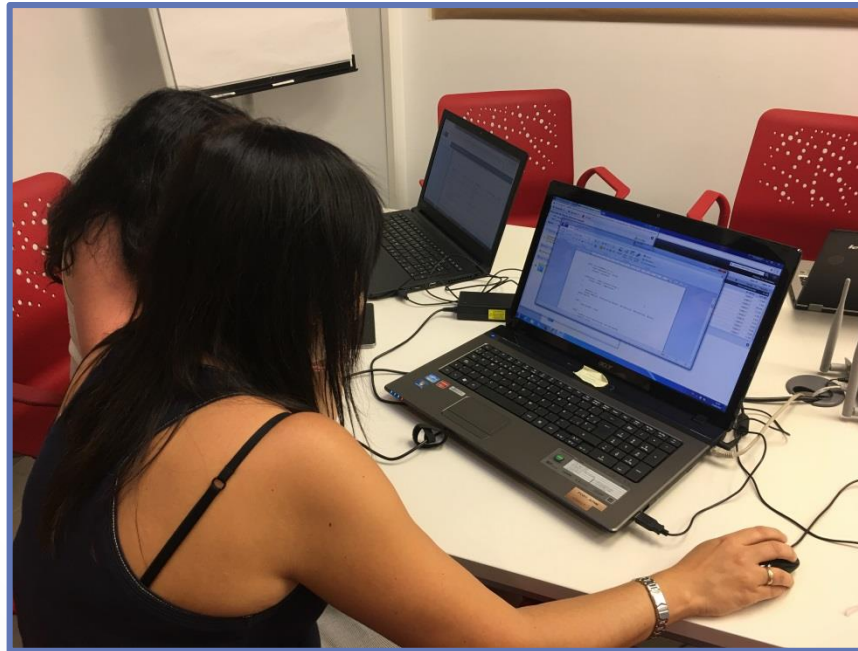
Highly appreciated the training about diseases to understand symptoms and patient's evolution.



What can ICT4Life do for caregivers? Experiences after pilots (2/5)

Communication with professionals.

The most important part for them is the communication tool because they have an immediate access to professionals, especially doctors.



What can ICT4Life do for caregivers? Experiences after pilots (3/5)

Acceptance of SMART TV games.

Patients and caregivers can play together with the Smart TV.

Highly appreciated for leisure purpose.



What can ICT4Life do for caregivers? Experiences after pilots (4/5)

Acceptance of cameras kinect by relatives

They accepted the technology feeling safer.



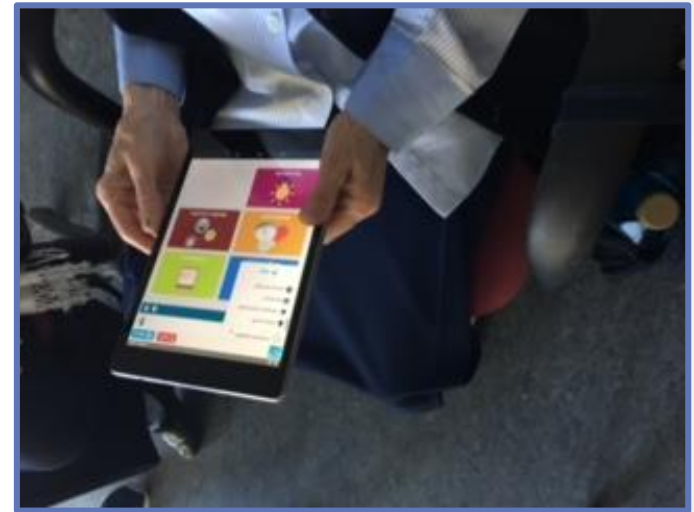
What can ICT4Life do for caregivers? Experiences after pilots (5/5)

Would caregivers use ICT4Life?

A Survey

(**264** people involved in many EU countries)

Positive feedback provided by the **75%**
of respondents.



Conclusions and recommendations

Focus on second caregivers because:

- Use technology
- Do not live in the same house
- Feeling of safety (have the situation under control helps the carer in his/her task).

Caregivers have to get used to technological training!

Information about the disease or training about the caring topics are very welcomed (ICT4Life has a broad library with interesting contents to access related to the situation detected by the system).

Conclusions and recommendations

ICT4Life gives the opportunity of having the situation under control by distance (using remote control). This is a good chance to maintain **social relationships**.

Reminders, agendas...they are tools that **helps in the caring tasks**.

Communication tools used by all the actors involved in the caring process and access to professionals (especially physicians) are the key points.

Coordination in the caring task gives the carers relief, the sensation of been accompanied (they do not feel isolated and alone).

**Thank you very much for
your attention**

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