

# Project: WELL CARE

## *[Summarizing introduction]*

The WELL CARE project focuses on improving the resilience and mental wellbeing of long-term care (LTC) workers and informal carers by strengthening care partnerships. The WELL CARE project will substantially advance knowledge about support measures for these groups, taking into account both individual (e.g., burnout, care-work conciliation) and external risk factors (e.g., digitalisation in health care, shortage of LTC workers, progressive decrease of available informal carers, ageing populations). The WELL CARE project aims to increase the understanding of successful ways of preventing mental health issues among long-term care workers and informal carers. This includes looking at personal factors, the environment, and how organizations make these solutions successful.

**Nka** will coordinate and lead the work with Blended Learning Networks within the project. Participating countries will all organize and lead their own BLNs under the overall direction and supervision of NKA.

**Nka** will also create and support ecosystems for implementation and monitoring of care in partnership. This will take place in the form of local/regional implementation teams with local implementation coordinators who are supervised and supported by Nka throughout the project.

## More about the project

The ultimate goal is to develop a set of support measures (prototypes) to address the mental health needs of both LTC workers and informal carers, thus sustaining and enabling a vision of care partnerships between these two groups. By care partnership we mean the coordination, integration, and mutual recognition of care and caring activities performed by LTC workers and informal carers, in a vision of integrated LTC. The WELL CARE project's specific objectives are: 1) to identify at least 40 good practices in the European Union (EU) and beyond, able to prevent or mitigate both occupational and non-occupational risks for LTC workers' and informal carers' resilience and mental wellbeing; 2) to develop, test and verify the outcomes of 5-8 innovative solutions (prototypes) in five countries (Germany, Italy, Netherlands, Slovenia, Sweden), together with local ecosystems of stakeholders; 3) to analyse related EU and national policies and formulate action-oriented recommendations for policymakers and stakeholders; 4) to develop, implement and sustain a process of research, co-design, and sharing and using the findings with all groups involved and stakeholders at national and European levels. The WELL CARE project will systematically involve LTC workers, care recipients and informal carers, and stakeholders in local communities of practice (the Blended Learning Networks). The project will consistently consider gender, inclusion and intersectionality perspectives to understand possible inequalities and necessary changes for more fair and inclusive policy and practice.