



# Together we care, together we grow.



**YOUNGCARE**  
RELIEF FOR YOUNGER PEOPLE IN NEED OF  
CARE AND THEIR INFORMAL CARERS

The demands of caregiving can often go unnoticed and uncelebrated. We understand that being an informal caregiver for a loved one, especially as a younger person, can be a challenging journey. That's why, at YoungCare, our mission is to promote strategies that relieve the situation of informal caregivers and enhance the lives of those in need of care.

This festive season, we want to share some of the results we have already achieved that may be helpful to both informal caregivers and the adults in need of care. It is been a year of intense work, and we are excited to highlight what we have accomplished. Learn more about our efforts.



## FRESH NEWS

### RELEASE OF YOUNGCARE GUIDE

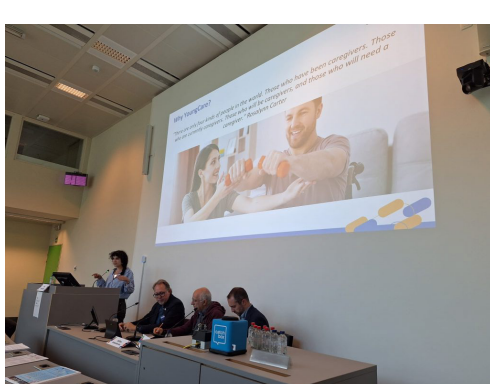
This guide considers and offers suggestions regarding life-work balance, self-help groups, and counselling services, dealing with society stigma or adaptation of housing. There are suggestions on how to communicate more effectively, avoid conflicts, and recommend taking care of both your physical and mental health, consider external help and provide some information about the legal framework. Learn more about it [here](#). The guide is available in [English](#), [Portuguese](#), [Dutch](#), [German](#), [Italian](#) and [Lithuanian](#).

## What we have been doing



### TRANSNATIONAL PROJECT MEETING IN GOUDA, THE NETHERLANDS

The Transnational Project Meeting of YoungCare took place in Gouda, Netherlands, from July 18 to 20, 2024. AFEdeMy hosted the meeting, marking a significant milestone since the project's kick-off a year and a half ago. The focus was on developing a curriculum for an innovative learning platform dedicated to informal caregivers of young adults (18-64 years old) in need of care. Learn more [here](#).



### EU WEEK FOR SUSTAINABLE AND INCLUSIVE COMMUNITIES

During the "EU Week for Sustainable and Inclusive Communities: The Future is SHAPE", a European roundtable with experts was held to present the YoungCare project. Experts connected to SHAPE were also invited to contribute their insights in two additional sessions. Learn more [here](#).

An online session with 38 participants followed, where key issues and good practices were identified (know all about it [here](#)). These discussions will culminate in another session on **January 22, from 11:30 to 13:00 CET**.

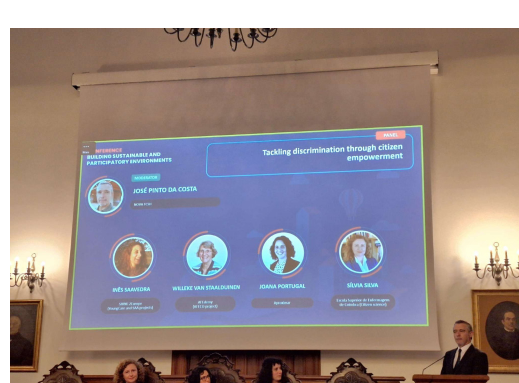
Would you like to join us in co-creating these recommendations and co-authoring the document? Register [here](#).



### YOUNGCARE PROJECT PRESENTED AT TETRA-S MULTIPLIER EVENT IN BRUSSELS

On November 26, the YoungCare project was presented at the TETRA-S Multiplier Event in Brussels, highlighting its similarities to TETRA-S. This project aims to enhance the competencies of adult educators in teaching transversal skills to individuals with cognitive disabilities, ensuring these skills are effectively applied in daily life.

Discover their platform and learn more about the event [here](#).



### PRESENTATION AT THE INTERNATIONAL CONFERENCE "BUILDING SUSTAINABLE AND PARTICIPATORY ENVIRONMENTS"

The YoungCare project was presented during the panel Tackling Discrimination through Citizen Empowerment at the International Conference on Building Sustainable and Participatory Environments, held on May 7, 2024, at the University of Porto, Portugal. To learn more about the discussions and key insights, visit [here](#).



### YOUNGCARE PRESENTED AT 13TH EUROPEAN CONFERENCE FOR SOCIAL WORK RESEARCH

Researchers from Vytautas Magnus University in Kaunas, Lithuania, presented their work on YoungCare, titled "Exploring the Needs of Informal Caregivers of Younger Adults in Need of Care and Meeting Them through Developing an E-learning Offer," at the 13th European Conference for Social Work Research. The conference was held in Vilnius, Lithuania, on April 19, 2024. Learn all about it [here](#).

## What's next

### MULTIPLIER EVENT

The YoungCare consortium is thrilled to announce our upcoming **Multiplier Event**, happening on **April 1 in Vilnius, Lithuania**.

This event will feature:

- A showcase and testing of the YoungCare platform, addressing key topics such as care, participation, employment, and more.
- A presentation of policy and professional caregiver recommendations.
- Highlights of key project outcomes, including national reports and the Young Care Guide.

We look forward to welcoming you to this milestone event. Stay tuned for further updates!

## Meet our partners



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Visit us and spread the word  
[youngcare.eu](http://youngcare.eu)



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