



Leontien Jansen¹, Tine De Burghgraeve¹, Stephanie Dauphin¹, Marjan van den Akker^{1,2}, Frank Buntinx^{1,2}, Birgitte Schoenmakers¹

¹Dept of Public Health and Primary Care, KU Leuven, Leuven, Belgium ²Dept of Family Medicine, Maastricht University, Maastricht, The Netherlands

Background

The aging of the population and the changing inter-generational relations have important economic and social consequences. Care for older people is shifting from professional to informal care and becomes increasingly complex. Therefore, a formal framework to support informal caregivers is essential to support good care for dependent older civilians. Existing initiatives focus on the individual caregiver.

Aims

- To develop tailored support for older civilians (≥70 years) and their informal care groups, adjusted to their needs, aimed to decrease the caregiver burden and increase the well-being of both older civilians and caregivers
- To develop and stimulate care networks around vulnerable older civilians (≥70 years), without an informal care group

Methods

Action research with the following phases, to develop a care model :

- **Exploratory research**
 - Literature research
 - Description of the concept 'Informal Care Group'
 - Exploratory field research with web surveys and in-depth interviews
- **Project phase**
 - Development of the care model (by analogy of the Chronic Care Model)
 - Testing of the care model through a before- and after intervention study design
 - Implementation of the care model
- **Implementation phase**

Results

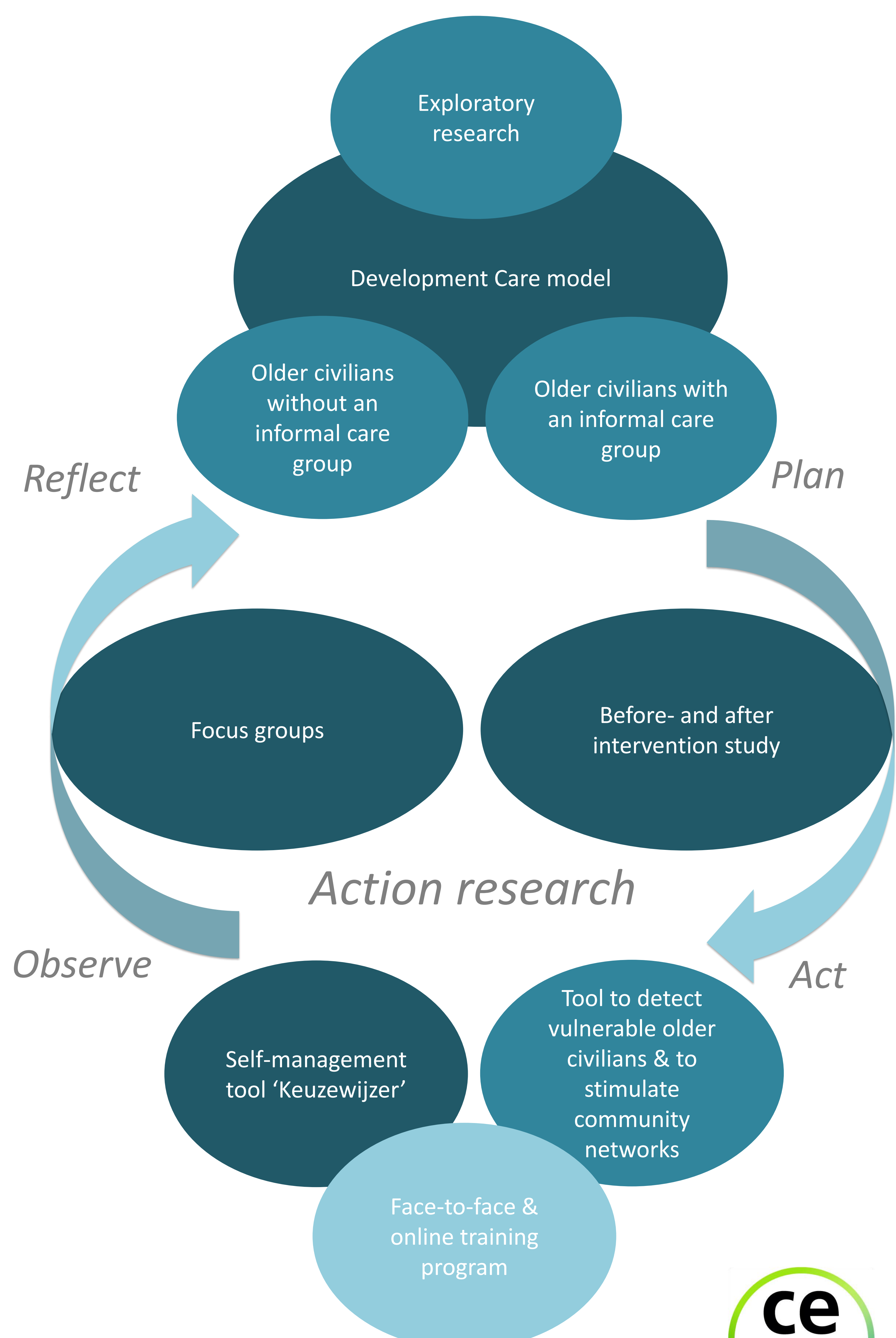
Exploratory research seems to outline a positive image of the informal care group: being a part of informal care group both decreases burden and increases capacity.

By the end of 2019 the following output will be delivered and implemented within the developed care model:

- Self-management tool for informal care groups and their older civilians
- Face-to-face and online training program for both informal care groups and professionals
- A tool for detection of vulnerable older civilians and stimulation of community networks around them

Partners

Cera and Ons Zorgnetwerk are collaborating partners in this study. They have a large network of clients through their activities of home and/or elderly care.



Contact details

Leontien Jansen, Academic Centre for General Practice
Kapucijnenvoer 33 blok j - bus 7001, 3000 Leuven
+32 16 37 48 34, leontien.jansen@kuleuven.be

