



Improving the resilience and mental wellbeing of formal and informal carers in Long-Term Care. Results from the WELL CARE Project

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Contextual backdrop: in the EU...

- ✓ about 6.3 million people work in the long-term care (LTC) sector, representing 3.2% of the EU's workforce
- ✓ more than 52 million people, i.e. 14.4% of the adult population aged 18-74 in the EU provide informal care on a weekly basis
- ✓ 80% of all LTC is provided by informal (family) carers
- ✓ about 80% of informal carers and LTC workers are women
- ✓ LTC workers and informal carers are at high risk of developing mental health problems (e.g. anxiety, depression, burnout) which were exacerbated by the COVID-19 pandemic



Our goal

- To strengthen supports available to LTC workers and informal carers for improving their resilience and mental wellbeing through care partnerships
- To improve working and caring conditions so they will be well and care better



Consortium Partners



Linnæus University
(Project coordinator)



Specific objectives

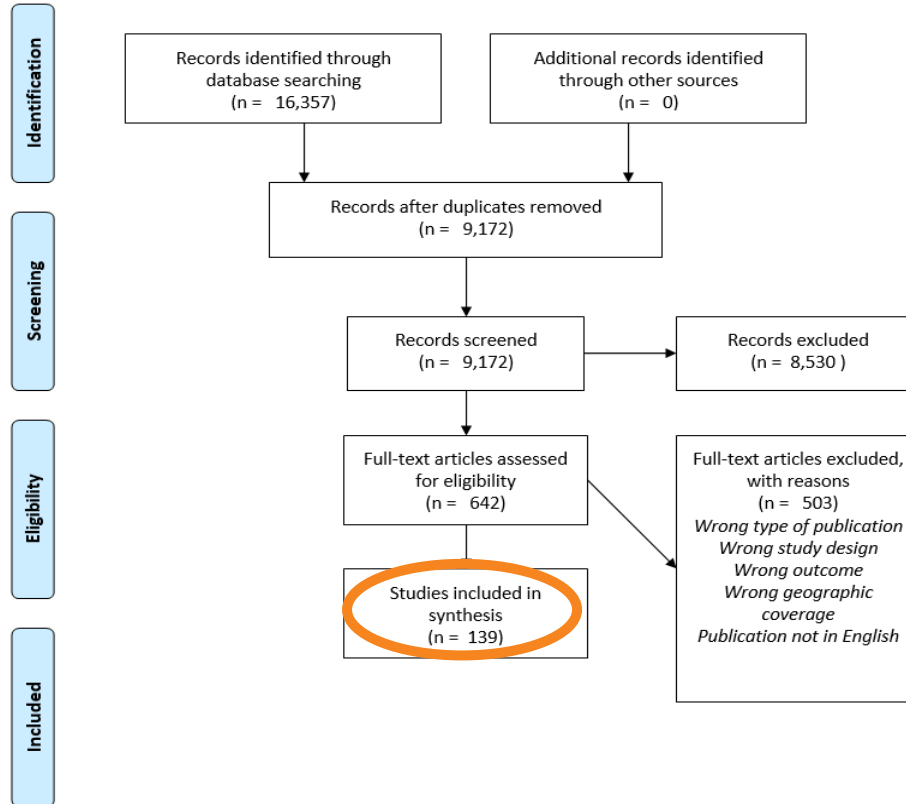
1. Review, organise and make available evidence and data on how to best support resilience and mental wellbeing of LTC workers and informal carers
2. Identify, develop, evaluate innovative solution prototypes and their adoption aimed at LTC workers and informal carers
3. Implement solution prototypes at local level through Local Implementation Teams
4. Develop, implement and sustain a continuous process of research and co-design activities with end-users and stakeholders at national level (Blended learning networks)
5. Develop and foster evidence-based and action-oriented recommendations for policy makers and stakeholders

Review, selection and analysis of good practices

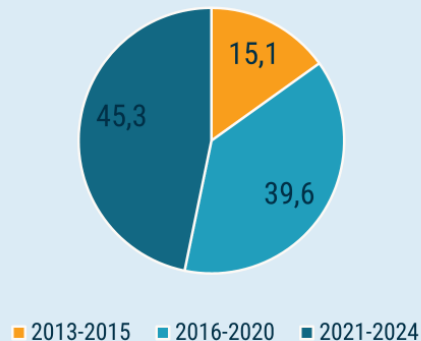
- ✓ To identify practices implemented, also with a specific focus on the 5 European partner countries
- ✓ Scientific Literature Review – Coverage: EU-27 Member States, UK, EFTA countries
- ✓ Grey Literature Review: Same inclusion criteria, partners highlighted practices or identified via their own networks

Scientific literature review

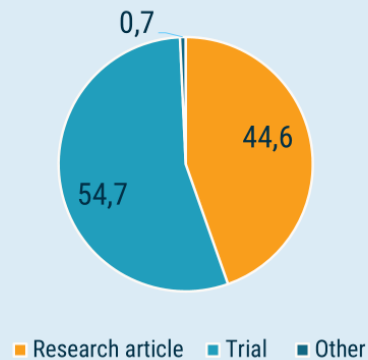
PRISMA diagram



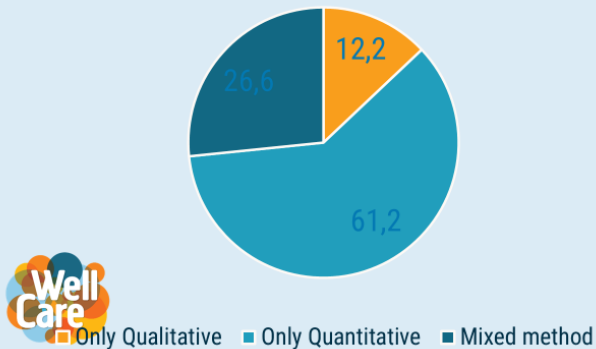
Papers by year of publication (%)



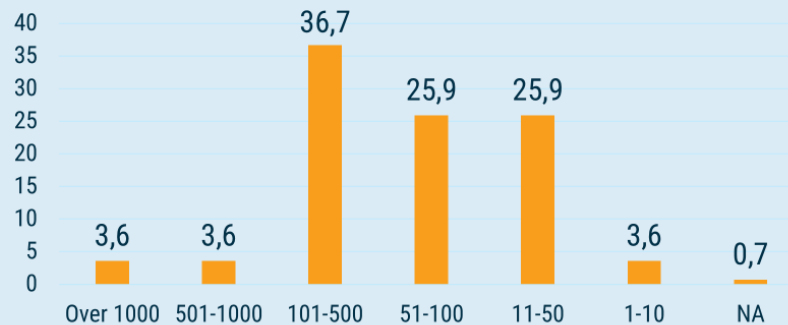
Papers by type of study (%)



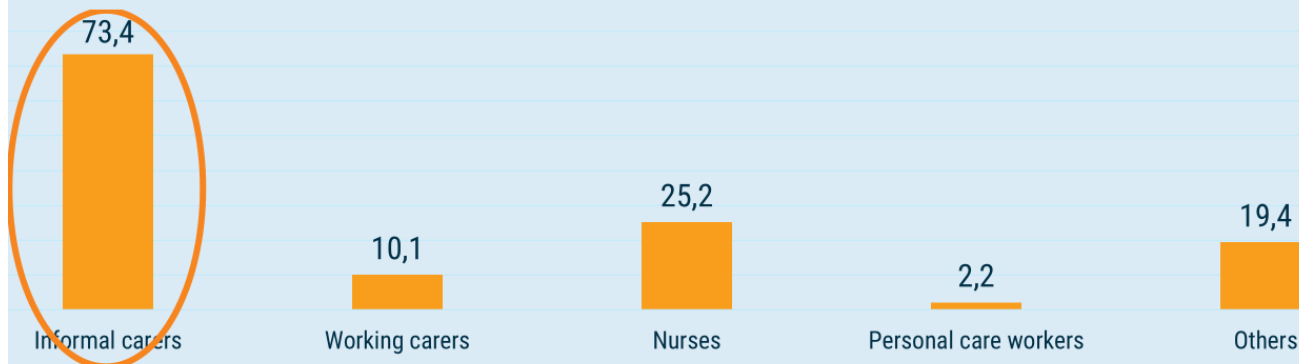
Papers by research method (%)



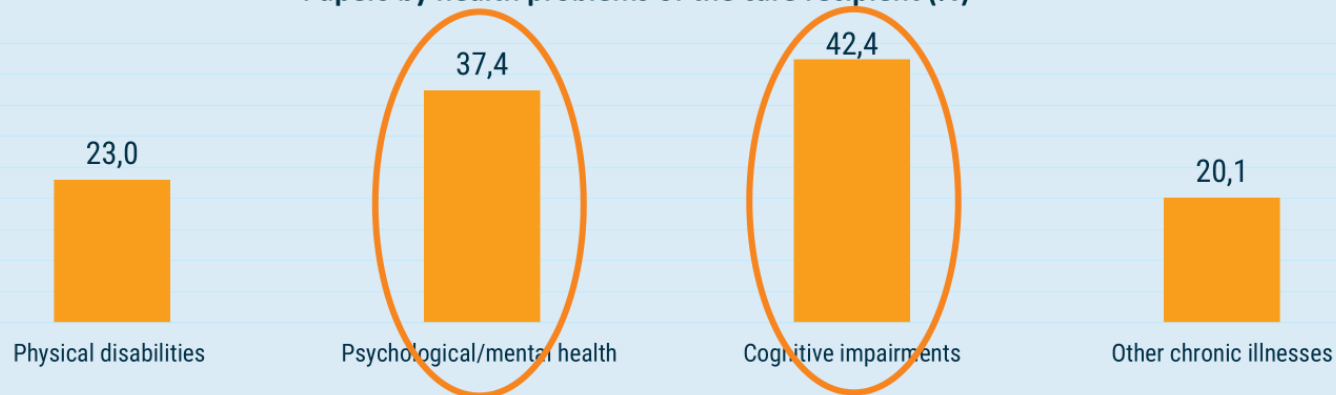
Papers by sample size (%)



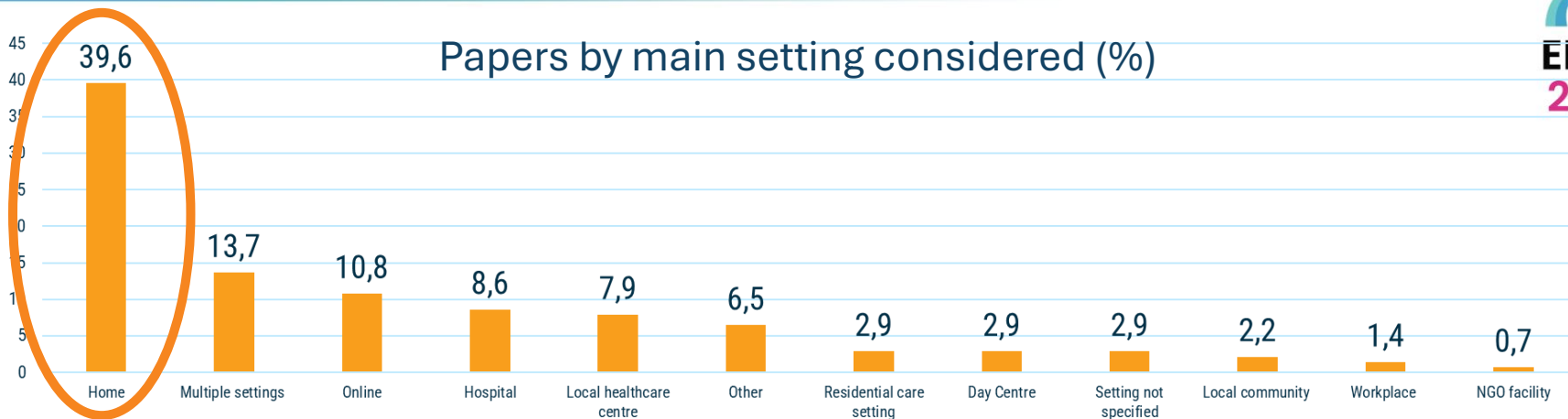
Papers by target group (%)



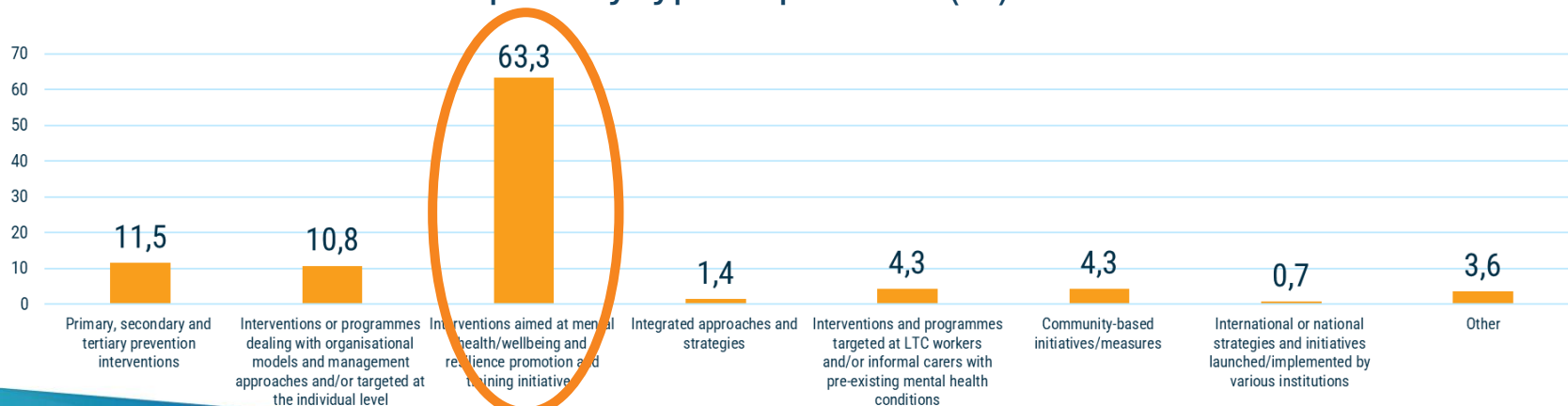
Papers by health problems of the care recipient (%)



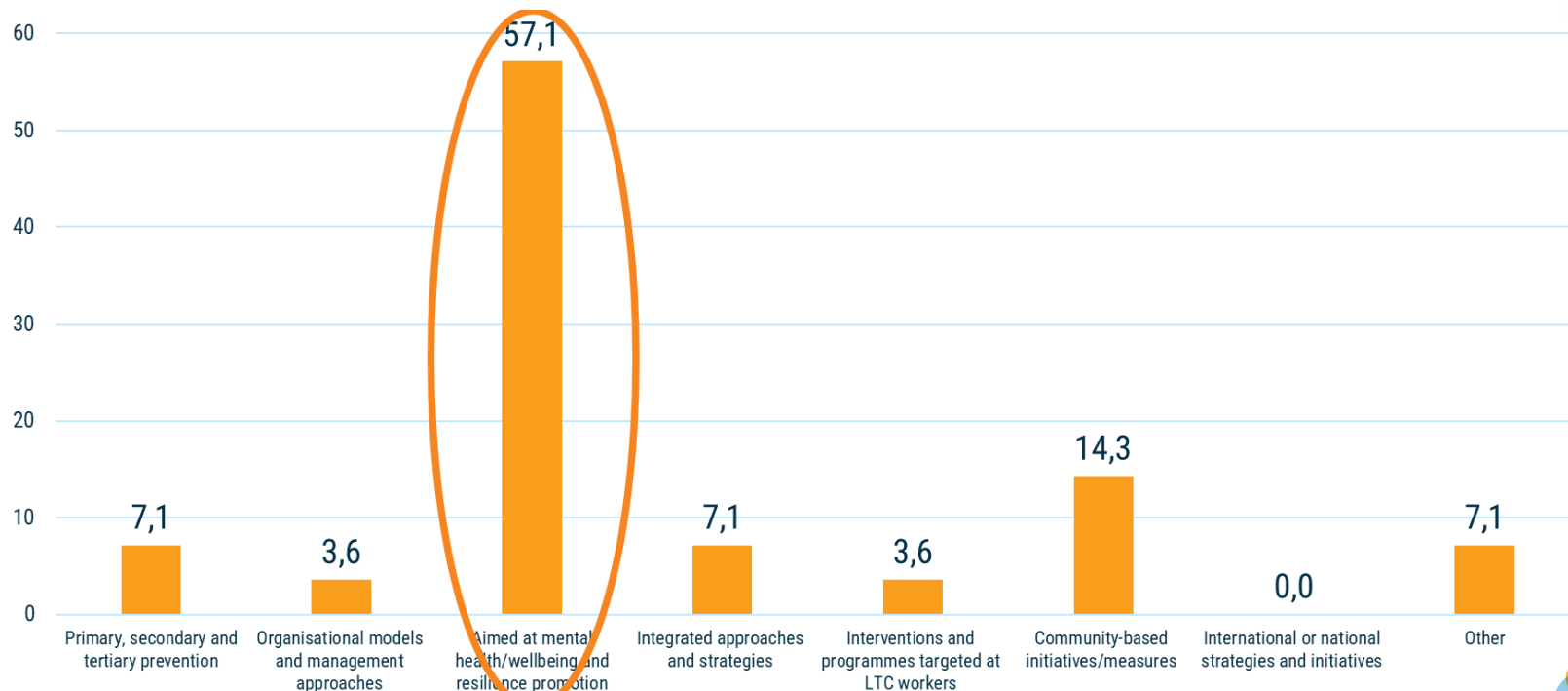
Papers by main setting considered (%)



Papers by type of practice (%)

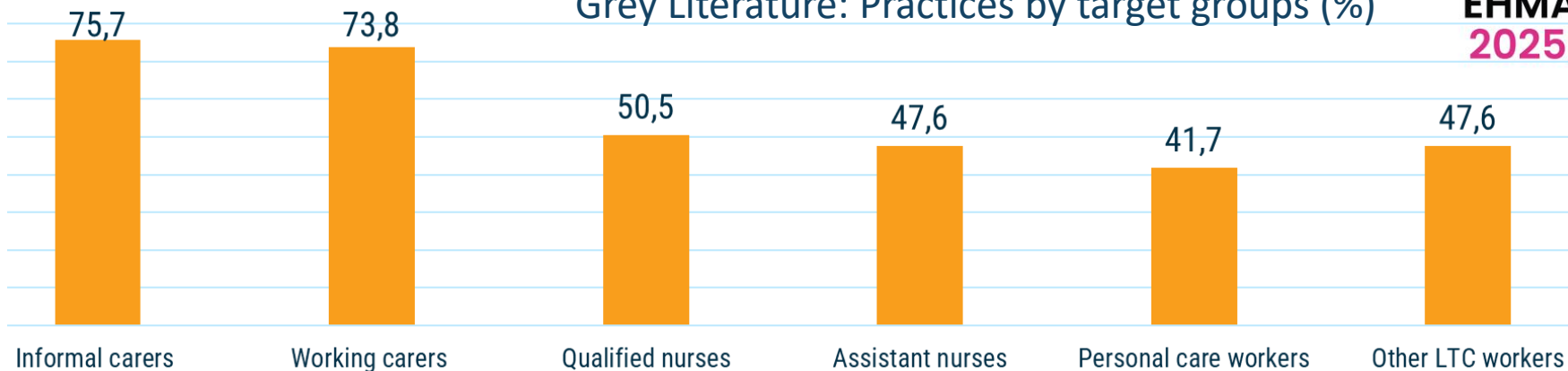


Papers with potential for care partnerships by main type of practice (%)

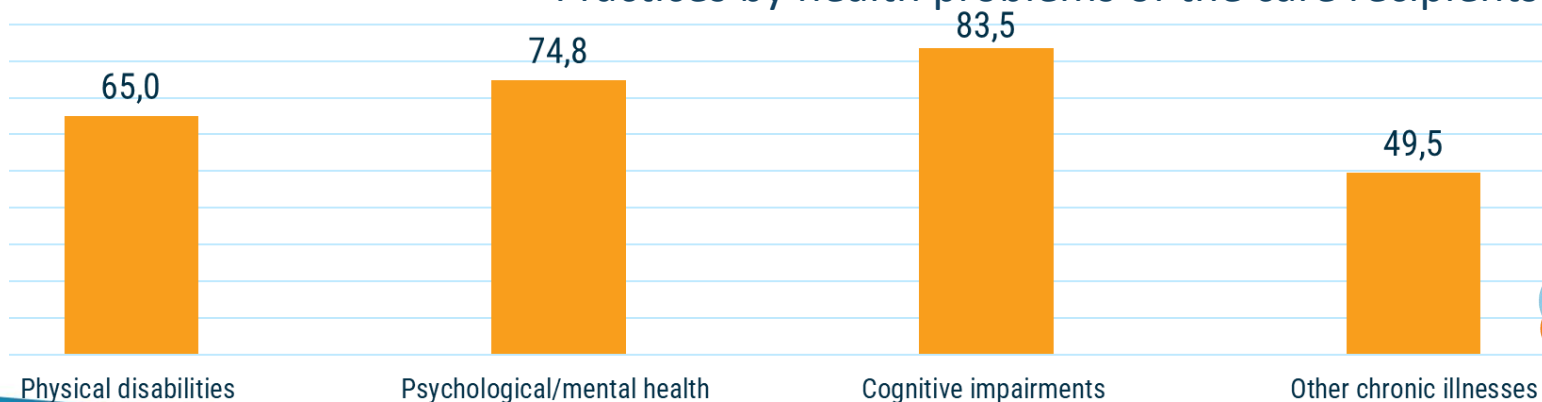


The analysis conducted identified 28 papers with potential for fostering care partnerships, which can be traced back to various countries but with a marked presence in the UK (46.4%) and in the Netherlands (21.4%)

Grey Literature: Practices by target groups (%)



Practices by health problems of the care recipients (%)



The village support worker Austerlitz, The Netherlands



To support residents in finding appropriate care, support and welfare activities; provide a liaison between formal care, informal care, and the community to create a cohesive network of support.

- ✓ Listens to and responds to requests for help from village residents
- ✓ Forms the connecting link between the village and the municipality.
- ✓ Integrated approach- works with both volunteers and professionals

Target audience: Residents of Austerlitz.
Care providers, organisations and volunteers from the village who can provide tailored support.

Critical issues:

The government and its many rules make projects within the initiative complicated and lengthy.

Evaluation: 65% are satisfied with the care and welfare provision in the village, among members of Austerlitz Zorgt it is 72%. For 52%, the village support worker is the strongest point of Austerlitz Zorgt.

Better perceived health, fewer mental health complaints, less loneliness, and lower risk of depression than average in the municipality of Zeist.

Lower costs for welfare work, Social Support Act and Long-Term Care Act (around € 400,000 saved per year).



Next step: Tailoring and implementing prototypes

- ✓ Never a matter of 'just' implementing good ideas that proved effective elsewhere. Tailoring and translating to local setting are necessary.
- ✓ Local implementation teams as a 'hands-on' platform for local implementation
- ✓ Activities two-fold focus:
 - ✓ Working with the solution prototypes (i.e., developing care partnership practices)
 - ✓ Investing in supportive ecosystems (i.e., creating conducive environment for this)



Concluding remarks

- ✓ Wide number of selected articles and collected practices
- ✓ Promising inputs of selected practices for fostering care partnerships
- ✓ Many tools for informal carers, limited number for professional carers
- ✓ Most interventions for those who care for people with psychological/mental health issues and cognitive decline impairments
- ✓ Key activities/next steps: to develop general solution prototypes, which will be implemented and tested with interested stakeholders in the five project partner countries

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