

# PARTNERS

## Central hub

Fondazione ANT Franco Pannuti ETS (Italy)

Galilee Palliative Care Unit (Greece)

Hospices Civils de Lyon (France)

Istitutul Postliceal Phoenix (Romania)

Università degli Studi di Padova (Italy)

# CONTACTS

Via Jacopo di Paolo 36,

40128 Bologna

+39 051 7190139

[luca.franchini@ant.it](mailto:luca.franchini@ant.it)

[melania.raccichini@ant.it](mailto:melania.raccichini@ant.it)

[silvia.varani@ant.it](mailto:silvia.varani@ant.it)

[andrea.giannelli@ant.it](mailto:andrea.giannelli@ant.it)



Erasmus+ Programme 2025  
Cooperation Partnerships in Adult  
Education KA220-ADU

October2025- September2027

**HCL**  
HOSPICES CIVILS  
DE LYON



Funded by  
the European Union



Stand by Palliative and  
Elderly Caregivers

# SPES4Caregivers

## Our goal

## Why it matters

SPES4Caregivers is a training project designed for **family and professional caregivers** of elderly and/or palliative care patients. The main aim is to provide them with the **transversal skills needed to manage distress and prevent burnout**.

This project also **promotes social inclusion**, to reduce barriers and inequalities in caregiver support pathways.



**Palliative care** is a holistic form of care dedicated to those suffering from serious illnesses. It aims to improve the quality of life in patients, families, and caregivers.

The project's objective is to reach as many caregivers as possible through the design and production of high-quality, multilingual digital learning resources (e-books, video/ audio tracks, etc.). These will be freely available online, even for those who are not part of a structured care network.



The initial phase of the project focuses on **identifying the needs of the target population** through tailored interviews with a sample of caregivers from diverse nationalities

A thematic analysis will be conducted on these interviews, for the development a training program that includes both in-person lessons (featuring role-playing activities and case studies) and digital learning materials, which will remain freely accessible even after the project's completion.

**In Europe, around 4.4 million people require palliative care each year**, although access to such care still shows significant disparities. A large share of the caregiving burden falls on **informal or family caregivers, who represent 12–18% of the adult population and provide about 80% of all long-term care**. Additionally, there are numerous professional caregivers—paid assistants who provide care for individuals who are not self-sufficient, operating under medical or agency supervision rather than family oversight

Caregivers are often unprepared to face the responsibilities and lifestyle changes that this role entails, which can lead to **symptoms of psychological and physical distress and, ultimately, burnout**. Therefore, it is essential to build a **support network** to help caregivers cope with the heavy physical, psychological, organizational, and financial burden of care, and to transform this demanding experience into an opportunity for personal growth

The project guidelines call for the direct involvement of local stakeholders, with the aim of enhancing and strengthening existing territorial resources and creating a network-based model that effectively supports caregivers. This is expected to generate significant care-related, social, and economic benefits for elderly patients and those in need of palliative care, and also for the healthcare system as a whole.