

# ABOUT THE PROJECT

THE PROJECT AIMS TO PROVIDE SUPPORT TO INFORMAL CARERS FROM THE ROMA MINORITY, A GROUP THAT FACES A HIGHER RISK OF EXCLUSION, DISCRIMINATION, AND STIGMATISATION AND TO CONTRIBUTE TO THEIR MORE EFFECTIVE SOCIAL INCLUSION.

ROMA CARERS IN COMMON WITH CARERS MORE GENERALLY, WORK TIRELESSLY IN SUPPORT OF THOSE THEY CARE FOR, OFTEN WITHOUT RECOGNITION AND TO THE DETRIMENT OF THEIR OWN HEALTH AND WELL-BEING. BEING A CARER CAN BE A DAUNTING TASK, AND PEOPLE WHO PROVIDE CARE OFTEN FIND THEMSELVES IN DIFFICULT SITUATIONS, WITHOUT HELP OR TRAINING.

TO ACHIEVE ITS OBJECTIVE, THE PROJECT WILL EQUIP THE ROMA CARERS WITH THE KNOWLEDGE, SKILLS, AND RESOURCES NECESSARY FOR EFFECTIVE CARE WHILE MAINTAINING THEIR WELLBEING.

# PARTNERSHIP

**BULGARIA**

**SF INDI-ROMA 97**

(PROJECT COORDINATOR)

[HTTP://INDIROMANEWS.COM/](http://indiromanews.com/)

**BULGARIA**

**REC ASTREA**

[HTTPS://ASTREACONSULT.EU/](https://astreaconsult.eu/)

**THE CZECH REPUBLIC**

**IQ ROMA SERVIS, Z. S.**

[HTTPS://IQRS.CZ/](https://iqr.s.cz/)



# COMMUNITY SUPPORT FOR ROMA INFORMAL CARERS



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# BACKGROUND



ACCORDING TO EU RESEARCH (EIGE SURVEY, EUROFOUND, EUROPEAN COMMISSION, 'EUROCARERS'), 80% OF LONG-TERM CARE (LTC) IN EUROPE, IS PROVIDED BY INFORMAL CARERS (I.E. FAMILIES, FRIENDS AND NEIGHBOURS) AND ESTIMATES OF THE ECONOMIC VALUE OF THIS UNPAID CARE – AS A PERCENTAGE OF THE OVERALL COST OF FORMAL LTC PROVISION IN THE EU – RANGES FROM 50 TO 90 %. THE CARERING ALSO HAS A STRONG GENDER DIMENSION - A TYPICAL INFORMAL CARER IN EUROPE IS A WOMAN AGED 45 TO 75 (EU CARE STRATEGY).

CARING CAN HAVE – IF NOT ADEQUATELY SUPPORTED – MANY CHALLENGING CONSEQUENCES FOR CARERS:

- DIFFICULTIES IN RELATION TO BALANCING PAID WORK WITH CARE RESPONSIBILITIES, WHICH CAN IMPACT ON LABOUR MARKET PARTICIPATION;
- FINANCIAL DIFFICULTIES AND POVERTY, DUE TO CUT BACKS IN SOCIAL PROVISION AND DIRECT COSTS OF CARE (E.G., MEDICATION, HEATING, SPECIAL DIET);
- NEGATIVE IMPACT ON NATURAL SOCIALISATION PROCESSES AS WELL AS THE FORMAL EDUCATION, FAMILY RELATIONSHIPS AND EMPLOYMENT PROSPECTS OF YOUNG CARERS.

**THE CHALLENGES MENTIONED ABOVE CAN BE PARTICULARLY INTENSIFIED FOR CARERS FROM VULNERABLE GROUPS, SUCH AS THE ROMA COMMUNITY.**



# OBJECTIVES



**THE ROMA.CARE PROJECT AIMS TO DEVELOP:**

- **A CULTURALLY INCLUSIVE TRAINING CURRICULUM** TAILORED TO THE NEEDS OF ROMA CARERS IN BULGARIA AND THE CZECH REPUBLIC. IT WILL CONTAIN MODULES ON SELF-IDENTIFICATION AS A CARER; CULTURAL SENSITIVITY AND GENDER STEREOTYPES; NAVIGATING HEALTHCARE AND SOCIAL SERVICES; CAREGIVING SKILLS; SELF-CARE; LEGAL RIGHTS AND DISCRIMINATION; BUILDING A SUPPORTIVE COMMUNITY. THIS OUTCOME AIMS TO EMPOWER ROMA CARERS WITH THE KNOWLEDGE, SKILLS, AND RESOURCES NECESSARY FOR EFFECTIVE CARE WHILE MAINTAINING THEIR PHYSICAL AND MENTAL WELL-BEING.
- **A SERIES OF TRAINING WORKSHOPS IN BULGARIA AND THE CZECH REPUBLIC** TO DELIVER THE CURRICULUM TO ROMA CARERS. THEY WILL PROVIDE HANDS-ON, INTERACTIVE LEARNING EXPERIENCES, INCORPORATING THEORETICAL AND PRACTICAL ELEMENTS. THE METHODOLOGY WILL COMBINE INTERACTIVE WORKSHOPS WITH GROUP DISCUSSIONS, ROLE-PLAYING, GUEST SPEAKERS (EXPERIENCED CARERS AND HEALTHCARE PROFESSIONALS FROM THE ROMA COMMUNITY) AND CASE STUDIES.
- **A DOWNLOADABLE AND PRINTABLE PRACTICAL E-HANDBOOK** WHICH WILL COMPLEMENT THE TRAINING CURRICULUM, OFFERING A USEFUL RESOURCE FOR REFERENCE AND GUIDANCE.