



Mutual caring – from knowledge to action

GRUNDTVIG LEARNING PARTNERSHIP

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BOOKLET OF PROJECT RESULTS



With the support of the Lifelong Learning Programme of the European Union

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I. THE PROJECT

“M-CARE – MUTUAL CARING–FROM KNOWLEDGE TO ACTION”

1. Summary

The project basic premise has been that mutual caring understanding and transfer (routines and ways of coping developed by families through both the caring person and affected person are looking after each other) can provide the basis for an innovative learning approach, in which ‘mutual care’ and ‘interdependency’ should underlie educational topics on disability issues.

The main objective of this project was to understand/define, develop and promote good practices in supporting families to plan for a future where a person with chronically ill/disabilities is providing care to their elderly carers through the concept of mutual caring.

The introduction and practical application of these new concepts (but universally applicable) into care process can lead to innovative strategies that are sustainable and cost neutral. We tried to identify, collect, share and exchange best knowledge and practices in which each partner has experience regarding mutualistic relationships; we created a website to offer free resources to carers, patients/people with disabilities and care professionals on how to cope their common problems; we wished to provide expertise and support to authorities to build up evidence of how to develop a coordinated response for supporting people who are providing mutual care.

The project has been based on participants-led objectives, starts with efficient organization for preparatory work (research by case studies, demands/needs analyze), continues with project activities (meetings/workshops/ seminars conceptualized for each target group), develops project outputs (workshops, know how transfer, M-CARE website/handbooks), reverberates in all partners joined-up strategy for dissemination of project new concepts and findings, every participant becoming a project multiplier. By putting together all partners capabilities, this project gave us the chance to receive important skills and experiences, both life, cultural and scientific, and generated important results which led to the achievement of Project goals: five Transnational Meetings, four Workshops and an International Conference, where we have trained groups of patients, students, care workers, and realization of the project website, Project booklet and the Handbook for caregivers and patients.

Our project promoted new roles for patients and practitioners as “learning advisers” (and the skills needed to fulfill this); this role may be a crucial means of support to enable those who are excluded to reengage in learning, and also encourage them to play an important part as advocates or comprehensive education suppliers.

2. PROJECT PARTICIPANTS

COORDINATOR:



UNIVERSITATEA
DIN
CRAIOVA

UNIVERSITATEA DIN CRAIOVA **UNIVERSITY OF CRAIOVA**

**Department of Physical Therapy and Sports Medicine,
Faculty of Physical Education and Sport (UCV – RO)**

University of Craiova (UCV) is situated in a disadvantaged area: the South-Western Region SWR-Oltenia had 33 per cent of per-capita GDP, in 2007, being the second poorest region in Romania and among the twenty poorest in the European Union (according to Eurostat per-capita GDP). UCV is a public institution of higher education, founded in 1947, gaining experience and importance every year. Counting more than 1100 teaching staff members and more than 30000 students, it is one of the biggest Higher Education Institution in RO. Comprises 17 faculties, offering a wide field of study programmes: sports and physiotherapy/kinesiology (rehabilitation), sciences, humanities, social studies, history, economics, agriculture, law, theology, arts, engineering and so on (33 specializations). UCV organizes Bachelor Degree programmes, Master Degree, PhD, in over 70 fields. The Distance learning system is extensively used, especially in the adult education system.

Expertise: design of methodologies in adult education, IT, ODL, publication of scientific periodicals, design and implementation of learning materials; promotion of LLL, exchanges of experience and best practice, development of activities that increase the awareness of EU.

Department of Physical Therapy and Sports Medicine of UCV (DPTSM UCV RO) is responsible for project coordination, general project management/administration and first meeting/workshop hosting. Together with DGASPC RO will organize the last and Final meeting and International Conference 'Mutualistic approaches and strategies in adult education for health and social inclusion'.

DPTSM is involved in the conception of educational materials in cooperation with people who's cared/giving care, medical doctors and graduate physiotherapists (through its 'Training Centre for Health Care, Prophylactic and Rehabilitation Services'), translation into Romanian language, implementation and dissemination activities.

As Coordinator, equipped modern equipment, UCV provided technological and linguistics supports to ensure an excellent level results: setup the M-CARE website, and facilitate publishing the HANDBOOK for learners/trainees and M-CARE Project booklet.

See more:

<http://www.ucv.ro/>

http://cis01.central.ucv.ro/educatie_fizica-kineto/

PARTNERS:



Directia Generală de Asistență Socială și **Protectia Copilului Dolj**

**General Directorate of Social Assistance and Child
Protection Dolj (DGASPC - RO)**

General Directorate of Social Assistance and Child Protection Dolj County (DGASPC) is a public institution subordinated to the Dolj County Council and has the mission to implement the national social assistance legislation politics and strategies regarding any person in need, as disadvantaged, marginalized, discriminated people or with disabilities.

DGASPC currently provides a range of social/medical services for children/adults with disabilities, both within residential centers or without accommodation, in rehabilitation centers, and promote partnerships with other institutions and nongovernmental organizations targeting people with disabilities. Also, we provide the medical evaluation of persons with disabilities and complex assessment of the disabled person in a specialized service.

According to our own monitoring system, at the end of 2012, DGASPC Dolj offered specialized social/medical services to a number of 4.623 children and adults with disabilities or in need situation, through residential services, rehabilitation centers, family services, all of these services being certified, licensed, approved as required by law and European standards-compliant. During the past years, 14.188 children and adults with disabilities received our social/medical services.

In order to strength and improve efficiency and efficacy of the structured activities planned for the project purpose, DGASPC will support M-CARE work, will share with partners its knowledge about the target group needs, methodologies and best practice, will integrate the project activities/outputs into its medical/social workers continuous trainings, into activities for adult carers/cared persons (family training of children and adults with disabilities) and volunteers training, in its current care process, social, advocacy, clinical, educational programs.

DGASPC organized and hosted, together with UCV RO, the Final meeting and International Conference 'Mutualistic approaches and strategies in adult education for health and social inclusion'.

See more:

www.dgaspcdolj.ro



Università degli Studi di Roma Tor Vergata
TOR Vergata University of Rome, Faculty of Medicine,
Clinical Sciences and Translational Medicine Department,
Physical and Rehabilitation Medicine (TVU - IT)

The official beginning of teaching activity of Tor Vergata University (TVU) is in 1982. TVU participates to several International Projects promoting researches in multidisciplinary areas.

TVU human resource comprise 1.538 faculty members; 962 technicians and administrative staff. University Campus area covers 600 hectares, 6 Schools (Economics, Law, Engineering, Arts and Humanities, Medicine, Science), 113 1st level degrees, 2nd level degrees and single-cycle degree courses, 157 Post Graduate and Master Courses, 54 Specializing Schools, 492 Laboratories and 357 didactic rooms hosting a total of 28,419 students.

TVU expertise includes design of methodologies in adult health education, publication of scientific journals, medical/social rehabilitative methods for life quality improvement in early stages of human neuro/psycho/motor development (children), in adult age or elders, in creating/introducing Evaluation Scales for assessing activity, participation and quality of life, in implementing of multilevel-approach intervention for people with complex/multiple conditions/disabilities.

TVU will be responsible for organizing the 5th meeting/workshop "The health and social benefits of mutuality and resonance", and is involved in the conception of educational materials in cooperation with other project partners, for translation into the Italian language, for implementation and dissemination activities.

TVU comes to bring its Excellence competencies into M-CARE Partnership, its mastery and experience on human care, thereby contributing to new approaches in professional training for health givers and, by that, to the development of innovative relationships between education, health care services and patients.

See more:

<http://web.uniroma2.it/home.php>

<http://www.med.uniroma2.it/>



European Educational Circle
(EEC – LV)

The European Educational Circle (EEC) is a training and research organization working in close cooperation with educational institutions all over Europe to manage seminars on citizenship and inclusive education. EEC represents a team of highly qualified experts in education with expertise in design of methodologies in teacher education and vocational education. The trainers of EEC have published articles on education, have designed and implemented learning materials, exchanged experience and best practice, developed activities that increase the awareness of EU.

The trainers at the EEC have experience as teacher trainers and researchers in the field of adult and vocational education. Researchers and trainers of EEC have participated in educational projects on inclusive education and on using drama methods in education.

Expertise: design of methodologies in adult education, design and implementation of learning materials; exchanges of experience and best practice, development of activities that increase the awareness of EU.

EEC is responsible for organizing in Riga the 3rd meeting and workshop "Educational challenges in social and medical care–disability care". It is also involved in all other project meetings and in the conception of the educational materials in cooperation with other project partners, for translation into the Latvian language, for implementation and dissemination activities.

EEC shall provide educational and linguistics support in project workshops to ensure an excellent level results.

See more:

<http://educationgroup.ucoz.lv/>



Krakowskie Centrum Zarządzania i
Administracji Spółka z.o.o.
The Cracow Centre of Management and Administration
Ltd (KCZIA – PL)

KCZIA (The Cracow Center of Management and Administration Ltd) is working since 2000 on the two areas:

- 1.Consulting - outsourcing services adapted to specialized needs of other businesses.
- 2.Education for adults: a)The Training Centre for Adults; b)The Cracow Centre of the Improvement of Educational Personnel (KCDKO).

THE TRAINING CENTRE FOR ADULTS:

KCZIA has a wide experience in vocational and adult training issues through the company's participation in a variety of lifelong learning projects. KCZIA is also currently participating in projects to do with distant learning, adult education and establishing links between the academia and the industry sector (e.g. ESF project SPIN-OFF, SPIN-OUT – START UP). KCZIA is organizing also the social skills trainings and ICT trainings (e.g. project: ECDL - your chance on the labor market).

KCZIA has a wide experience in dissemination and exploitation issues and project marketing.

In this field our target groups are all adults who want to learn, especially women and persons being in the special situation.

THE CRACOW CENTRE OF THE IMPROVEMENT OF EDUCATIONAL PERSONNEL (KCDKO):

KCDKO was created by The Cracow Centre of the Management and Administration Ltd in 2004.

KCDKO is accredited by regional educational authorities (Malopolskie Kuratorium Oswiaty).

Within M-CARE project, KCZIA integrated the project's learning concepts into its current training courses, is responsible for preparing the analysis of educational requirements and educational needs, and for organizing the 2nd project meeting and workshop in Krakow: 'Educational challenges in social and medical care – elderly care'..

See more:

<http://www.kczia.eu>

3. MOTIVATION OF THE PROJECT

The idea ...

- **routines and ways of coping developed by families (through both the caring person and affected person are looking after each other) can provide the basis for an innovative learning approach, in which 'mutual care' and 'interdependency' should underlie educational or health topics on disability issues.**

The concept behind the MUTUAL CARE APPROACH focuses on the interpersonal care-dependent person or carer-patient dynamics where there is a mutual exchange of care between the carer and care recipient, in contrast to the conventional approach to carer-care recipient relationships where care is provided by the carer to the cared person.

The PROJECT BASIC PREMISE was that MUTUAL CARING KNOWLEDGE AND TRANSFER (routines and ways of coping developed by families through both the caring person and the affected person are looking after each other) can provide the basis for an innovative learning approach in a joined up work between those in need and disability/social/healthcare services, and for development of the capacity of local/national authorities to respond to the needs of these groups of people.

This Learning Partnership has been focused on motivation and demand, on participants's needs analysis, setting objectives which are participant-led. This Partnership introduced new concepts, but universally applicable, which can lead to innovative strategies that are sustainable and cost neutral. Through the development of mutualistic relationships in education and healthcare services our ability to share life/ or learned experiences will increase, for a better collaboration in envisioning and creating a more humane and integrated society.



3. OBJECTIVES AND STRATEGY

Our project's OBJECTIVES were to:

- understand/define, develop and promote good practices in supporting families to plan for a future where a person with chronically ill/disabilities is providing care to their elderly carers through the concept of 'mutual caring'; by this work we'll advocate to redefine the terms 'care' and 'dependency' into 'mutual care' and 'interdependency'
- introduce new concepts/approaches of 'mutuality and resonance', 'collaborative care', "mutual approach" as the cornerstone in facilitating education, health/social care programs
- identify, collect, share and exchange best knowledge and practices in which each partner has experience regarding mutualistic relationships

- create M-CARE website to offer free resources to carers, patients/people with disabilities and care professionals on how to cope their common problems
- to be a learning experience that will improve our intercultural competencies, learning/training opportunities in EU member countries and organizations
- contribute to EU priorities: access to e-learning opportunities for people with disability, health, lifelong learning even for our elderly learners

The TARGET GROUPS were:

People with special needs/disabilities and their carers, healthcare/social workers, teachers, sociologists, psychologists, volunteers

We wished to find a solution to the general need of knowledge that 'mutual care' and 'interdependency' should underlie educational approaches on disability issues and establish that cared/carer needs/perspectives play a pivotal role educational/research/health programs or social inclusion.

We have achieved the project objectives by:

- by efficient organization for preparatory work (research by case studies, demands/needs analyze), project activities (meetings/workshops/seminars conceptualized for each target group), project outputs (educational/health/social needs analyze for policy recommendations, learning materials, M-CARE printed/on-line handbooks on medical/psychological/nursing issues and accessing services for carers/cared people)
- through participation of all target groups in project activities (planning, meetings, workshops, mobilities), continuous cooperation and evaluation (questionnaires, reports, permanently feedback)
- by dissemination/exploitation: all partners will assume a joined-up strategy for the collection of evidence and dissemination of project new concepts and results, using their findings for recommendations in their institutions and other organization, to decision-makers, every participant becoming a project multiplier.



II. THE PROJECT MEETINGS AND WORKSHOPS

1. VISIT IN ROMANIA -

1st Workshop "Conceptual frameworks and their applications in care-process"

The first project meeting was held in Craiova, Romania, *between 13th to 16th of December 2013*. Representatives from all five partners participated. The meeting involved staff and learners, as well as project country coordinators, and provided opportunities for knowing better each other, social events plus cultural visits. A sixth partner, from Spain has withdrawn from the project, and this meant that the project work plan had to be revised.

Participants:

Partner institution	Country	No. of persons	Participant's name
UNIVERSITY OF CRAIOVA (Coordinator) (HOST INSTITUTION)	Romania	14	Eugenia Rosulescu
			Iлона Ilinca
			Andrei Anton Tohaneanu
			Mircea Danoiu
			Rusu Ligia
			Mihaela Zavaleanu
			Dragomir Marian
			Dragomir Mihai
			Eliana Lica
			Germine Cosma
			Sorina Cernaianu
			Emilia Doina Bogdea- learner
			Stefanov Ionut- learner
Beldiman Aurora- learner			
General Directorate of Social Assistance and Child Protection Dolj (DGASPC Dolj)	Romania	5	Mioara Silvia Ilie
			Camelia Bogdan
			Lidia Constantinescu
			Violeta Manea
			Cosmina Stanoiu
Tor Vergata University of Rome, Faculty of Medicine, Clinical Sciences and Translational Medicine Department (TVU)	Italy	2	Calogero Foti
			Salvatore Casarino
European Educational Circle (EEC)	Latvia	1	Mara Dirba
The Cracow Centre of the Management and Administration Ltd (KSZIA)	Poland	2	Maria Francuz
			Czeslaw Cieplik

Minute takers: dr. Eugenia Rosulescu, dr. Mihaela Zavaleanu.

Meeting theme and aims:

- getting to know each other
- to have a clear picture of the project, overview of deliverables and upcoming timeschedule
- to discuss any possible changes, difficulties with partners
- to define the frames of activities
- to discuss further milestones and fix the calendar of activities
- to establish the responsibility of each partner and distribution of roles/tasks
- to sign the General agreement of the Partnership



1st workshop "Conceptual frameworks and their applications in care-process":

- to introduce and define the "carer", "care process", "care ethic", "dependency" and "human interdependencies" terms
- to give awareness about the interpersonal relations between the caregiver-dependent person, and about their needs
- to understand the carer-patient dynamics and the mutual exchange of care between the carer and care recipient
- to understand why "Mutuality" should underlie the educational approaches on disability issues and could redesign educational systems
- know how transfer, exchanging information/experiences and good practices
- to increase knowledge and personal skills of project learners

We had 32 participant learners from UCV, 8 staff/trainers from UCV, TVU, EEC, KSZIA.



Work documents:

Each participant has received the following documents needed for the meeting, printed and on a CD:

1. Meeting Agenda
2. Evaluation Plan
3. Project's work plan for the 1st year
4. List of project's expected results and outcomes for the 1st year
5. Startup Leaflet of the project "M-CARE"
6. Meeting Evaluation questionnaire
7. General Partnership Agreement
8. Certificate of Attendance at the 1st NMD-PRO Meeting

The partners have received the documents in English. The meeting has been held in English..

Activities:

Day	Date	Activity
Friday	13.12.2013	Arrival of the partners at Craiova airport. Transfer of participants to hotels. 19.30 For those who arrive early in the afternoon, informal meeting.
Saturday	14.12.2013	9.00 Official opening of the project meeting and welcome <i>(Faculty of Physical Education and Sports, Brestei str, no 156)</i> 9.30 Getting known to each other - presentation and introduction of all partners and their organizations 10.30 Overview of project: Aims and objectives, results 11.00 Presentation and discussion of M-CARE project: Work meeting - Finances, administration, reporting, and dissemination: financial issues, interim/final report, internal reporting procedures, website etc. 13.00 Lunch <i>(catering menu at the Faculty, offered by UCV)</i> 14.30 Workshop "Conceptual frameworks and their applications in care-process"" (part I) 17.00 Visit to the City Centre / free program. 19.30 Official common dinner at Perinita Restaurant <i>(offered by UCV)</i>
Sunday	15.12.2013	10.30 Informal meeting between participants 11.00 Work Visit to Dolj County Council, hosted by Mr. Florin Stancu, General County Manager and Mr. Ion Prioteasa, President of Dolj County Council. 12.00 Visit to Oltenia Museum – Ethnography section in the House of Banie.  13.30 Work Visit to Children Neuromotor Rehabilitation Center "NoriceI" <i>(Al. Toamnei, no 14, Craiova)</i> and Workshop (part II) 14.00 Lunch. 15.00 Informal meetings and discussions between partners. 19.00 Common dinner at Golden House Hotel Restaurant.
Monday	16.12.2013	11.00 Work visits at University of Craiova main building (Rectorate, University Senate, Rectors Gallery) hosted by UCV Vice-Rector - Prof.dr. Gabriel Olteanu, and Senate President – Prof.dr. Adrian Mănescu 13.30 Common lunch and official closure of the meeting



1. ISSUES DISCUSSED

Presentation of the partner organizations to improve the mutual knowledge - each partner presented its own organization and its main activities:

- o Prof. Ligia Rusu presented the host organisation, University of Craiova
- o Prof. Calogero Foti presented University Tor Vergata of Rome and their doctoral programmes; also made an analysis of Italian health system regarding educational needs for patients and professional/personal carers
- o Mrs. Maria Francuz presented the activities and achievements of The Cracow Centre of the Management and Administration Ltd in medical/social care domain
- o Dr. Monica Curelea from DGASPC introduced us Romanian cultural presentation and DGASPC RO activities medical/social care of children and adults affected by disabilities
- o Mrs. Mara Dirba presented the educational aspects in Latvia and introduced herself, her organization European Educational Circle, and University of Latvia.

Overview of project: aims and objectives, results, timescale:

- o Prof. Eugenia Rosulescu made a M-CARE Project ppt presentation, which was read and debated with all meeting participants.

Discussions and debates on NMD-PRO Project implementation:

- o It was debated, revised and established the M-CARE Evaluation Plan; all partners agreed to accomplish their own internal and external evaluations
- o There were defined the responsibilities and functions of the partners: each partner will involve its local network to implement the activities aimed at collecting and exchanging information and best practices during all the project,
- o It was not signed the "General agreement of the Partnership", some of the partners (KSZIA PL) considering that's a too formal juridical document, and a verbal committed agreement is more adequate for this type of GRU Partnership
- o There were debates regarding the target groups, with different opinions between project partners, because the local country NAs rules
- o PL partners suggested more effective communication pathways
- o It was revised The work plan and the List of project's expected results and outcomes: further milestones and the calendar of activities, confirmation of deliverables and deadlines:
 - 5 Transnational meetings – hosted by each project partners
 - 12 mobilities for each partner, 24 for DGASPC RO
 - 4 Workshops – organized at the first 4 meetings
 - Learners needs analyze
 - Local activities: documentation, courses, seminars
 - Realization of educational materials "M-CARE pro Handbook".
 - Dissemination: all 5 partners will be involved in dissemination/exploitation activities to ensure that project results will be transferred to the target audiences at internal, local, national, EU level.

2. PROJECT EVALUATION

2.1. Evaluation of outputs - were realized:

Virtual outputs:

- the M-CARE website and forum is launched <http://www.m-care.eu/>
- the M-CARE Yahoo Group was made <https://groups.yahoo.com/neo/groups/mutual-care/info>
- the M-CARE Facebook page was done <https://www.facebook.com/M.Care.eu>

Events:

- the 1st Transnational meeting in CRAIOVA (Romania) was held as planned.
- the Inaugural event and Management group 1st Meeting
- the 1st Transnational workshop: "Conceptual frameworks and their applications in care-process"
- local meetings (intra-institutional), local seminars at each participant institution - 1st M-CARE Local seminar for learners

Products:

- Startup leaflet of M-CARE project
- M-CARE Project logo is designed.
- Country Profiles/presentations
- Workshop presentations
- Dissemination - Articles in newspapers/journals or partners websites - Dissemination in participating institutions and countries

2.2. Evaluation of outcomes

- All participant institutions adopted the M-CARE project framework and have joined to the aims and objectives of the project
- Support from Dolj County Council and Mr. Florin Stancu, the General County Manager, welcomed us and assured us of their support
- Increased knowledge of participants – staff and learners about the the culture, society, health and medical issues, standards of care, and social systems of other member countries
- Establishment of personal/professional contacts with people from participant countries to create a network of friends and colleagues, for further collaboration and a better capability of dealing with problems and difficulties of people living with neuromuscular conditions

3. WORKSHOP PRESENTATIONS



1st M-CARE Project presentation (Dr. Eugenia Rosulescu):

The Partnership

- UNIVERSITY OF CRAIOVA, DEPARTMENT OF PHYSICAL THERAPY AND SPORTS MEDICINE, FACULTY OF PHYSICAL EDUCATION AND SPORT, **ROMANIA**
- GENERAL DIRECTORATE OF SOCIAL ASSISTANCE AND CHILD PROTECTION DOLJ, **ROMANIA**
- TOR VERGATA UNIVERSITY OF ROME: FACULTY OF MEDICINE, CLINICAL SCIENCES AND TRANSLATIONAL MEDICINE DEPARTMENT, **ITALY**
- EUROPEAN EDUCATIONAL CIRCLE, **LATVIA**
- THE CRACOW CENTRE OF MANAGEMENT AND ADMINISTRATION LTD, **POLAND**

2-year Lifelong learning Grundtvig project for unpaid and professional caregivers, chronically ill or disabled patients.
AUGUST 2013 – JULY 2015

The idea ...

- routines and ways of coping developed by families (through both the caring person and affected person are looking after each other) can provide the basis for an innovative learning approach, in which **'mutual care'** and **'interdependency'** should underlie educational/health topics on disability issues.

How ?

- by supporting, training and raising the educational, social, health knowledge and competencies for patients, families and professional caregivers
- by dissemination/exploitation, every participant becoming a project multiplier

INTERDEPENDENCE of LIVING ORGANISMS



- The picture shows a bee visiting a sunflower
- It provides an example of interdependence
- The bee is dependent on the flower for its nectar
- The flower is dependent on the bee for pollination

Interdependence
– what it means for our M-CARE Project

"What we do with our lives individually is not what determines whether we are a success or not; what determines whether we are a success is how we affect the lives of others." (Albert Schweitzer)

- Interdependence is about **relationships that lead to a mutual acceptance and respect.**
- It suggests a fabric effect where **diversity comes together in a synergistic way to create an upward effect for all people.**

"Human beings are not like amoebas, we're not things. We're much more like coral, we're interconnected. We cannot survive without each other." (Willard Gaylin)

This Meeting

To DO:

- get to know each other
- have a clear picture of the project and overview of deliverables
- revise the work plan and calendar of activities
- establish project evaluation strategy
- sign the "General agreement of the Partnership"


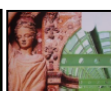
Dziękuję ciębie!

Paldies! **Grazie mille!**



Multumesc!

Physical and Rehabilitation Medicine –PRM (Prof. Calogero Foti)

 <p>TOR VERGATA UNIVERSITY OF ROME-ITALY-EU</p> <p>Clinical Sciences and Translational Medicine Department</p> <p>Physical and Rehabilitation Medicine (PRM)</p> <p>Prof. Calogero FOTI, MD, PRM Chair Dott. Salvatore Antonio CASSARINO, MD, PRM AP</p> <p><small>C. Foti: M-Care Project. Craiova Dec. 13-16 -2013</small></p>	 <p>Physical and Rehabilitation Medicine (PRM) lines of research 2014-2016</p> <p>8) Role of Physical Adapted Activity and Sport (PAA) in PRM</p> <ul style="list-style-type: none"> Elderly and fraileed people (falls and related injuries prevention) Efficacy of a specific short form Tai of Chi Chuan on balance, gait, and quality of life in people with chronic stroke Efficacy of Tai chi Chuan on balance and quality of life in people with hypovision due to Glaucoma in a multidisciplinary Project aimed to falls and related injuries prevention in the elderly Efficacy of a specific Tai Chi Chuan programm on balance and quality of life in people with early middle Parkinson Disease aimed to falls prevention and related injuries prevention in the elderly <p><small>C. Foti M-Care Project Craiova –Dec. 13-16 -2013</small></p>
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Continuation, and more presentations, can be downloaded from the project webpage at http://www.m-care.eu/project_meetings.html

<p>Project summary:</p> <p>The project basic premise is that mutual caring understanding and transfer (routines and ways of coping developed by families through both the caring person and affected person are looking after each other) can provide the basis for an innovative learning approach, in which 'mutual care' and 'interdependency' should underlie educational topics on disability issues.</p> <p>The main objective of this project is to understand/define, develop and promote good practices in supporting families to plan for a future where a person with chronically ill/disabilities is providing care to their elderly carers through the concept of mutual caring.</p> <p>The introduction and practical application of these new concepts (but universally applicable) into care process can lead to innovative strategies that are sustainable and cost neutral.</p> <p>We'll identify, collect, share and exchange best knowledge and practices in which each partner has experience regarding mutualistic relationships; we'll create a website to offer free resources to carers, patients/people with disabilities and care professionals on how to cope their common problems; we'll provide expertise and support to authorities to build up evidence of how to develop a coordinated response for supporting people who are providing mutual care.</p> <p>The project is based on participants-led objectives, starts with efficient organization for preparatory work (research by case studies, demands/needs analyze), continues with project activities (meetings/workshops/seminars conceptualized for each target group), develops project outputs (workshops, know how transfer, M-CARE website/handbooks), reverberates in all partners joined-up strategy for dissemination of project new concepts and findings, every participant becoming a project multiplier.</p>	<p>Partners:</p> <p>UNIVERSITATEA DIN CRAIOVA - University of Craiova, Department of Physical Therapy and Sports Medicine, Faculty of Physical Education and Sport (UCV – RO)  http://www.ucv.ro/ http://ds01.certral.ucv.ro/educatie_fizica-kineta/</p> <p>DIRECTIA GENERALA DE ASISTENTA SOCIALA SI PROTECTIA COPILARILOR DOI - General Directorate of Social Assistance and Child Protection DoI (DGASPC - RO)  www.dgaspc.ro</p> <p>UNIVERSITA DEGI STUDI DI ROMA TOR VERGATA - TOR Vergata University of Rome, Faculty of Medicine, Clinical Sciences and Translational Medicine Department, Physical and Rehabilitation Medicine (TVU - IT)  http://web.uniroma2.it/home.php http://www.med.uniroma2.it/</p> <p>EUROPEAN EDUCATIONAL CIRCLE (EEC – LV)  http://educationgroup.uozz.be/</p> <p>KRAKOWSKIE CENTRUM ZARZADZANIA I ADMINISTRACJI SPOLKA Z O.O. - The Cracow Centre of Management and Administration Ltd (KCCZA – PL)  http://www.kccza.eu</p> <p><small>This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.</small></p>	  <p>Mutual caring - from knowledge to action</p> <p>http://www.m-care.eu</p> <p>GRUNDTVIG LEARNING PARTNERSHIP Ref. 2013-1-RO1-GRU06-29473 1 2013-2015</p>
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2. VISIT IN POLAND – 2nd Workshop: “Educational challenges in social and medical care – elderly care”

The second project meeting was held in **Krakow, Poland, 18th - 20th of May 2014**, organized by the CRACOW CENTRE OF MANAGEMENT AND ADMINISTRATION LTD (PL). Representatives from all 5 partners participated: 4 representatives from the host organization, 6 representatives from UCV RO, 10 representatives DGASPC RO, 2 from EEC LV and 3 from TVU IT. Work meeting for project implementation, evaluation, debates. The 2nd Project Workshop “Educational challenges in social and medical care – elderly care” and study visits at the Dominicans convent seat and “Szpunt” volunteers students Association; Saint Father Pio Charity and the association Doctors of Hope (hosted by father Henryk Cisowski OFMCap); at Nursing House “im. Seniora naftowca” (led by Mr. Piotr Filipowski, the coordinator of volunteers). Good practices exchange, informal meetings, intercultural education and cultural diversity (cultural activities such as visits on museums/specific traditional places/ arts, common diners and local cuisine).

Participants:

Partner institution	Country	No. of persons	Participant's name
UNIVERSITY OF CRAIOVA (Coordinator)	Romania	6	Eugenia Rosulescu
			Mihaela Zavaleanu
			Mircea Danoiu
			Denisa Enescu-Bieru
			Beldiman Aurora
			Emilia Doina Bogdea
General Directorate of Social Assistance and Child Protection Dolj (DGASPC Dolj)	Romania	10	Bogdan Camelia
			Manea Violeta
			Constantinescu Lidia
			Ilie Silvia Mioara
			Dinca Diana-Elena
			Cara Monica-Laura
			Pistol Ioana
			Oprescu Anca-Dana
			Bezna Laurentiu
			Stamin Valentin
Tor Vergata University of Rome, Faculty of Medicine, Clinical Sciences and Translational Medicine Department (TVU)	Italy	3	Lucia D'Ingianna
			Calogero Foti
			Salvatore A. Cassarino
European Educational Circle (EEC)	Latvia	2	Mara Dirba
			Arnis Dirba
The Cracow Centre of the Management and Administration Ltd (KSZIA) (HOST INSTITUTION)	Poland	4	Czesław K. Cieplik
			Maria Karkowska
			Katarzyna Krukowska
			Małgorzata Janusz

Minute taker: Mrs. Katarzyna Krukowska

Meeting theme and aims:

- to have an analysis and evaluation of the project, its deliverables and upcoming time-schedule
- to discuss how partners will incorporate the project activities in to them learners and volunteers training (professional and citizens tending people with disabilities, elders).
- to analyses target group needs, methodologies and local Polish best practice
- to review any possible changes, difficulties, further milestones and calendar of activities
- to improve intercultural competences, learning and training opportunities used in the member countries and organizations



Workshop:

- know how transfer, exchanging information/experiences and good practices
- to increase knowledge and personal skills of project learners

Activities:

Saturday, 17th May

Arrival of the partners at Krakow airport. Transfer of participants to hotels.

20.30 For those who arrive early in the afternoon, informal meetings, common dinner.

Sunday, 18th May

The first day of the Partnership visit was dedicated to cultural exchange and activities. The Partners visited the city and did sight-seeing.

Monday, 19th May

Project Work Meeting - 9:00-10:30

9:00 – Ms. Katarzyna Krukowska officially opened the meeting and welcomed all the Partners on behalf of the Cracow Center of Management and Administration Ltd (KCZIA).

PL – Ms. Krukowska discussed the agenda of the Partnership meeting and workshop and presented the planned activities step by step.

9:10 – The Coordinator - Ms. Eugenia Rosulescu took the floor.

RO (University of Craiova) – The Coordinator reminded the Partners about the Interim Report in the end of June. What is more, the Coordinator presented the progress of the Project and the activities done, ie.:

- M-Care website
- M-Care Yahoo group
- M-Care Facebook
- M-Care logo
- Project dissemination events, with students and specialists about the project and mutual care approach.

The Coordinator reminded the Partners to prepare the Project leaflets in their national languages. Due

to the computer failure the Coordinator asked the Partners to resend the presentations in English about their institutions.

Furthermore, the Coordinator reminded the other Romanian Partner: General Directorate of Social Assistance and Child Protection Dolj, to catch up on the Project activities.

9:20 – The Coordinator presented the M-Care website.

9:25 – The Coordinator asked each Partner about the activities done within the Project so far. PL – Ms. Maria Karkowska presented the activities done by KCZIA, ie.:

- Creating a network of local partner institutions
- Organizing an informational meeting about the Project (about 10 participants)
- Local seminar to be organized in the end of June.

IT – Mr. Calogero Foti described the opportunity and his plan to present the M-Care Project on the 19th European Congress of Physical and Rehabilitation Medicine in Marseille, 26th-31th May 2014.

LV – Ms. Māra Dirba presented the activities done by the European Educational Circle, ie.:

- Organizing an informational meeting about the project. Working on the M-Care brochure.



Mrs. Dirba suggested settling the dates for the next Partnership Meeting, which will take place in Riga (Latvia).

All the Partners agreed to the date: 22nd – 24th September 2014.

Then, the Partners discussed the issues concerning the meeting in Riga, ie.: accommodation, the number of people from each Partner institution, the sending date of the agenda.

Afterwards it was proposed to settle the dates for the following Partnership meetings. All the Partners agreed that the 4th Partnership meeting will be held on 23rd – 25th March 2015 (Rome) and the 5th Partnership meeting will take place on 19th – 22nd May 2015 (Craiova).

RO (General Directorate of Social Assistance and Child Protection Dolj) – Ms. Camelia Bogdan presented the Project activities to be organized by D.G.A.S.P.C Dolj, ie.:

- Meeting with the care workers: developing new approaches to caring
- Project seminars in June. Target group: doctors, physical therapists, medical assistants. Aim: exchanging approaches to caring.

10:00 – The Coordinator asked whether there are some suggestions for the Project improvement.

IT – Mr. Calogero Foti suggested creating the LinkedIn site of the Project instead of the Facebook one. The motion was discussed and denied by the Partners.

PL – Ms. Katarzyna Krukowska proposed the Partners to evaluate the Project meeting on-line, using the special surveys. All the Partners agreed to this idea.

10:15 – Ms. Katarzyna Krukowska suggested the 15-minute coffee break, during which the certificates of attendance were printed.

**The 2nd Project Workshop “Educational challenges in social and medical care – elderly care”
within the Project “Mutual Care – Mutual Caring – from knowledge to action” (M-Care)**

Monday, 19th May

After the management meeting, which took place from 9:00 to 10:30 (see Minutes of the meeting) the Partners and Learners, accompanied by Ms. Maria Karkowska, Ms. Katarzyna Krukowska and Ms. Małgorzata Janusz from KCZIA, visited the students’ voluntary group “Szpunt”.

The meeting took place in an uncommon venue, which was the Dominicans convent seat. The Learners were greeted with a treat by the “Szpunt” volunteers. The meeting was led by Mr. Piotr Potoniec, a student who is one of the people responsible for the group. He was accompanied by 5 students – volunteers. During one hour young enthusiastic people presented their activities and engagement in caring for elderly and disabled people, as well as children and homeless people. They also spoke about different initiatives of raising funds for charity aims in Poland and abroad. At the end of the visit there was a time for discussion on the topic of the mutual care and the exchange of experience. What is more, the students showed us around the part of the monastery.

Next, at 12:30 we visited the premises of Saint Father Pio Charity and the association Doctors of Hope. Firstly, father Henryk Cisowski OFMCap presented in a very gripping way the history and the activities of the institution, which takes care of and supports both the homeless people, who want to rejoin the society and the people, who are on the edge of the homelessness. Then, we had an opportunity to see almost every corner of the Charity center, ie.: medical rooms, kitchen, the rooms dedicated to professional counseling, the film room, the laundry and the baths. The visit has met with a great deal of enthusiasm from the guests.



According to the agenda, between 14:00 and 16:00 all the Partners and Learners had lunch together. At 16:00 we were back at the KCZIA office, where the presentation of the 2 innovative care projects took place. Firstly, Ms. Monika Halicka and Ms. Paulina Rybak from the “Wholesome Contact Project” realized by Interdisciplinary Students Scientific Association on the Contact with Patients within the Internal Diseases and Gerontology Centre of Jagiellonian University presented the general overview of the project and raised the awareness of the delirium issue. The delegates spoke about the new idea of care during hospitalisation and about the implementation of the project, which identifies the risk factors of delirium and ways to reduce them. What was especially important, they shared with the Learners their personal experience of the day-to-day contact and conversations with elderly patients. Secondly, Ms. Małgorzata Borczyk from the Foundation Revita Krakow-Kobierzyn presented the project “Senior-Volunteer”, which touches the socially crucial issues such as: social exclusion of the elders and people with mental disorders, the rehospitalization of the mentally disordered people due to the lack of support from the family and the social surroundings and the seniors’ demand to feel needed and active after the end of their professional activity. Both the projects correspond directly (but each in a different way) with the idea of the mutual care and they met with the applause of the auditorium.

Again, Partners and Learners had an opportunity to exchange the view points on the issues mentioned above and compare with the situation in their countries.

The 2nd day workshop ended with the Partnership dinner at 19:00.



Tuesday, 20th May

In the morning, between 10:00 – 11:00 Partners and Learners visited the Nursing House "im. Seniors naftowca" at Kluzeka Street 6 in Kraków. The meeting was led by Mr. Piotr Filipowski, who is the coordinator of volunteers and the animator of free time of the residents. The guests visited the house and the garden and in the second part of the visit they learned about the work of the social worker, the physiotherapist and the animators of free time of the residents. It was explained how the volunteering services are organized in this institution. The guests had a chance to exchange view points from their perspectives. Due to departure of some Partners in the early afternoon, the second day was planned to finish before lunch and it happened so.



Work documents:

Each participant has received the following documents needed for the meeting:

1. Meeting Agenda
2. Meeting Evaluation questionnaire
3. Certificate of Attendance at the 2nd M-CARE Meeting

The partners have received the documents in English. The meeting has been held in English.

2. WORKSHOP PRESENTATIONS



Continuation, and more presentations, can be downloaded from the project webpage at http://www.m-care.eu/project_meetings.html

3. VISIT IN LATVIA – 3rd Workshop “Educational challenges in social and medical care – disability care”

The third project meeting was held in Riga, Latvia *between 19th to 24th of September 2014*, being organized by European Educational Circle. Representatives from all five partners participated: 5 representatives from the host organization, 3 representatives from the project coordinator University of Craiova, 3 representatives from General Directorate of Social Assistance and Child Protection Dolj, 3 representatives from Tor Vergata University of Rome, Italy, and 4 from the Cracow Centre of the Management and Administration, Poland. Staff and learners from different countries participated at the meeting and workshop, visited the Faculty of Rehabilitation, Riga Stradiņš University, the St. John`s Help and Care centre of the NGO „Gaismas stars” (Ray of light), to find out what learning and rehabilitation opportunities are offered to patients/caregivers in Latvia, having the opportunity for knowing better the medical/NGO organisation of Latvia, participating at social events and cultural visits.

Participants:

Partner institution	Country	No. of persons	Participant's name
UNIVERSITY OF CRAIOVA (UCV)	Romania	3	Eugenia Rosulescu
			Mircea Danoiu
			Mihaela Zavaleanu
General Directorate of Social Assistance and Child Protection Dolj (DGASPC Dolj)	Romania	3	Mioara Silvia Ilie
			Violeta Manea
			Florin Stancu
Tor Vergata University of Rome, Faculty of Medicine, Clinical Sciences and Translational Medicine Department (TUV)	Italy	3	Lucia D'Ingianna
			Salvatore Casarino
			Calogero Foti
European Educational Circle (EEC) – HOST INSTITUTION	Latvia	5	Mara Dirba
			Mudite Reigase
			Arnis Dirba
			Ilga Prudnikova
			Aili Horna Butkevica
The Cracow Centre of the Management and Administration Ltd (KSZIA)		4	Maria Francuz
			Czeslaw Cieplik
			Dominika Weronka
			Piotr Potowicz

Minute taker: Mrs. Mara Dirba

Meeting theme and aims:

- to review the project, its deliverables and upcoming time-schedule
- to discuss any possible changes, difficulties with partners
- exchange of experiences and good practices, know-how transfer
- study visits to relevant places
- to improve intercultural competences



Work documents:

Each participant has received the following documents needed for the meeting:

1. Meeting Agenda
2. Meeting Evaluation questionnaire
3. Certificate of Attendance at the 3rd Meeting

Workshop:

- understanding the carer-patient dynamics and the mutual exchange of care between the carer and care recipient
- understanding why "Mutuality" should underlie the educational approaches on disability care issues and could redesign educational systems
- know how transfer, exchanging information/experiences and good practices
- developing knowledge and personal skills of project learners

Working methods:

The 3rd Meeting programme consisted of presentations of the partners, working visits and workshops in small groups.

Activities:

Day	Date	Activity
Friday	19.09.2014	<p>Arrival of the partners at Riga airport. Transfer of participants to hotels.</p> <p>9.00 Meeting and debates on M-CARE Project with Prof. Aivars Vetra, the dean of the Faculty of Rehabilitation, Riga Stradiņš University (Anniņmuižas bulv. 26, Riga).</p> <p>11.00 Project debates and dissemination to participants of the ERASMUS+ international seminar "Inclusion in European context" in European House Aspazijas bulv.28 Riga, Latvia</p> <p>17.30 For those who arrive early in the afternoon, informal meeting in the restaurant "Cydonia" (offered by European Educational Circle)</p> <p>19.00 visiting National Opera of Latvia Verdi "Rigoletto" (offered by European Educational Circle)</p>
Saturday	20.09.2014	<p>Boat trip in the river Daugava Social events, common dinner</p>
Sunday	21.09.2014	<p>Excursion around Riga, social events, common dinner</p>
Monday	22.09.2014	<p>10.00 Official opening of the project meeting and welcome (Special education department, <i>Merkela str. No 11</i>)</p> <p>10.30 Revision of the work plan: further milestones and the calendar of activities, confirmation of deliverables and deadlines, Discussion on the project progress</p> <p>11.00 Head of the Special Education Department at the Ministry of Education and Science of Latvia Mudite Reigase`s presentation „System of support for students with different functional disorders in Latvia”</p> <p>13.00 Guna Veidemane on Self-help groups in Latvia</p> <p>14.00 -14.50 Lunch</p> <p>15.20 Visit to the Saint John`s care centre for people with mental disorders</p> <p>17.00 3rd workshop "Educational challenges in social and medical care – disability care"(part I)</p> <p>18.00 Visit to the City Centre</p> <p>19.00 Common dinner at Restaurant "Nometne"</p>
Tuesday	23.09.2014	<p>9.00 Informal meeting between participants</p> <p>10.00 Visit to Care centre for people with mental disorders „Gaismas stars” at Pērnavas street 62</p> <p>12.30 -13.20 Lunch</p> <p>14.00 Meeting the vice dean of the Faculty of Rehabilitation, Riga Stradiņš University (Anniņmuižas bulv. 26, Riga) and Workshop (part II)</p> <p>15.00 Excursion in the building of Medical Education Technology centre, Riga Stradiņš University (Anniņmuižas bulv. 26)</p> <p>16.00 Informal meetings and discussions between partners.</p> <p>19.00 Common dinner at Restaurant "Cydonia"</p>
Wednesday	24.09.2014	<p>10.00 Work meeting - reporting, dissemination: financial issues, internal reporting procedures, website etc.</p> <p>13.00 visits to Riga museums</p> <p>14.30 Common lunch and official closure of the meeting</p>



ISSUES DISCUSSED

Participants from UCV and EEC visited the Faculty of Rehabilitation, Riga Stradiņš University, and discussed with their representatives, and Prof Aivars Vetra, future possibilities of collaboration on M-CARE project issues and also on ERASMUS+ common future projects.

On Friday, 19 September, prof. Eugenia Rosulescu made a project presentation and debates by the occasion and to participants of the ERASMUS+ international seminar "Inclusion in European context" in European House Aspazijas bulv.28 Riga, Latvia.

The partners discussed the project progress. Each partner presented its main project activities:

- 1) Prof. Calogero Foti and Lucia D'Ingianna presented the project activities of the University Tor Vergata of Rome and informed about preparing for the next project meeting in Rome from 23rd – 25th March, 2014
- 2) Mrs. Maria Francuz presented the project activities and achievements of The Cracow Centre of the Management and Administration, she informed about preparing for the next local project seminar in October
- 3) Mrs. Violeta Manea from DGASPC introduced DGASPC, Romania project activities in medical/social care of children and adults affected by disabilities
- 4) Dr. Mara Dirba presented the project activities of the European Educational Circle and informed about preparing for the next local project seminar in October and about collecting the information about the best practices of mutual care in Latvia

Overview of project progress : M-CARE project results, timescale

Prof. Eugenia Rosulescu made a M-CARE Project ppt presentation, which was read and debated with all meeting participants.

Discussions and debates on M-CARE Project implementation:

- 1) Partners revised the M-CARE Evaluation Plan and their own internal and external evaluations

- 2) Partners discussed the responsibilities and functions of the partners: involving local networks in collecting and exchanging information and best practices during all the project,
- 3) Partners discussed dissemination/exploitation activities to ensure that project results are transferred to the target audiences at internal, local, national, EU level.

MONITORING PROJECT DEVELOPMENT - It was concluded that the Project aims and objectives are being achieved step by step. The partners have done great job for Project publicity. Interviews and questionnaires have been administered to find out patients needs and the situation regarding awareness of NMD in partner countries and identifying problems in providing support for NMD patients and parents in Latvia and other partner countries. Partners` intercultural and diversity management competencies have developed. The partners have shared good practice in educating parents and patients.

PROJECT EVALUATION - The meeting and workshop were evaluated highly both by Project partners and invited guests.

2. WORKSHOP

The 3rd workshop "Educational challenges in social and medical care – disability care" was held in Riga, Latvia. As part of the workshop, the learners attended care centers for people with mental disorders such as St. John`s Help and care centre of the NGO „Gaismas stars” (Ray of light). „Gaismas stars” is a support group for patients with mental health disorders and their relatives. It helps to find the ray of light both for mental health patients and their relatives. The organization helps to solve the social problems of mental health patients, improves the quality of life and helps to reintegrate in society of Latvia. It also provides mental health patients with free lunches, counselling, provides job opportunities inside the organization. It organizes language courses, computer classes, sport activities and excursions. Social worker and psychologist offers emotional support. The M-CARE project learners and partners admired the fantastic drawings and clay figures and pottery made by mental health patients in the „Gaismas stars” art gallery. They put into action the principles of mutual caring.

The partners and learners also attended the Medical Education Technology centre of Riga Stradiņš University and had a meeting with the vice dean of the Faculty of Rehabilitation.



Workshop presentations:

Dr. E. Rosulescu M-CARE Project ppt presentation:

M-CARE
Grundtvig Learning Partnerships
2013-1-RO1-GRU06-29473 1

MUTUAL CARING - FROM KNOWLEDGE TO ACTION

M-CARE

Flags of Romania, EU, Latvia, and Austria.

*Educational challenges in social and medical care – disability care
19/09/2014, Riga, Latvia*

M-CARE

Innovation is the most important principle of KA2 Strategic Partnerships.

Erasmus+

An innovative and/or complementary project can be interpreted in a broad sense:

- new or additional needs addressed;
- new or additional products or educational practices shared or developed;
- new or additional receiving countries, target groups or sectors;
- new or additional methods for delivering innovation or sharing approaches.

3

Guna presentation Mcare:

Self-Help Group for Mental Health

Pietura Dāvana

Presentatio Author : Group Member/Participant Guna Veidmane

Self-Help Group for Mental Health Pietura Dāvana. For M-CARE Project, Workshop on September 22nd 2014 in Riga, Latvia

People are different

- On the one hand
- On the other hand

Images of a koala and a jellyfish.

Self-Help Group for Mental Health Pietura Dāvana. For M-CARE Project, Workshop on September 22nd 2014 in Riga, Latvia

22

National Centre for Education presentation:

Education and Culture DG
Lifelong Learning Programme

Ministry of Education and Science
National Centre for Education

Special Education in Latvia

VISC logo

Education and Culture DG
Lifelong Learning Programme

Special Education Target Groups

- LEARNERS WITH SEVERE INTELLECTUAL DISABILITIES OR MULTIPLE SEVERE DISABILITIES (59)
- LEARNERS WITH VISUAL IMPAIRMENTS (51)
- LEARNERS WITH HEARING IMPAIRMENTS (52)
- LEARNERS WITH PHYSICAL DISABILITIES (53)
- LEARNERS WITH LONGTERM ILLNESSES (54)
- LEARNERS WITH LANGUAGE DISORDERS (55)
- LEARNERS WITH LEARNING DISABILITIES/ MIXED DEVELOPMENT DISABILITIES (56)
- LEARNERS WITH MENTAL HEALTH DISORDERS (57)
- LEARNERS WITH INTELLECTUAL DISABILITIES (58)

VISC logo

More Workshop presentations can be downloaded from project webpage at <http://www.m-care.eu/>

4. VISIT IN ITALY – The 4th Workshop “The health and social benefits of mutuality and resonance”

The 4th Project Meeting was held in **Rome (March 22nd - 25th 2015)** and was hosted by *Rome Tor Vergata University*. Representatives from all five Partners participated: 14 representatives from the host organisation, 5 representatives from project Coordinator University of Craiova, 13 representatives from General Directorate of Social Assistance and Child Protection (DGASPC Dolj), 6 from EEC Latvia, 4 representatives from the Cracow Centre of the Management and Administration, Poland. The meeting involved staff, including project coordinators and learners. The Partners met in formal and informal meetings during common lunches, had oral presentations of TVU Partner activities, visited the Center for refugees „Astalli”, the „Peter Pan” Onlus Association for the Caring and support of children suffering from oncological diseases and their families, visited the Center for Rehabilitation and Research „Fondazione Santa Lucia”, attended to a training session of Santa Lucia Sport team (wheelchair basketball).

Participants:

Partner institution	Country	No. of persons	Participant's name
UNIVERSITY OF CRAIOVA (Coordinator)	Romania	5	Eugenia Rosulescu
			Mircea Danoiu
			Ilinca Ilona
			Maria Cojoacă
			Aurora Beldiman
General Directorate of Social Assistance and Child Protection Dolj (DGASPC Dolj)	Romania	13	Marcela Stanescu
			Emilia Chiran Mihaela
			Lidia Nicu
			Carmen Sofia Padeanu
			Lavinia Raluca Apostol
			Claudiu Stonescu
			Radu Smarandache
			Claudia Daniela Maciuca
			Dayaba Scarlatescu
			Nicoleta Cretu
			Mioara Silvia Ilie
			Violeta Manea
			Florin Stancu
Tor Vergata University of Rome, Faculty of Medicine, Clinical Sciences and Translational Medicine Department (TVU) HOST INSTITUTION	Italy	14	Calogero Foti
			Salvatore Antonio Cassarino
			Lucia D'Ingianna
			Michela Bossa
			Rosangela Labriola
			Carla Assenza
			Luisanna Basile
			Caterina Albeni

			Sefora Codazza
			Giulia Blasetti
			Valeria Vecchi
			Emanuela Lena
			Maria Rosaria Porto
			Serenella Bacciu
European Educational Circle (EEC)	Latvia	6	Mara Dirba
			Mudīte Reigase
			Aili Horna Butkevica
			Indra Vinberga
			Ieva Vaitkeviča
			Lelde Sermone
The Cracow Centre of the Management and Administration Ltd (KSZIA)	Poland	4	Maria Karkowska
			Czesław Cieplik
			Katarzyna Krukowska
			Sylvia Olejniczak-Szymańska

Minute takers: Prof. Calogero Foti, Dr. Lucia D'Ingianna

Meeting themes:

- to evaluate and to review the project, its deliverables and upcoming time-schedule
- to share experiences and good practices, know-how transfer.

Work documents:

Each participant has received the following documents needed for the meeting:

1. Meeting Agenda
2. Certificate of Attendance at the 4th Meeting

Workshop:

- understanding the importance of the concept of mutuality in the caring and in educational, social, political and health systems
- understanding why "Mutuality" should improve quality of life of people affected by disability and of their care-givers
- know how transfer, exchanging information/experiences and good practices
- developing knowledge and personal skills of project learners





Activities:

Day	Date	Activity
Saturday	21.03.2015	Partners arrival
Sunday	22.03.2015	Informal meetings Social and cultural activities (museum visits)
Monday	23.03.2015	09.30 a.m. Official opening of the meeting and welcome, TVU Faculty of Medicine 09.30-11.00 a.m. Revision of the work plan. Discussion of what has been done on the project progress 11.00-01.00 p.m. Oral presentations of TVU Partner activities 01.00-02.00 p.m. Meeting Partners Lunch Area TVU 02.00-03.00 p.m. Excursion in the facilities of Tor Vergata University
Tuesday	24.03.2015	09.30-11.30 a.m. Visit to the Center for refugees "Astalli" 11.30-12.30 a.m. Visit to the "Peter Pan" Onlus Association for the Caring and support of children suffering from oncological diseases and their families 12.30-01.00 p.m. 4 th workshop: excursion in the building of Peter Pan Association in small groups 01.00-02.00 p.m. Free time-partners lunch 03.30-04.30 p.m. Visit at "Fondazione Santa Lucia" hospital 04.30-05.30 p.m. 4 th workshop: training session of Santa Lucia sport team (wheelchair basketball team) 05.30-07.30 p.m. Visit of Rome
Wednesday	25.03.2015	10.00 a.m. Visit to Rome museums 01.00 p.m. Common lunch and official closure of the Meeting

Working methods The 4th Meeting programme consisted of presentations of TVU Partner, group discussions, debates and workshops



1. ISSUES DISCUSSED

The partners discussed the project progress and revised the work plan. *Each partner presented its main project activities:*

Prof. Calogero Foti, Dr Salvatore Cassarino, Lucia D'Ingianna (Italian partners) presented the project activities done of the University Tor Vergata of Rome and had oral presentations on the concept of mutuality from a rehabilitative and social point of view. They stressed the importance of adapted physical activities (sport) as the resonance in the larger concept of mutuality

Prof Eugenia Rosulescu presented the project activities and achievements of The University of Craiova, she informed about preparing for the next local project seminar in May

Mrs. Violeta Manea from DGASPC informed partners on project activities in mutuality in medical/social care of children and adults affected by disabilities

Dr. Mara Dirba presented the project activities of the European Educational Circle and informed about the results of best practices of mutual care in Latvia

Dr. Maria Karkowska from Poland discussed about the organization of the next meeting and final report

Overview of project progress : M-CARE project results, timescale

- 1) Prof. Calogero Foti made a ppt presentation on PRM and the concept of mutuality, which was debated with all meeting participants
- 2) Dr Lucia D'Ingianna had a ppt presentation on the concept of mutuality and resonance and showed examples of mutuality in sport and disability
- 3) Dr Salvatore Cassarino had a ppt presentation on Complex disability management, through the use of Tai Chi Chuan.

All partners discussed and debated on the topics of spreading the concept of mutuality through their own activities and reporting results for the next Craiova meeting.

2. WORKSHOP

As part of the activities, the partners visited the Center for political refugees „Astalli”, presented as one of the best practice in Europe for the caring of people escaping from critical areas all over the world. Partners listened to the personal experience of one of the guests of the Center. As part of the workshops, learners attended to the „Peter Pan” Onlus Association for the caring and support of children suffering from oncological diseases and their families. They were divided into small groups and then visited the guest house for children and parents. All partners attended to the conference made by the honorary president of the Association, about their activities.



As part of the workshops, partners and learners visited „Fondazione Santa Lucia” Hospital and had a conference on their activities in the field of research and rehabilitation. Learners attended to a training session of „Santa Lucia Sport” wheelchair basketball team, and improved their knowledges on adapted physical activities and sport, as fundamental part of rehabilitation, caring and mutuality in caring. The partners and learners also attended the TVU Faculty of Medicine and had excursion in the facilities of TVU.



Workshop presentations:

Dr. L. D'Ingianna M-CARE Project ppt presentation:

4th PARTNERSHIP MEETING
 and
 4th Workshop "The health and social benefits of mutuality and resonance"
 March 22nd - 25th 2015
 Rome, Tor Vergata University
 Faculty of Medicine - Montpellier 1




Lucia D'Ingianna, MD
TVU





The health and social benefits of Mutuality and resonance

- ✓ Activities of the TVU team in the field of Mutuality and resonance

«International Day of People with Disability», Rome 3 December 2014, TVU





4th PARTNERSHIP MEETING "The health and social benefits of mutuality and resonance"
 March 22nd - 25th 2015 Rome, Tor Vergata University Faculty of Medicine - Montpellier 1


The health and social benefits of Mutuality and resonance

- ✓ Activities of the TVU team in the field of Mutuality and resonance

«International Day of People with Disability», Rome 3 December 2014, TVU

4th PARTNERSHIP MEETING "The health and social benefits of mutuality and resonance"
 March 22nd - 25th 2015 Rome, Tor Vergata University Faculty of Medicine - Montpellier 1

The health and social benefits of Mutuality and resonance

- ✓ The health and social benefits of Mutuality

«Mutuality» allows care-givers to gain experience and to experiment with different lives and social behaviours

In a larger scale, the concept of «Mutuality» as the center of caring of different types of disabilities can provide a new vision and the creation of new good-practices in the field of disability

4th PARTNERSHIP MEETING "The health and social benefits of mutuality and resonance"
 March 22nd - 25th 2015 Rome, Tor Vergata University Faculty of Medicine - Montpellier 1

Dr. S. Cassarino presentation:



M-Care Project Meeting Rome, March 23 th 2015

An innovative proposal in complex disability management

Cassarino Salvatore A.

M-Care Project Meeting Rome, March 23 th 2015



M-CareProject

Thanks
Mulțumesc
Dziękuję
Paldies
Grazie












M-Care Project 4 rd Meeting Rome, March 23 th 2015

Continuation, and more presentations, can be downloaded from the project webpage at http://www.m-care.eu/project_meetings.html

5. VISIT IN ROMANIA – The 5th Transnational Meeting and The Final International Conference ‘Mutualistic approaches and strategies in adult education’

The 5th project meeting was held in Craiova (DGASPC - Sfanta Maria Neuromotor Rehabilitation Center, Ghetisoarei str, no. 5 Craiova, and Faculty of Physical Education and Sports, Brestei str, no.156), Romania between 19th and 23rd May 2015, being organized by the joint work of General Directorate of Social Assistance and Child Protection Dolj (DGASPC Dolj) and University of Craiova. Representatives from all five partners participated. The meeting involved staff and learners from all 5 participant partners, and provided opportunities for project quality final evaluation, for drawing conclusions and recommendations.

Participants:

Partner institution	Country	No. of persons	Participant's name
University of Craiova (UCV) – <i>HOST INSTITUTION</i>	Romania	4	Eugenia Rosulescu
			Mircea Danoiu
			Mihaela Zavaleanu
			Andrei Tohaneanu
General Directorate of Social Assistance and Child Protection Dolj (DGASPC Dolj) – <i>HOST INSTITUTION</i>	Romania	3	Maria Poenaru
			Violeta Manea
			Florin Stancu
Tor Vergata University of Rome, Faculty of Medicine, Clinical Sciences and Translational Medicine Department (TUV)	Italy	5	Lucia D'Ingianna
			Salvatore Casarino
			Calogero Foti
			Marilena De Vita
			Chiara Pepe
European Educational Circle (EEC)	Latvia	3	Mara Dirba
			Aili Horna Butkevica
			Ervins Butkevics
The Cracow Centre of the Management and Administration Ltd (KSZIA)		2	Katarzyna Krukowska
			Karolina Stasinska

Minute takers: dr. Eugenia Rosulescu Mrs. Violeta Manea

Meeting theme and aims:

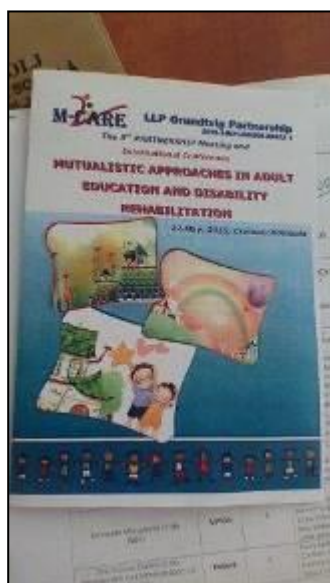
- to analyze the results of each partner and the common of the Partnership
- to complete and prepare for publication the M-CARE Handbook and M-CARE Project booklet of results
- to collect materials for final evaluation/report and work together on the Final Report and recommendations
- to complete the final evaluation questionnaires and quality/quantitative evaluation
- to draw conclusions and recommendations for decision-makers and stakeholders
- to review the changes, difficulties, and activities

Work documents:

Participants received the following documents needed for the meeting:

1. Meeting Agenda
2. Meeting Evaluation questionnaire
3. Certificate of Attendance at the 5th M-CARE Meeting
4. Conference programme and Flyer

Working methods The 5th Meeting programme consisted of discussions and presentations of the country coordinators; debates, reflective talks, and feedback of participants.



Activities:

Day	Date	Activity
Tuesday	19.05.2015	Arrival of the partners at Craiova airport. Transfer of participants to hotels (provided by host organizations) 19.30 For those who arrive early in the afternoon, informal meeting.
Wednesday	20.05.2015	09.00 Official opening of the project meeting and welcome (Faculty of Physical Education and Sports, Brestei str, no 156)

		<p>09.30 Overview of project: Aims and objectives, 2 yrs stipulated results – Coordinator presentation</p> <p>10.00 Presentation of all partners and their organizations tangible/quantitative results (needs analyses, local workshops/seminars, printed and on-line educational materials, newspaper/journal/conference/web articles) and intangible results: project outcomes in terms of satisfaction/impact on target groups, increased knowledge level of individuals, changes in attitude, cultural awareness derived from mobilities, impact/benefits at institutional level</p> <p>11.30 Analyze, prepare, complete of M-CARE project common results – “M-CARE Project Booklet” and the “M-CARE pro handbook”, M-CARE website, etc.</p> <p>13.00 Lunch : Hotel Parc Restaurant</p> <p>15.00 – 18.00 Work Visit to Community Rehabilitation Centers “O sansa pentru ficare” (adults) and “Sfantul Apostol Andrei” (children).</p>
Thursday	21.05.2015	<p>09.00 Informal meeting between participants at Golden House Hotel</p> <p>09.15 Travel by car to Bailesti (50 km away) and visit to “Floare de Colt” Children Rehabilitation Center; touristic visits around.</p> <p>13.00. Common Lunch nearby Bailesti.</p> <p>15.00-19.00 Art Museum and Oltenia History Museum, Craiova.</p>
Friday	22.05.2015	<p>09.30 Project Conference – “Mutualistic approaches in adult education and disability rehabilitation” - detailed programme of speakers’ presentations on separate booklet (Sfanta Maria Neuromotor Rehabilitation Center, DGASPC, Ghetisoarei str, no 5, Craiova).</p> <p>Coffee breaks and lunch offered by DGASPC.</p> <p>13.00 Work visits / future projects collaboration, at University of Craiova main building (Rectorate, University Senate, Rectors Gallery) hosted by Vice-Rectors - Prof.dr. Cristiana Teodorescu (International Relations) and Prof. Dr. Dan Popescu (Research Responsible)</p> <p>14.00 Visit to INCESA Research Infrastructure (organized for research professionals)</p> <p>20.30 Official common dinner at Perinita Restaurant, offered by UCV (Unirii str, no 24)</p>
Saturday	23.05.2015	09.00 Informal meeting, departure of participants



1. ISSUES DISCUSSED

Each partner presented **its own organization results and its main activities**:

- Mrs. Eugenia Rosulescu presented the University of Craiova results and achievements
- Ms. Lucia D'Ingianna presented Tor Vergata University and Faculty of Medicine, Clinical Sciences and Translational Medicine Department results and activities
- Mrs. Katarzyna Krukowska presented the activities and achievements of The Cracow Centre of the Management and Administration Ltd
- Mrs. Violeta Manea presented us the perspective on mutual care of General Directorate of Social Assistance and Child Protection Dolj, and their activities
- Mrs. Mara Dirba presented the EEC point of view about common results and their local results – seminars, workshops and dissemination



Overview of project: results, timescale

Mrs. Eugenia Rosulescu presented the structure of The Project Booklet of Results/report and debated with all participants.



Discussions and debates on:

- M-CARE Project relevance for each partner, impact on staff, trainers and learners, implementation, dissemination and future exploitation
 - It was evaluated and revised the List of project's expected results and outcomes, confirmation of deliverables and deadlines:
- 5 Transnational meetings – hosted by each project partners
 - 12 mobilities for each partner, 24 for DGASPC Dolj
 - 4 Workshops – organized at the first 4 meetings
 - Project International Conference organized at the last meeting

- Learners needs analyze – published papers
- Local activities: documentation, courses, seminars
- Realization of educational materials and M-CARE Handbook – ready to be printed by the end of July 2015
- Dissemination: local, national, European level



2. PROJECT EVALUATION

There were evaluated:

- Meetings/Workshops
- The common results
- Each partner results and achievements
- Evaluation of project implementation
- Quality of the transnational element
- Adherence to the aims and objectives of the project
- Flexibility – finding creative solutions to problems



3. DECISIONS MADE

WORK PLAN FOR NEXT YEARS/PROJECT EXPLOITATION AND MULTIPLICATION:

- Project recommendations to be send/debated with all possible decision-makers
- Future collaboration between project participants on the same themes: parent/patients health education, students/practitioners education for a collaborative approach of care
- Dissemination of the project results in all participating countries



COORDINATOR:
UNIVERSITATEA DIN CRAIOVA - UNIVERSITY OF CRAIOVA
Department of Physical Therapy and Sports Medicine,
Faculty of Physical Education and Sport (UCS - RO)

PARTNERS:
Directia Generala de Asistenta Sociala si Protectia Copiilor DGI
Serviciu Directorat de Asistenta Sociala si Protectia Copiilor (DGASPC - RO)
Universitatea Algha Baudi di Roma Tor Vergata
TOR VERGATA UNIVERSITY OF ROME, Faculty of Medicine, Clinical
Sciences and Translational Medicine Department,
Physical and Rehabilitation Medicine (TV - IT)
European Educational Circle (EEC - LV)
Krocholska Centrum Zarzadzania i Administracji Sportu z o.o.
The Center Centre of Management and Administration Ltd
(KROCH - PL)

M-CARE LLP Grundtvig Partnership
2015-1-RO1-01000-20472 1
The 5th PARTNERSHIP Meeting and
International Conference
**MUTUALISTIC APPROACHES IN ADULT
EDUCATION AND DISABILITY
REHABILITATION**
22 May, 2015, Craiova, Romania

Conference Programme - Friday, May 22	
08:30-09:00	Registration of participants
09:00-09:30	Opening Ceremony and Welcome
Special lecture	
09:30-10:00	Classification of disability: a FIM point of view Calogero Foti, Professor, MD, PhD, Tor Vergata University of Rome, Italy
Plenary Session	
10:00-10:15	Disability case management and rehabilitation therapy services in EU: Quality social care systems Eugenia Rosulescu, Assoc.prof., MD, PhD, University of Craiova, Romania
10:15-10:30	The concept of mutuality and resonance Luca D'Agostino, MD, PhD, resident, Tor Vergata University of Rome, Italy
10:30-10:45	Multidisciplinary approaches in neuromuscular disorders Ilona Ilincă, Assoc.prof., PT, PhD, University of Craiova, Romania
10:45-11:00	Clinical judicial rehabilitation for children - a case study Germine Cosma, Lect., PhD, Alina Borileanu, PT, University of Craiova, Romania
11:00-11:15	Mutual care in Latvia Alli Neris Balodis, Lect., Riga Stradins University, Mare Driba, European Educational Circle, Latvia
11:15-11:30	The modern professional education: a bridge between education and rehabilitation Salvatore A. Casarone, MD, PhD, Tor Vergata University of Rome, Italy
11:30-12:00	Coffee break
12:00-13:00	Workshop Incorporating relationships in multidisciplinary rehabilitation team Chair: Florin Stancu, Dr.Jur., Director DGASPC Dell, Romania
13:00-13:30	Closing remarks

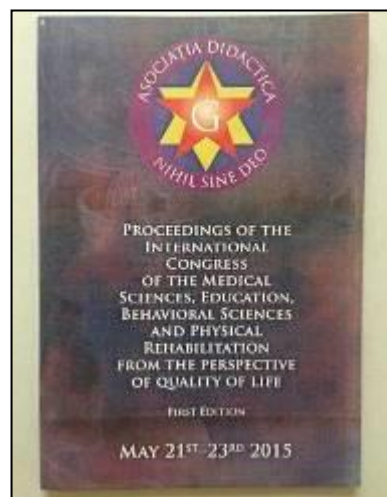
The International Conference "Mutualistic approaches and strategies in adult education"

Has been held in "Sfanta Maria" Neuromotor Rehabilitation Center, DGASPC, Ghetisoarei str, no 5, Craiova, on May 22nd, 2015.

We organised this Conference also as a special session - **SECTION III. PHYSICAL REHABILITATION** - of the **1st International Congress of the Medical Sciences, Education, Behavioral Sciences and Physical Rehabilitation from the perspective of quality of life**, Craiova May 21st-23rd 2015: <http://asociatiadidactica.ro/>

There were submitted, by the Project Participants, 14 scientific abstracts which have been published in the *Proceedings of the International Congress of the Medical Sciences, Education, Behavioral Sciences and Physical Rehabilitation from the perspective of quality of life*, 63-87, Ed. Dacia Contemporana, ISSN 2457-2772.

4 of the presented papers have been published in extenso in the Journal of Sport and Kinetic Movement no 25/2015: <http://www.jskm.ro/index.php/current-issue>



III. THE PROJECT RESULTS

1. List of joint results

By putting together all our capabilities to reach a good friendship and profitable collaboration, this project gave us the chance to receive important skills, both life, cultural and scientific experiences. The project therefore generated:

1.1. Tangible results:

Project Website. This is one of the main project outputs where all participating institutions have contributed based on their experiences. M-CARE website can be found at <http://www.m-care.eu/>, comprising Homepage, Project description page, Project Documents page, Partners page, Project Meetings page, Photo Gallery, Learning resources and Forum. It contains all information about what has been realized and what has been produced. [Link to: http://www.m-care.eu/](http://www.m-care.eu/)

M-CARE Facebook page. Can be found at <https://www.facebook.com/M.Care.eu>

Project Major Events. Five Transnational Meetings, 1 Trilateral Meeting (UCV RO- TVU IT - DGASPC RO), 2 Bilateral Meetings (UCV RO – TVU IT), and four Workshops on various topics related to project issues. [Link to: http://www.m-care.eu/](http://www.m-care.eu/)

Start up leaflet of M-CARE project. It is a dissemination brochure comprising and presenting essential information about the Partnership, project logo, the partners, project summary, premises, targeted issues and groups, objectives and approaches, the project main events (meeting and workshops). Available at <http://www.m-care.eu/> , [Directly downloadable on EST Database.](#)

M-CARE Project logo. The project logo, as shown on the front page of this booklet and on all project documents, is the result of all partners' contribution. The logo was chosen after market testing across the partner countries. [Directly downloadable on EST Database.](#)

Tools and templates for project implementation. They are drafted in Microsoft Word or Adobe Reader program, A4 shaping, and can be used as an example of good practice for many other projects: Project evaluation plan, Meeting invitation form, Meeting attendance list form, Meeting evaluation form, Minutes - Meeting Report form, Workshop Attendance List, Work plan 1st year, Planned results 1st year, Partner Internal Monitoring Form, Common Internal Monitoring Report. All documents can be downloaded from M-CARE website. [Link to: http://www.m-care.eu /](http://www.m-care.eu/)

M-CARE Educational Needs Questionnaire. We presented this questionnaire as a research paper at The 6TH INTERNATIONAL CONFERENCE: PHYSICAL EXERCISES - A COMPLEX AND MODERN WAY TO PROMOTE HEALTHY LIVING, Craiova, 04-05 April 2014, and *published paper*:

E Rosulescu, I Ilinca et al. *Needs analysis of Romanian participants to M-CARE Project Part I: Questionnaire design.* Journal of Sport and Kinetic Movement, no. 23, vol.1/2014, 50-55. (ISSN 2286 – 3524, Ed Universitaria, Craiova, recognized by the National Council of Scientific Research from Romania)

[Available at http://www.m-care.eu/](http://www.m-care.eu/) , [Directly downloadable on EST Database.](#)

http://www.jskm.ro/images/pdfs/jskm_nr23_vol1.pdf , p 7/10

<http://cis01.central.ucv.ro/exercitiulfizic/files/program.pdf>

M-CARE project findings on educational needs. We presented this research paper at the The M-CARE FINAL INTERNATIONAL CONFERENCE, Craiova, 22nd May 2015, and as a *published paper*: E ROSULESCU, I ILINCA, F STANCU, L D'INGIANNA, M ZAVALEANU, C FOTI. *Disability and (re)habilitation educational needs in Romania – findings of the M-CARE project.* Journal of Sport and Kinetic Movement, no. 25, 2015, 30-37, ISSN 2286 – 3524, Ed Universitaria, Craiova.

[Available at http://www.m-care.eu/](http://www.m-care.eu/) , [Directly downloadable on EST Database.](#)

http://www.jskm.ro/index.php/current-issue#_Toc427527399

Meeting reports. After each meeting of the project was published a report of the meeting activities. The report was sent to each partner organization. Available at <http://www.m-care.eu/> , Directly downloadable on EST Database.

First workshop presentations. 1st workshop "Conceptual frameworks and their applications in care-process", held in Craiova, Romania; more than 50 participants –patients, teachers, doctors, physical therapists, students, volunteers. Available at <http://www.m-care.eu/> , Directly downloadable on EST Database.

Second workshop presentations. 2nd transnational workshop "Educational challenges in social and medical care – elderly care", held in Cracow, Poland; more than 50 participants – parents, patients, teachers, doctors, physical therapists, students, volunteers. Available at <http://www.m-care.eu/> , Directly downloadable on EST Database.

Third workshop. 3rd transnational workshop "Educational challenges in social and medical care – disability care", held in Riga, Latvia, more than 30 participants – parents, patients, social workers, teachers, doctors, students, volunteers. The workshop programme consisted of oral presentations and discussions of the partners and participants learners, in small groups. Available at <http://www.m-care.eu/> , Directly downloadable on EST Database.

The fourth workshop. 4th transnational workshop "The health and social benefits of mutuality and resonance", held in Rome; the workshop programme consisted of oral presentations and discussions of the partners, in small groups; more than 50 participants. Available at <http://www.m-care.eu/> , Directly downloadable on EST Database.

M-CARE International Conference "Mutualistic approaches and strategies in adult education". Has been organized and held in "Sfanta Maria" Neuromotor Rehabilitation Center, DGASPC, Ghetisoarei str, no 5, Craiova, on May 22nd, 2015. The Conference also framed as a special session - SECTION III. PHYSICAL REHABILITATION - of the 1st International Congress of the Medical Sciences, Education, Behavioral Sciences and Physical Rehabilitation from the perspective of quality of life, Craiova May 21st-23rd 2015: <http://asociatiadidactica.ro/> . There were submitted, by the Project Participants, 14 scientific abstracts which have been published in the Proceedings of the International Congress of the Medical Sciences, Education, Behavioral Sciences and Physical Rehabilitation from the perspective of quality of life, pages 63-87, Ed. Dacia Contemporana, ISSN 2457-2772 (Available at <http://www.m-care.eu/> , Directly downloadable on EST Database). We also designed a **Conference flyer**, 4 of the presented papers have been published in extenso in the Journal of Sport and Kinetic Movement no 25/2015: <http://www.jskm.ro/index.php/current-issue> , Directly downloadable on EST Database

M-CARE Booklet of Project Results. This is one of the main outputs, a Project Report comprising a a synthesis of the partnership, meetings and workshops, project results, impact and relevance for participants, project swot analysis, conclusions and recommendations to patients, parents, health and social care specialists, community, other organizations and decision-makers Available at <http://www.m-care.eu/> , Directly downloadable on EST Database

M-CARE Handbook. We have created a this educational material, that will support patients or caregivers and anyone seeking to develop more knowledge about these mutuality approaches in disabling and long-term conditions, about what it means the multidisciplinary team management, family-centered care and parent-to-parent approach. It is currently available on the website - <http://www.m-care.eu/> , Directly downloadable on EST Database

Intra-/interinstitutional dissemination. Each partner organized an introductory presentation of the project to prospective participants, some had meetings with local municipalities (Romania), we created several drafts for a project logo and agreed on one of them, we created the first project leaflet, available in all partner's languages, and all partners published online articles or in newspapers and partners websites.

1.2. Intangible results:

Exchange of good practices: in the frame of mobilities, we visited structures of medical care, social care, special education, NGOs in the partner countries. Aim was to know the situation of each country, to meet good practices and to test if we can adapt solutions for our local reality.

Raised awareness in the local target groups and community.

Upgraded skills of learners demonstrated by interviews or analyses through questionnaires.

More fluent and better English language competence and communication skills for all the participants.

Enhanced participants' knowledge of the culture, society, health issues and social systems of project member countries.

2. Relevance for participants

This learning partnership promoted European cooperation in the field of adult education between trainers and learners from different European countries. This cooperation offered the participants an opportunity to exchange experiences, practices and methods in their daily life and at work, that otherwise would not have been achieved at a national level.

We have addressed to a relevant subject: the topic of supporting disadvantaged learners and people at risk of social marginalization, special needs and disabilities, health education, parent education and inclusive approaches, through an innovative teaching-learning method based on learners needs analysis and promoting the expression of demand, in which the teachers/learners are both people with personal experience and care/education professionals, project results being transferable to other adult training providers including NGOs, consultants, universities, colleges, and authorities responsible for healthcare and social services.

The partners' experiences completed each other. The added value of this multi-country partnership is reflected in the cooperation and reunion of these different experiences. The common work in the project added value to the activities of each partner institution, giving us the possibility to improve our knowledge and efficiency through transnational activities. Thus, different organizations from Europe have put together human and financial resources and complementary expertise to solve a common problem much better than they would have done it alone, locally.

3. Impact on participants

We increased our participants knowledge by gaining on scientific rigour, quality standards, perspective, methodology, and expertise, project management skills, logistical skills and professional financial administration. This project provided us a gateway to other relevant knowledge and competencies as well as wide ranging and relevant networks.

M-CARE Project acted for all partners as a staff/learners development tool and generates new skills, knowledge and personal growth in the people who participate directly.

At institutional level, it brought meaningful networking with both familiar and trusted partners as well beyond through the development of new relationships. It also brings social awareness and a fresh perspective (at European level) and encouraged efficiency, effectiveness and lean management practice, and the final project results provided new teaching and learning tools and materials.

4. Swot analysis of the project

Strengths:

1. The improving of experiences
2. Great cooperation and friendship
3. Discussions/knowledge gain about patients, parents' and children's problems
4. Attraction of learners (parents, students, trainers, volunteers) to the other cultures
5. Possibility to transmit the project to other countries
6. Solving of activity quality problems
7. Supported by EU Funding
8. Project development to create new educational bridges

Weaknesses:

1. Lack of English language skills of all participants
2. Difficulties of communication with project participants on time
3. Difficulties in using the yahoo.group and project Facebook page
4. Lack of a higher financial support for the needs requirements

5. Difficulties in finding a suitable time to arrange meetings between the participating countries

Opportunities:

1. To find more partners
2. To invite parents/patients/volunteers to workshops and to take care of them
3. To expand the project
4. To learn about different cultures, traditions
5. To communicate with NGOs in different countries
6. To learn other languages
7. To find ideas for new projects

Threats:

1. Different languages as a problem for communication
2. Differences in local law and management
4. Short time for project implementation activities
5. Different profiles of participants
6. Different interests of participants

IV. PROJECT CONCLUSIONS AND RECOMMENDATIONS

The number of people affected by different disabilities and long term conditions is seriously underestimated; consecutively the number of caregivers, as parents, relatives and friends is significantly greater than the number of people becoming impaired. These people are spread far and wide across the EU and for most of them there are few provisions.

We found a multitude of projects and initiatives that target persons with disability and their carers. However challenges and barriers still exist. We have identified some impediments to effective knowledge, care services, education and real inclusion:

- ✓ Most of these initiatives are still constructed, largely subconsciously, within the framework of the dominant world views and paradigms; thereby - to some extent - perpetuating of these ways of being and doing must to be changed. For too long our tendency has been to study and measure problems and to take curative action, instead of examining the underlying causes, imagining how they can be avoided and embarking on the necessary integrated programs of personal and political change.

- ✓ Neither 'CARE' nor 'DEPENDENCY' have simple, uncontested meanings. Both refer to a range of social phenomena that involve diverse characteristics that extend from physical activities, through the social relationships among individuals and groups, to the mental states or dispositions involved in caring about someone or being dependent. Research and theoretical critiques have suggested that 'CARE' does not denote a narrow set of activities or tasks, undertaken without the active engagement of the supposed beneficiary. Instead, 'CARE' is a complex concept that (with the exception of forms of self-care) cannot be undertaken by one person alone; it is a daily reality, a set of practices and ways of going about support. Recent studies of care suggest that qualities of reciprocal dependence underlie much of what is termed 'care'. Rather than being a unidirectional activity in which an active care-giver does something to a passive and dependent recipient, these accounts suggest that 'care' is best understood as the product or outcome of the relationship between two or more people.

- ✓ The concept of 'DEPENDENCY' too often connotes negative 'burdens' and deficiencies on the part of the person needing help, and we argued that the voices of those needing help must be heard as clearly as those who provide it. The 'individualizing and excluding' language of dependency should be replaced by a recognition of the basic social condition of 'INTERDEPENDENCE' and caring solidarity. Recognition of the increased risks of dependence in advanced old age, and of the need for care of those who are dependent, must involve an acknowledgment of HUMAN INTERDEPENDENCIES. Such a concept is not an assertion of interdependency as an alternative nor a negation of dependency, but rather one based on the recognition of 'NESTED-DEPENDENCIES' that link those who need support with those who help them and which, in turn, link the helpers to a set of broader supports.

- ✓ The person with first-hand experience will know that care relationships are often MUTUAL, that most people are involved in both receiving and providing care, although perhaps in very different ways. 'MUTUAL CARING' means caring for someone who also cares for you. Mutual caring is common in elderly couples, but can also occur if an elderly parent has a son or daughter with a disability or an older person with health needs cares for a disabled grandchild.

The primary objective of the project was to help these people and set them on a path of management through guidance, advice and training. This partnership project exists to find the disparate target audience in the partner countries and make sure they are aware of the benefits offered by the project.

The participation in this project meant to put together different capability to reach a good harmony, friendships, transnational and profitable collaborations on the thematic proposals. Through this Project we tried to find a way to make compulsory for hospitals/social services to give to family carers and patients the necessary support and information to empower their self-care abilities, give guidance in the treatments available for their pathology, to offer them a guide of centers for treatment, of centers for support from NGOs, support and how to access them if there are any

available, information on networks of families in similar situation. But specially the emotional support to accept the gift of taking care of the development of a special human being.

By pursuing both strands of the target audience it is expected that the project will serve as much of the target audience as possible, in the initial round. It is also expected that the project will assist in the setting up support groups where they have not existed before and through them, promote the project further.

We consider that knowledge no longer belongs solely to the professionals. The unpaid or unprofessional carers and patients may know more than most professionals about their disorder. We must see their role to be that of educating service providers about what they have learned. In effect, they are "citizen scientist" who share authoritative knowledge with service providers and expect to be partners in decisions affecting their health status and wellbeing. *The new roles of caregivers, patients and practitioners as "learning advisers" (and the skills needed to fulfill this) have been promoted through this Project. Extrapolating, MUTUALITY (simultaneously recognizing similarities in one another's experiences, thinking and feeling/being willing to share them openly, experiencing connectedness, communion and a sense of 'we) could redesign educational systems to enable learning and transformation, rather than by imposing the learning agendas of others.*

Therefore, we conclude that:

- By recognition that families and unpaid caregivers constitute the largest care force, they should be considered as key partners and providers not only in the planning/design/delivery of care, but also in professionals' education.
- Professional training for all health and social care staff should include a substantial component which relates to unpaid carers as partners in care, carers' needs and the diversity of the unpaid caring experience; that training should contain carer modules and input from caregivers and service users.
- Caregivers and care receivers should be able to access education and training as and when required to support their caring task and help them develop their own skills, knowledge and expertise; these must be maintained and easily accessible to all.

To reach these objectives **it is necessary a multidisciplinary approach** to caring for patients, in which patient and family should actively engage with the medical professionals who coordinate clinical care. **It is a crucial need to create the "multidisciplinary care"** consisting of educational, social and healthcare specialists that includes the parents and patients which have to develop the individualized education, rehabilitation and health care programs. **It is compulsory to operationalize the "family-centered care"** philosophical constructs (e.g. families and professionals share decision making, professionals use a strengths-based approach when working with families) and use these constructs to critique and strengthen practices, programs, or policies that affect disabled population groups.

Only by the development of ***mutualistic relationships in education and healthcare services*** our ability to share life/ or learned experiences will increase, for a better collaboration in envisioning and creating a more humane and integrated society.

V. Contacts of the project partner institutions

UNIVERSITATEA DIN CRAIOVA, Romania

Webpage: <http://www.ucv.ro/>
http://cis01.central.ucv.ro/educatie_fizica-kineto/

Contact persons:

Eugenia Rosulescu, email: erosulescu@yahoo.com
Mihaela Zavaleanu, email: mihdoc2006@gmail.com

DIRECTIA GENERALA DE ASISTENTA SOCIALA SI PROTECTIA COPILULUI DOLJ, Romania

Webpage: www.dgaspcdolj.ro

Contact persons:

Project Department, email: proiecte@dgaspcdolj.ro
Violeta Manea, email: viomanea80@yahoo.com

UNIVERSITÀ DEGLI STUDI DI ROMA TOR VERGATA, Italy

Webpage: <http://www.med.uniroma2.it/>

Contact persons:

Calogero Foti, email: foti@med.uniroma2.it
Lucia D'Ingianna, email: luciadingianna@hotmail.com

THE CRACOW CENTRE OF THE MANAGEMENT AND ADMINISTRATION Ltd, Poland

Webpage: <http://www.kczia.eu>

Contact persons:

Czeslaw Cieplik, email: ckc@komesnet.com.pl
Maria Francuz, email: mf@kszia.internetdsl.pl

EUROPEAN EDUCATIONAL CIRCLE, Latvia

Webpage: <http://educationgroup.ucoz.lv/>

Contact persons:

Mara Dirba, email: mara.dirba@gmail.com
Aili Horna Butkevica, email: ailli@inbox.lv



UNIVERSITY OF CRAIOVA, ROMANIA

http://cis01.central.ucv.ro/educatie_fizica-kineto/



**DIRECTIA GENERALA DE ASISTENTA SOCIALA SI
PROTECTIA COPILULUI DOLJ, ROMANIA**

www.dgaspdolj.ro



UNIVERSITÀ DEGLI STUDI DI ROMA TOR VERGATA, ITALY

<http://www.med.uniroma2.it/>



EUROPEAN EDUCATIONAL CIRCLE, LATVIA

<http://educationgroup.ucoz.lv/>



**THE CRACOW CENTRE OF THE MANAGEMENT AND
ADMINISTRATION LTD, POLAND**

<http://www.kczia.eu>

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