

# Support network for Barcelona family carers: a way of embracing efforts working together between entities



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Alzheimer Catalonia  
Catalan Association of Hemophilia  
Catalan Association for Parkinson in Barcelona  
Barcelona Alzheimer Relatives Association  
Association for Relatives and Friends of Oncologic Children in Catalonia  
Barcelona Red Cross  
Mental Health Federation of Catalonia  
Enriqueta Villavecchia Foundation for Oncologic Children  
Hospitalitat Mare de Déu de Lourdes Foundation  
Jubert Figueras Foundation  
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Oncolliga. Catalan Alliance Oncologic Help Foundation



Barcelona Official College of Doctors  
Catalonia Official College of Psychology  
Catalonia Official College of Social Work  
Barcelona Official College of Nurses



Barcelona Public Health Agency  
Barcelona Town Council:  
- Social and Family Services Management  
- Health Programme Management  
- Social Services Municipal Institute  
Barcelona Health Consortium

## Introduction and objectives

During the early infancy of hemophiliac children, the parents become carers, some of whom even give up their job to take care of their children.

In our society, there are many people who are carers, some officially recognized, others not. Taking care of a relative has many repercussions, both positive and negative.

In 2007, Barcelona Council encouraged the creation of a Support network for family carers with the objective of knowing and attending their needs.

The main priority was to connect different entities in order to set up a common way of working, with the creation of a shared strategy which took into account the general needs of carers whatever the reason they had to take care of someone:

- chronic or acute illness,
- mental disorder,
- dependence,
- dementia,
- disability, etc.

## Conclusions

6,3% of Barcelona's Population over 25 lives with someone who needs to be cared for: 1 in every 15 adults, 1 in every 11 females between 45 and 64 years, 1 in every female over 64.

People who live with someone who have special needs of being cared for:

- consider that they have worse health
- are at more risk of having worse mental health
- take more psychological medication
- sleep less

This support network facilitates enhancing efforts to reach collective interest objectives to support carer families.

## Materials and methods

Support network for Barcelona family carers, the inter-institutional partnership created in the framework of "The Citizen Agreement" for an inclusive Barcelona, is currently comprised of 12 entities, 4 professional colleges and 3 public institutions.

A technical secretary, linked to the council, is responsible for arranging meetings (one monthly) and following up the planned actions focused on carers. This is because next to every sick person, to everyone who gets older or to everyone who loses the capacity of taking care of him or herself, there is normally a carer. Who also needs support.

## Results

Multiple actions were implemented:

- To make the reality of carers known: the impact of caring in health surveys was analyzed.
- To defend the rights of the families to take care: legal action for laboral and family conciliation was carried out.
- To promote support organizations: a web page was created to heighten the exposure of carers and entities who attend them.
- To involve health and social services professionals:
  - some different training sessions with over an average of 240 attendants were organized
  - the booklet "What about you, How are you? Support for the people who take care of ill and/or dependent relatives" with orientation guidelines for professionals who deal with carers, was written, published and distributed among different professionals, entities, etc.



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