



## Newsletter | March 2022

AMiDE: <https://amide.eu/>

### What is AMiDE?

AMiDE stands for Approaching Multiethnicity and Dementia in Education and Work. The project is a collaboration between education and work places in the field of elder care in Italy, Germany, Latvia and Denmark. The project focuses on the group of persons with a different cultural background who are also affected by dementia. This is a group that has received very little attention so far. However, during the project period (from November 2019 to March 2022), the attention has been increased. The partners have developed:

- An online learning program
- A reflection tool for professionals, caregivers and others.
- A video that raises awareness, understanding and interest in the multi-ethnic challenge in the care sector and specifically the challenges related to people suffering from dementia and with different ethnic backgrounds.
- Permanent forums/channels/procedures that will ensure the exchange of experiences and continuous communication between education and working life.



From Fagbladet FOA, 2016/07/01 Photo: Lars Aarø

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### Goals for AMiDE

The overall objective is to contribute to the improvement of the competences of trainers of basic care staff and the improvement of competences of professional caregivers with regard to multiethnicity/multiculturalism and dementia. A second objective is to generally strengthen cooperation between work and training in the care professions, create new networks and establish new permanent forums.



#### The most important target groups for AMiDE are:

- Teachers and trainers in care education
- Students in care education
- Professional caregivers
- Private care providers
- Organizational managers in institutions where staff and/or patients/residents/elderly people have different ethnic backgrounds. However, other groups will also benefit from the findings of this project: relatives of elderly people with a different ethnic background, especially - but not only - if they suffer from dementia, volunteers working with elderly people and, of course, elderly people themselves.

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## Training program for caregivers

The training material consists of ten modules:

1. Introduction: reflections on learning needs
2. The importance of life history
3. Perceptions of health and illness across cultures
4. Types of dementia, their impact on cognition and consequences for behaviour
5. Understanding challenging behaviour
6. Communicating with people from a different ethnic background with dementia
7. Non-pharmacological interventions in a multicultural context  
Working with relatives
8. How to develop intercultural competence and cooperation in a multicultural team
9. Tasks for the organisation of the care institution



<https://nordicwelfare.org/da/publikationer/demensomsorg-for-indvandrede/>

## Reflection tool

Each country has created different tools to promote reflection. The tools are different because the situation in the partner countries is very different with regard to persons with a different cultural background and dementia. The Danish contribution is different dilemma videos that can be discussed at the workplace and used in teaching; the Italian tool is a game focusing on attitudes and can be used for example at a staff meeting; the Latvian tool is also a game but a question/answer game on understanding dementia based on the learning modules. The German contribution is a checklist especially in relation to the elderly person's life history as well as a contact person concept.

The AMiDE pilot was implemented in Denmark, Italy, Latvia and Germany.



In Denmark, 9 caregivers from the "Lotus" care home and 25 students from SOSU Østjylland tested and evaluated the materials; in Latvia the materials were tested by 17 caregivers from the SAC "Zemgale" care home; in Italy 47 people tested the materials. These were professional caregivers, students, coordinators and managers and part of the pilot was online. In Germany, 28 people tested the materials, both students and caregivers.

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## Events

Within the framework of the project, four events were organized in Denmark, Italy, Latvia and Germany. The purpose of these events was for the partners to highlight the challenge of dementia and a different cultural

background and to disseminate the aims and outcomes of AMiDE, including the training programme and reflection tools.



The Danish event was held at SOSU Østjylland on 3<sup>th</sup> of February, 2022 under the title "Understanding dementia in people with a different cultural background" and was a very positive experience. The organizers were very happy with the great interest in the event. There were 48 participants from all over the country, including 31 external participants representing 22 different organisations:

- FOA, the trade union for care workers and others
- Several NGOs among these branches of "Ældresagen" from three different municipalities, representatives from religious organisations (both Christian and Muslim) and from AOF
- Municipalities: Skanderborg, Odder, Silkeborg, Struer and Copenhagen (both "Department for Welfare Innovation, Copenhagen Municipality" and "Centre for Dementia, Copenhagen Municipality")
- Educational institutions

However, the internal participants were also very important, as many of them came from other departments of Aarhus Municipality than DemensCenter Aarhus, which was the project partner in AMiDE: dementia coordinators, dementia consultants, nursing home managers and the coordinator of Dementia Friendly City Aarhus. The event was a success and the many participants were eager to ask questions and discuss. There was a great atmosphere.

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The Italian event was held on 24<sup>th</sup> of February with 35 participants, 22 of whom were external. The title of the webinar was " Understanding dementia in people with a different cultural background" It was organized in a collaboration between the two Italian project partners, who had chosen to hold it as an online meeting, a webinar, because it would not have been possible to have so many people face-to-face with the Corona restrictions. Among the 35 participants in the webinar were professional caregivers, volunteers, social workers, as well as teachers and students on courses in caring work. The event was opened by council members in charge of welfare in the municipalities of Figline and Incisa Valdarno and Montevarchi (the two towns the collaborators' institutions are located in). The presentation was followed by two keynote speakers, Dr Fernando Schiavo, author of books on dementia. Dr Pezzoli who is a sociologist from the University of Florence and had already collaborated with the project in the pilot phase. The following part of the meeting was devoted to a discussion among people working with people from different cultural backgrounds and representatives of immigrant communities. Finally, during the oral evaluation, the participants gave a very positive feedback to the organizers, showing that the event was a success. Everyone was encouraged to use the material and to help highlighting focus on the combination of dementia and multiculturalism/multiethnicity.

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In Latvia, the event took place over 2 days: 22<sup>th</sup> of February and 23<sup>th</sup> of February 2022, for academics and non-academics respectively. Due to the Corona situation in Latvia, the Latvian partners decided to offer the

activity as an online event. The programme of the two days was identical. 62 persons of the academic staff participated, 25 care students and 23 students of Social Rehabilitation. Out of the 110 participants, a total of 29 people was external. Information about the project is now included in all study programmes conducted at the college and can also be used by health professionals, e.g. nurses, medical assistants, podiatrists, etc. who provide services to people with dementia. The group of care workers included representatives from various Latvian municipalities. They will disseminate the information to social workers in their municipalities.

The online meeting included:

Introduction to the project, its objectives and planned outcomes, the project website.

- Partners in the project.
- The modules developed, their content.
- Reflection tools, their applications.
- Group work on modules and reflection tools.
- Summary.
- Feedback from participants.

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The German event was held on 25<sup>th</sup> of February 2022. It was originally planned as a face-to-face event, but due to the German Corona restrictions it instead became an online event entitled "Dementia and Migration". In organising the event, the German partners collaborated with a dementia competence center in Schleswig-Holstein (a subsidiary of the German Alzheimer's Association) and the nationwide DeMigranz project. This enabled the German partners to create an interesting offer for a wide professional audience and to attract people from all over Germany. After the event, all materials were sent online to the participants. In addition to the contributions of the individual presenters, which complemented each other very well in terms of content, another advantage of the cooperation was the possibility to address a broad audience throughout Germany via the respective distribution lists of the individual organisations. In this way, the German partners managed to attract 68 external participants to the event.

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### Videos on providing good care

The project partners have made a video divided into four video parts, promoting care work for people with dementia and a different cultural background. The videos aim not only to raise the status of care work for people with dementia and other cultural backgrounds, but also the status of basic care work in general. The videos show that working with people with dementia and a different cultural background is meaningful and rewarding, despite the challenges. The videos include examples and interviews with professional caregivers from all the countries involved and with a manager of a multi-ethnic care home in Denmark.

