

## What is SEE ME?

SEE ME is funded by the Erasmus+ KA2 programme<sup>1</sup>. The SEE ME team is an international, multidisciplinary consortium consisting of 3 research centres and 3 professional organisations: the Vrije Universiteit Brussel (Belgium), University of Humanistic Studies (The Netherlands), University of Molise (Italy), Büro für berufliche Bildungsplanung (Germany), Matia Gerontological Institute (Spain), and Foundation of Active Ageing (The Netherlands). Furthermore, 6 associated partners are involved within the project.

The project aims:

- To **improve the quality of care and social inclusion for older adults** (with an additional focus on older adults with a migration background or poor financial situations).
- To **increase competencies of** different groups of caregivers (volunteers, informal and formal caregivers) and trainers of carers to provide quality care to older adults with a focus on social inclusion through meaningful ageing.
- To challenge the stereotypes of older adults by training people to see the talents and strengths of the oldest citizens. Competencies of caregivers should be innovated to "SEE older adults":
  - SEE the older adult behind the client,
  - SEE care as something more than physical and medical care, and SEE social and meaningful care,
  - SEE the positive talents and dreams of older adults, not only their needs.

The goal is to develop a **transnational training toolkit**. This will be developed, implemented, tested, evaluated and adapted during the project in the 6 associated partners, both in residential and the community project: Compartijn and September Care (The Netherlands), Don Carlo Pistilli (Italy), Grafschafter Diakonie (Germany), Het BuurtPensioen (Belgium), Stichting Humanitas Rotterdam (The Netherlands) and Grandes Amigos (Spain).

## BACKGROUND

The population in Europe is ageing, and the number of older adults is growing. Consequently, projections predict an increase in care needs. The literature points towards 2 main challenges. First, older adults with care needs are susceptible to social exclusion. This is, in particular true for older adults with a migration background or in poor financial situations. Second, the focus in professional care is on the medical and physical aspects of care, from a deficit-approach, looking at what older adults cannot do anymore. However, many caregivers are convinced an innovative paradigm-shift is needed towards a positive approach (looking at dreams and talents of older adults) and caring for social and meaning needs.

## TARGET GROUP

- Caregivers: Volunteers, professional caregivers, informal carers and relatives.
- Management and policymakers working in a nursing home, residential care or organisations providing extra-mural care and support.
- Educators/trainers of caregivers.
- Older adults: who are living in a nursing home or receiving extra-mural care (both residential and community projects).

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<sup>1</sup> Managed by the European Commission and the Education, Audiovisual, and Culture Executive Agency (EACEA)

## RESULTS AND IMPACT

The project will result in a user-experienced, user-tested and user-friendly training model and toolkit. Awareness and competencies (knowledge, skills and attitudes) will be raised on

- How to care broader than the classical medical-physical paradigm.
- Attuning to the social and meaning needs of older care recipients.
- Starting care from the dreams and talents of older adults to add living pleasure.

➤ Resulting in increased quality of care, quality of life and social inclusion of caregivers and older adults.

## DESCRIPTION OF OUTPUTS

Concretely, to realise these innovative objectives, the SEE ME project will develop new learning and training materials for carers (informal and formal), volunteers and trainers of carers.

In specific this is realised through 6 intellectual outputs:

1. **European research report** on optimising caregiving skills and competencies by “SEEing social and meaning needs, talents and dreams of older adults”: Report on social and meaning needs of older adults and on caregiving skills and competencies (based on literature and interviews with volunteers, professional carers, informal carers/relatives, management and policy makers and oldest citizens). Mapping of international good practices.
2. **“Education for SEE ME model”**: The model will include tools to develop, set up and evaluate key competencies of adults learning to develop quality trained caregivers (volunteers, professional carers, informal carers/ relatives, management and policymakers) in social and meaning needs of the ageing population.
3. **“European SEE ME training toolkit”**: A training toolkit will be developed, implemented, tested and adapted.
4. **“European SEE ME training course”**: An international 4-day training with the different partners will be organised for volunteers, professional carers, informal carers/relatives, management and policymakers on how to use the toolkit and immediate evaluation of the training toolkit.
5. **6 Learning areas**: test and implement the European SEE ME training toolkit within their organisations (different care organisations; nursing homes or extra-mural care).
6. **Cross-national evaluation of the learning-areas**: Development of a (self-)evaluation tool. The learning areas will be evaluated. Adjustment of the final training toolkit and training concept of the project. Here the train the trainer concept will be used in disseminating the training and by using the self-evaluation tool, which is also developed in the toolkit. The final evaluation report will be developed and finalised.

Additionally, **an exploitation workshop** in each participating country (= multiplier events) will be organised.

**“European SEE ME training toolkit”**:

- Training material for competence development (in order to be able to detect social and meaningful meaning needs and discovering talents of the older adults) of caregivers.
- Training material for educators/trainers of caregivers on how to use the training toolkit in their training program.
- Training material for management and policymakers within different settings (on how to stimulate/increase competence development (in the SEE ME domains).
- Training material that can be used in both residential and community care organisations.

Also consult the following links for inspiration on the SEE ME vision:

- [The poem](#)
- [The video](#)

## The SEE ME consortium



Prof. dr. Sarah Dury  
Coordinator  
Vrije Universiteit Brussel (VUB)  
Expertise: volunteering,  
participation



Prof. dr. Liesbeth De Donder  
Vrije Universiteit Brussel (VUB)  
Expertise: Caring Communities



Lise Switers  
Vrije Universiteit Brussel  
Expertise: loneliness



Prof. dr. Anja Machielse  
University of Humanistic Studies  
(Utrecht)  
Expertise: social needs, meaning  
in life, social resilience



Dr. Wander van der Vaart  
University of Humanistic Studies  
(Utrecht)  
Expertise: Ageing well,  
methodology, and data collection



Prof. dr. Tinie Kardol  
Foundation Active Ageing The  
Netherlands  
Expertise: factors that influence  
ageing



Prof. dr. Maurice De Greef  
Foundation Active Ageing The  
Netherlands  
Expertise: Adult education, Lifelong  
Learning, Impact and succes factors  
of learning.  
Photographer: Niels Cornelis Meijer



Prof. dr. Margherita Di Paolo  
University of Molise, Campo  
Basso, Italy  
Expertise: EU-funded projects

Prof. dr. Daniela Grignoli  
University of Molise, Campo Basso,  
Italy  
Expertise: Active aging, social  
development and social policies,  
techniques to prevent social  
exclusion through the role of  
education and training



Dr. Sara Marsillas  
Matia Gerontological Institute,  
Madrid, Spain  
Expertise: active ageing, co-  
creation methodologies



Dr. Alvaro Garcia  
Matia Gerontological Institute,  
Madrid, Spain  
Expertise: behaviour and cognition  
in the older people



Dieter Zisenis  
Büro für Berufliche  
Bildungsplanung, Germany  
Expertise: age friendly  
communities, social inclusion,  
active ageing



Rosemarie Klein  
Büro für Berufliche  
Bildungsplanung, Germany  
Expertise: age friendly  
communities, social inclusion,  
active ageing

Associated partners



Stichting Humanitas Rotterdam (The Netherlands).



COMPARTIJN

Compartijn and September Care (The Netherlands).



Don Carlo Pistilli (Italy).



Graftschafter Diakonie (Germany).



Het BuurtPensioen (Belgium).



Grandes Amigos (Spain).