

PRAGRESS – Preventing and Confronting Aggressive Behaviour of Older People in Long-term Care

Principal Investigator (Ireland): Dr Martin Power, University of Galway, Ireland

Researcher (Ireland): Dr Saintuya Dashdondog, University of Galway, Ireland

EU Coordinator: Professor Bettina Flaiz, Duale Hochschule Baden-Wuerttemberg Stuttgart

Collaborators: Amelie Buchler, Duale Hochschule Baden-Wuerttemberg, Stuttgart; Ruth Dankbar, Wohlfahrtswerk Fur-Baden Wuerttemberg, Germany; Oscar Zanutto and Davide Tuis, Istituto per Servizi di Ricovero e Assistenza agli Anziani, Italy; Asimina Brouzou and Konstantina Lakovou, Challedu; Georgios Koumanakos, Corporation for Succor and Care of Elderly and Disabled, Frodizo, Greece; Dr Mari Lahti and Johanna Berg, Turun Ammattikorkeakoulu OY, Finland

Funder: Erasmus+.

Background

Care of older people often exposes both formal and informal carers to incidents of aggressive and sometimes violent behaviour. This is especially the case where conditions such as dementia are present. Aggressive and violent behaviour have negative consequences both for the older people cared for and for the carers who care for them. Initial reactions of carers can include shock and upset, while there can also be longer term emotional and psychological impacts. Many carers frequently feel guilt or shame in the wake of an incident of aggressive behaviour, and there is a tendency for carers to engage in self-blame. Support from colleagues and other carers is very important to assist coping. Worryingly, there is often a view among informal carers that seeking such support or asking for assistance is a sign of weakness or failure to care for their loved one adequately, rather than a recognition of the demands of caring and that such demands incur a need for respite and support.

Aim and Objectives

To develop an online education and training platform for health and social care professionals and informal carers to support them in preventing, managing and coping with aggressive incidents in caring for older people.

Design and Methods

Phase one of the project was a users' requirement report and the primary area of work in 2022 was the development of the education and training materials and online platform, which were informed by the findings of the users report. A key element of the partner's October 2022 project meeting in Athens, Greece, was a two day pilot testing event, which brought together the project partners, educators and expert carers. The materials and platform were adjusted in light of the feedback received and translation of the course into each of the partner languages began after the revisions to the content and platform had been finalised.

Findings

Development of education and training materials and online platform, including translation of the course into each of the partners' languages – English, German, Greek, Italian, Finnish.

Dissemination

The project partners have been each engaged in dissemination of the project's results in their partner countries, which has included presentations, talks and workshops. In July 2023, the PRAGRESS project will be the centrepiece of an international conference that will be held in Stuttgart, German.

Patient Public Involvement

Carers, both formal and informal were interviewed as part of the users' requirement report phase of the project. The data gathered informed the development of the education and training materials and the structure of the online platform. Expert carers who had worked with older people for many years, similarly contributed to the review and pilot testing of the materials and platform, and provided invaluable feedback.

Knowledge Translation

The findings of the baseline report contribute to the knowledge base, particularly in relation to informal carers who are often underrepresented. While the accessibility of the education and training materials via a free online platform, which only requires registration, supports the rapid utilisation of the materials by both formal and informal carers and their organisations.

Website: <https://pragress.eu/>