



Helping people who helps: a workshop teaches caregivers to fight stress

LOCATION: Motril (Granada)

DURATION: 1'38"

SUMMARY: Taking care of a dependent family member may cause anxiety, stress and even depressive disorders to caregivers. That's why the Andalusian Health Service has organized workshops to support them, not just teaching them how to take care of the patient, but also to trying to release the huge psychological burden charged by this people, mostly women.

VTR:

Ambience

"Dad, who is this?"

"This is me."

"Where we you when this photograph was taken?"

"In the navy."

Manuel is in an initial stage of Alzheimer, and everyday her daughter Rosa helps him with his memory exercises.

ROSA CAMPOY
Caregiver

"To keep them active as much as possible and that takes a lot of time."

The constant attention dedicated to a dependent person causes physical and psychological deterioration to the person in charge of him. In this workshop organized to give support to caregivers the objective is helping to those who help.

PILAR VALVERDE
Nurse

"The load is fundamentally excessive and that generates stress, helplessness, blocking, emotional problems and anxiety."

VICTORIA DEL VALLE
Caregiver

"When you arrive here you realise that, they teach you to love yourself. It is very difficult taking care of yourself when you have to take care of other person, You forget about you, you forget about the mirror, you forget about everything."

And the advice is more effective when it comes from someone who shares the same experience. That's why Rosa collaborates with the health personnel and today she is the monitor.

ROSA CAMPOY
Caregiver

"I am conditioned by the circumstances I have gone through and that I am going through. My motivation is to collaborate a little with people who are in the same situation with dependent family members."

And it isn't just a coincidence that all of them are women. According to the Andalusian Health Council, women are the ones who assume this task in almost a hundred per cent of the cases.

For more information or support please call +34 647 310 157 or email info@andalusianstories.com