

# Connecting home care and (semi)residential care in stress and sleep management for people with young onset dementia (YOD)

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## Rationale

People with YOD often suffer from stress and poor sleep. Both formal and informal caregivers in the home care are not always skilled to provide adequate emotional support to cope with stress and poor sleep in YOD

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## Mapping competences and expertise

What is the current state of competences and expertise in (semi)residential caregivers in terms of stress and sleep management in YOD?  
(12 organisations in Belgium)

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## Valorisation

From the developed Connected Care framework, an e-learning will be constructed and provided to formal caregivers in (semi)residential care as well as (in)formal caregivers in the home setting

## Connected Care framework

Based on the mapped competences and experiences as well as the needs in the home setting, a **Connected Care** framework will be developed in order to bridge (semi)residential and home care

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## Needs assessment

What are the needs of (in)formal caregivers (n=10) and people with YOD (n=10) in order to handle stress and sleep problems in the home setting?  
(4 organisations in Belgium)

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