

THE CONSORTIUM

COSMIC partnership includes:

Pårørendealliansen (Norway)

The Project coordinator is an umbrella organization for informal Carers and all that matters to them.

Anziani e non solo

società cooperativa sociale (Italy)

Is an NGO located in Carpi (Northern Italy) and funded in 2004 with the goal to promote interventions in the field of social innovation,

KMOP – KENTRO MERIMNAS OIKOGENEIAS

KAI PAIDIOU (Greece)

KMOP is one of the oldest Greek NGOs with 40 years of experience in the provision of services to disadvantaged groups.

Associazione C'ENTRO (Italy)

is an umbrella organisation gathering different non-profit entities. It was established in 2013, with a view of formalising and consolidating an ongoing system of collaboration in the provision of welfare services.

University of Ljubljana (Slovenia)

The University of Ljubljana (Univerza v Ljubljani, UL), established in 1919, is a public autonomous educational, research and artistic HE institution with rich tradition. It encompasses 23 faculties and 3 art academies.



MIGRANT CARERS: THE RISK OF BEING EXCLUDED AND DISCRIMINATED

The main priority of CO.S.M.I.C. is that of social inclusion since the project aims to support a target group which is at double risk of exclusion, discrimination and stigmatization: that of informal carers of migrant background.

Migrant carers in common with carers more generally, work tirelessly in support of those they care for, often without recognition and to the detriment of their own health and well-being.

This target group experiences unique challenges in accessing support services, facing a "double disadvantage" or "double fragility", with their rights not yet fully recognized as carers, and with a higher risk of social exclusion as migrants.

CONTACTS FOR EACH PARTNER

This flyer related to the Project made by the beneficiaries jointly or individually in any form and using any means, shall indicate that it reflects only the author's view and that the National Agency and the European Commission are not responsible for any use that may be made of the information it contains



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CO.S.M.I.C.

**METHODS AND TOOLS TO SUPPORT
MIGRANT CARERS AND PROFESSIONALS
WORKING WITH THEM**



ABOUT THE PROJECT

Due to increasing migration flows, which more and more involve households and not only individuals and family reunifications of migrants, it is now common to find carers across Europe who have a migrant background.

CO.S.M.I.C aims to support informal carers with a migrant background, a group which is at double risk of exclusion, discrimination and stigmatization.

Migrant carers in common with carers more generally, work tirelessly in support of those they care for, often without recognition and to the detriment of their own health and well-being.

The CO.S.M.I.C. project will develop methods and tools to support carers and professionals working with them, in order to: to increase recognition and self-identification and support access to available services and improving the attention to cultural diversity in existing services in countries such as **Norway, Italy, Greece** and **Slovenia** where the topic is still under-explored and under-developed.

In doing so, the project will adopt a user-led approach with carers with a migrant background directly involved as contributors and reviewers in every stage of the process, to make sure that the outcomes developed are actually respondent to the needs of the final beneficiaries (themselves).



The CO.S.M.I.C. project will respond to the needs on carers with a migrant background and professionals working with them by developing and testing methods and tools through which increase recognition and self-identification, support access to available services and improving the attention to cultural diversity in existing services will be achieved.

In terms of tangible results, the project will make available:

1. An **awareness raising package** for carers with migrant backgrounds which will support self-recognition of migrant informal carers as such, in order to respond to the lack of self-identification among migrants of their status as carers which is reported by researchers and practitioners across Europe.
2. An **informative pack for migrant communities** which will raise awareness among migrant communities on the challenges faced by carers and will build a stronger capacity to support and orient them, thus reducing the stigma which is sometimes associated to illness and disability and to facilitate access to support services.
3. A **face-to-face training package** for professionals, which will be piloted at local level.
4. An **online course for professionals working in partner countries** which will strengthen their skills of reaching out, working in partnership, supporting and empowering informal carers from migrant communities.