

Caritas Upper Austria

Erasmus +

“Health begins in the family – A European comparison”

November 2019 - August 2023

What has Erasmus + enabled us to do?

- **Exchange on the topic of health prevention and health promotion**
- International level:
Exchange of experiences and project ideas / best practices (especially during the pandemic)
- National and organisational level:
Exchange with stakeholders (university / health insurance)
Exchange of internal experiences and ideas (knowing other projects /cooperations)
- **Inclusive approach (different members of Caritas should be involved)**

(CEO Caritas Upper Austria / head of Caritas integration / head of pedagogic controlling / social worker / head of mobile family service)

What did we learn? (expert /organisational level)

- **We are all concerned by the topic of health! (target groups as well as employees at all levels)**
- Dealing with mental health issues is sometimes even more difficult than dealing with physical health issues

Experts level:

- Increase of **psychosomatic complaints**, domestic **violence** and severe **loneliness**
- A surprisingly large number of people feels **emotionally burdened** (33.84 percent of our questionnaire)
- The majority of respondents (77.08 percent) **knows organizations that can help** them when they feel emotionally burdened.
- A very large proportion of respondents would like to see more **public awareness** and **sensitization** for mental health and to de-tabulate mental illness. (39.48 per cent)
- **Health services** should be made **visible, accessible** at low thresholds and financed and offered at low cost or free of charge by the health insurance fund. (20.68 percent)

Organisational level:

- We have to provide healthy and safe working conditions for our clients and our employees as well
- Discussions of peers and representatives of interests about their experiences due to health promotion and prevention
- Inclusive editorial team: special focus on health in 2023
- Security Constitution / new security policy since 2019

Some Highlights and Impressions

Event at Caritas Café Carla:

- Presentation of the questionnaire
- discussions / keynote speeches / book presentation
- lecture from Cornelia Pfeiffer (author, representant of interests)

Caritas Europa Innovation Festival:

- Inclusive Editorial Team
- Winner of the award: lighthouse project

Caritas Safeguarding Constitution:

- Policy Principles that will be implemented throughout all Caritas Upper Austria
- an inclusive roll-out-process will take place

Some Highlights and Impressions

- 6 different countries / 6 different backgrounds / 6 different health systems
- During this Erasmus + project we got an insight in the work of our partners:
We saw many different and innovative offers of high quality. Some aspects were familiar to us, some were new. All of them were inspiring!
- The whole is more than the sum of its individual parts!
 - Covid Pandemic: exchange of experiences / understanding and supporting each other
 - War in Ukraine: Common statement as an Erasmus + project

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