



6M€
EU Funding

13+
Partners

9+
Countries

NEWSLETTER 01: MARCH 2024 – DECEMBER 2024

Eldery care in Europe struggles with labor shortages, burnout, and capacity-demand gap, harming the mental well-being of healthcare workers and caregivers.

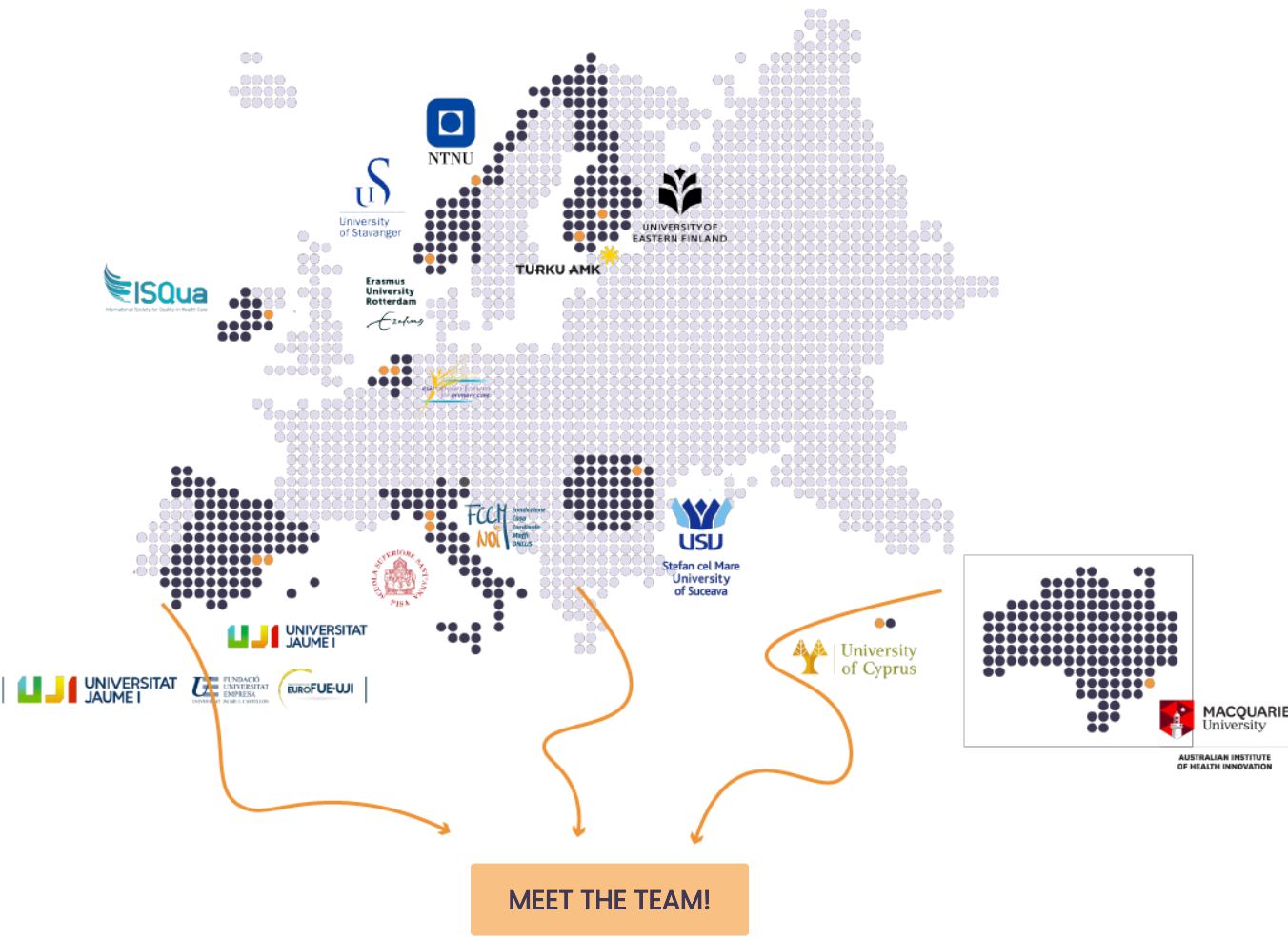
The S4R project will go beyond current state of the art by **developing, implementing, and evaluating a research-based digital S4R Toolbox** to support healthcare leaders in promoting resilient performance and mental wellbeing among staff and informal caregivers in elderly care settings.

S4R Toolbox will be a collaborative learning dashboard where leaders will be able to collect all the insights and recommendations for decision making. S4R Toolbox includes three different tools:



PARTNERSHIP

The project is a consortium of 14 international partners, bringing together experts from different disciplines to give it a global scope and vision. It is led by **University of Stavanger** in Norway.



KICK OFF MEETING STAVANGER MARCH 2024

At the kick-off meeting, we officially launched **Support4Resilience** and began laying the groundwork for what would become this ambitious project.

From there, over four intensive days, we delved into each project phase, gaining invaluable insights from our team leaders. We not only strengthened existing connections but also forged new ones, fostering a collaborative and supportive environment. Together, we're determined to make a substantial impact on society by improving the mental health of elderly carers.



TEAM MEETING ROTTERDAM SEPTEMBER 2024

From September 18-20, the Support4Resilience (S4R) project meeting took place at the Erasmus School of Health Policy & Management (ESHPM). This gathering brought together **24 dedicated researchers from 8 countries**, united by a common goal:

To strengthen the resilience of healthcare organizations in elderly care.

Key highlights from the meeting include:

- **Project progress updates:** We took this opportunity to review the project's advancements and discuss future directions.
- **Data collection workshop:** A specialized workshop focused on enhancing our data collection strategies, ensuring that all team members are well-equipped to gather high-quality data.
- **Next steps:** We outlined a clear roadmap for the project's next phase, including specific tasks and timelines.



Such in-person meetings are invaluable for fostering collaboration, sharing knowledge, and building strong relationships within our international team. Regular gatherings like these not only contribute to the project's success but also help us create a sense of unity and shared purpose.

WHAT HAS BEEN HAPPENING IN THE LAST FEW MONTHS?

ISQUA'S 40TH INTERNATIONAL CONFERENCE 2024 24TH -27TH SEPTEMBER

"Under the theme 'Health for People and Planet: Building Bridges to a Sustainable Future,' we gained valuable insights and inspiration on how to enhance the quality of healthcare services. We also presented our workshop on 'De-implementations: What should we stop doing, and how can leaders help?'



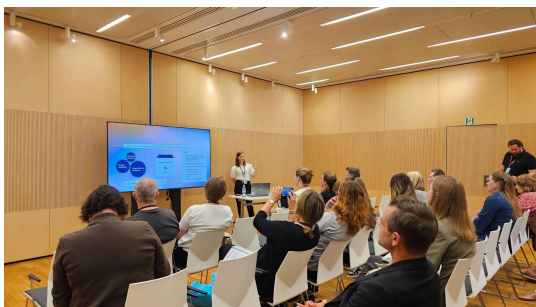
We hosted a workshop on improving elderly care and gained valuable insights for shaping the future of primary care.



EFPC 2024 CONFERENCE LJUBLJANA 15TH - 17TH SEPTEMBER 2024

12TH EUROPEAN CONFERENCE ON MENTAL HEALTH IN KRAKOW, POLAND

Over 300 participants from 33 countries sharing insights and innovations in mental health.



We presented keynotes on ethics, equity, and experiences, and collaborated with the SHARE-Center researchers on various presentations and workshops. The conference provided valuable insights into resilience and patient safety.

NSQH OSLO - 29TH - 30TH AUGUST

VISIT TO AUSTRALIA

Our Principal Investigator (PI), Siri Wiig and Deputy PI, Hilda Bø Lyng, visited Australia to meet with the local Support4Resilience team. They met with researchers at the Australian Institute of Health Innovation and the University of New South Wales, discussing the project and sharing ideas on resilience and mental health. The trip was a great opportunity to connect with our Australian colleagues and build momentum for the project.



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