



**PROGRAMME**

# Midterm conference In For Care

**Interreg**  
North Sea Region  
In For Care

European Regional Development Fund



EUROPEAN UNION

# In For Care

**We are happy to welcome you to the In For Care midterm conference.**

As a consequence of an ageing population, the rising costs for (care) services and recent budget cuts, countries around the North Sea move from a care system whereby the state regulates, cares and pays to one that facilitates a civil society that is based on solidarity and community. Looking for new strategies, decision makers have directed attention to informal care and voluntary assistance.

In For Care aims to develop innovation in service delivery by optimizing informal and formal networks to address these challenges. It will explore new cooperative ways in which the market, the public and the civil sector will provide answers to the social demands and strengthen the informal networks through new technologies.

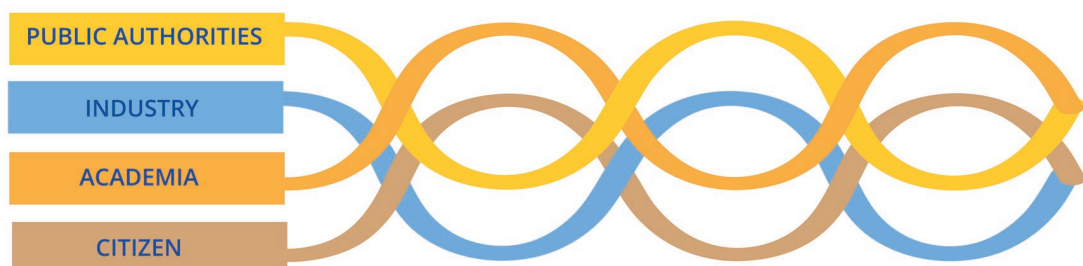
## In For Care will

- improve processes of voluntary work and informal care in service delivery;
- improve knowledge of how the public sector can innovate in service delivery;
- develop a Quadruple helix model for informal care and voluntary assistance;
- provide insight in cost reductions in the formal (care) sector;
- contribute to new policies and ideas for the health transition combining informal and formal service provision

To enhance cooperation and innovate social services In For Care will develop and exchange knowledge and experiences across national and sectorial boundaries. Important stakeholders will become aware of the role of informal care in innovation. Co-creation is essential to reach that goal and increases the capacity of public authorities to improve services.

## Quadruple Helix Model

This conference is based on Quadruple Helix (QH). The participants, speakers and the workshop represent different parts of the Quadruple Helix. The purpose of the conference is to inspire participants with presentations representing different parts of QH and to discuss selected dilemmas in relation to formal and informal care



# Practical information

## Date and time

Thursday 8 November 2018, 8.30 – 18.00

## Place

Hotel Britannia, Torvegade 24, 6700 Esbjerg.  
Phonenumber: 0045 7513 0111

## Target group

Partners in In For Care and collaborators. If you cooperate with someone who would like to show an exhibition at the conference it is possible (see registration for guests).

## Registration

Please register online.

Registration for partners: <https://ucsyd.nemtilmeld.dk/392/>

Registration for guests: <https://ucsyd.nemtilmeld.dk/388/>

## Hotel reservation

Hotel Britannia, Torvegade 24, 6700 Esbjerg.

Phone: 0045 7513 0111

Email: [info@britannia.dk](mailto:info@britannia.dk)

Please mention the reservation number: 082789

## Welcome to Esbjerg

Read more about Esbjerg on [www.visit-esbjerg.com](http://www.visit-esbjerg.com)

## Travel information

### Travel by air to Denmark

You can travel to Denmark by air to Billund International Airport. Billund is connectet to many European cities by daily flights.

Esbjerg is located 63 kilometres from Billund.

You can also fly to Copenhagen International Airport. Esbjerg is located 297 kilomtres from Copenhagen. Furthermore you can travel to Esbjerg Airport from Aberdeen.

To find transportation from Billund or Copenhagen to Esbjerg please check [www.rejseplanen.dk](http://www.rejseplanen.dk). Both the railway station and the bus station is within walking distance of the city center and conference venue.

### Travel by train

Esbjerg can be reached by trains from all major European cities. The railway station is within walking distance of the city center and the conference venue.

### Travel by car

Coming to Esbjerg by car is easy. There is a highway from Danish-German border to Esbjerg – and also from Copenhagen to Esbjerg.

## Contact

If you have any questions please feel free to contact Vinie Levisen via email: [vdhl@ucsyd.dk](mailto:vdhl@ucsyd.dk)

# Agenda

8.30 - 9.00

## Conference registration and coffee

9.00 - 9.30

## Welcome

- Conference opening by moderator Lene Bjerregaard
- Welcome by Committee Chairman for Health & Care Olfert R. Krog, Esbjerg Kommune
- Welcome by Ragni Macqueen Leifson and introduction to In For Care

9.30 - 10.30

ACADEMIA

## Informal caregiving and its well-being consequences from a cross-national perspective

### Key note speech by Ellen Verbakel.

Ellen is associate professor at the Department of Sociology, Radboud University in Nijmegen, the Netherlands. She has worked on describing and explaining international patterns of informal care provision as well as the consequences of providing informal care for employment and well-being of the caregiver.

### Key note abstract:

With ageing societies and retrenching governments, there is a growing need of informal care: help and care provided to family or friends because of health problems. However, there are reasons to expect difficulties with recruiting enough informal caregivers and there are reasons to expect negative well-being consequences of providing informal care.

In this talk I will present recent research about informal care provision and about the negative well-being consequences of providing care from a cross-national perspective. The focus will be on the impact of long-term care services provided by the government and family care norms. Do they foster informal care and reduce the negative consequences of it, or is their impact perhaps counterproductive? Empirical results based on European Social Survey and European Quality of Life Survey will be presented.

### Key publications

Caregiving to older adults: Determinants of informal caregivers' subjective well-being and formal and informal support as alleviating conditions. *Journal of Gerontology - Social Sciences*, 2016.

Informal caregiving and well-Being in Europe: What can ease the negative consequences for caregivers? *Journal of European Social Policy*, 24(5): 424-441.

How to understand informal caregiving patterns in Europe? The role of formal long-term care provisions and family care norms. *Scandinavian Journal of Public Health*, 2017.

Speech of 40 minutes followed by discussion of 20 minutes

# Agenda

**Coffee break and opportunity to visit the exhibitors**

**10.30 – 11.00**

**Formal, non-formal and informal volunteering in the welfare sector in Denmark**

**11.00 – 11.50**

**ACADEMIA**

**Key note speech by Helene Elisabeth Dam Jørgensen.**

Helene is a sociologist and analyst at Danish Institute for Voluntary Effort, a resource center providing research, training and consultancy in the field of welfare related voluntary efforts in Denmark. Helene has worked on mapping volunteering in Denmark to identify tendencies and patterns and further examine subgroups such as informally organised volunteers and volunteers in the welfare and health-related sector. Helene has a research background from universities and The Danish Center for Social Science Research.

**Key note abstract**

The voluntary effort in Denmark has been very stable for the past 15–20 years on a level circling 40 percent of the adult population. However, in the recent years we have seen an increase in the area of voluntary social work. Furthermore, it is debated whether informal help as well as non-formally organised volunteering is a growing tendency. However, research in the field is challenged by the informal nature of the informal help and voluntary work undertaken outside formally organised entities.

In this talk, I will present the latest figures on volunteering in Denmark with a focus on welfare and healthcare volunteering, non-formal volunteering and informal help as well as highlighting some of the challenges of recruitment and retention of volunteers. The empirical results are based on a national survey, “Frivilligrapport 2016–2018” as well as a study on informal help, based on a previous survey on volunteering in Denmark “Frivilligundersøgelsen 2012”.

Speech of 35 minutes followed by discussion of 15 minutes

**12.00 – 13.00**

**Lunch**



# Agenda

13.00 – 13.45

CITIZEN

## Storytelling – Team Twin

The brothers Steen and Peder Mondrup will tell their story and experiences in relation to informal care. (Photo: Jakob Kjeldsen)



13.45 – 14.30

INDUSTRY

## Informal care and welfare tech

**Speech by Karen Lindegaard, Senior Consultant at the Welfare Tech Cluster**

After working 15 years internationally with business incubator management, SMEs and Value Chain development, Karen is now leading the internationalization of the Welfare Tech Cluster, and managing the portfolio of international projects. Focus is on providing efficiency to the health-and-care sector by introducing innovative technology solutions, harvesting the benefits of technology introductions, and on sustaining the growth of SMEs within the health-and-care (Welfare) technology sector.

### Topics in her speech:

- How can welfare tech support informal care?
- Experiences with welfare tech at informal care
- What is the future?

# Agenda

**Coffee break and opportunity to visit the exhibitors**

**14.30 – 15.00**

**Stomp – by Stomp Along: Inspiring energy and fun**

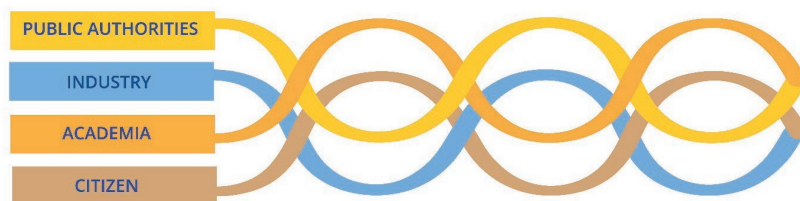
**15.00 – 15.30**



**Workshops in four groups:**

**15.30 – 17.00**

- How to support young informal carers
- Challenges in the collaboration between formal and informal care – what is “the solutions”
- Work and informal care – How to create a healthy balance?



**Reception with drinks and finger food**

**17.00 – 18.00**

- Opportunity to visit the exhibitors

#### Contact information

Vinie Diana Hvidbak Levisen

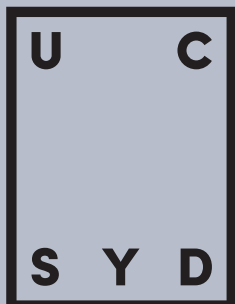
Tlf: +45 7266 5251

Email: [vdhl@ucsyd.dk](mailto:vdhl@ucsyd.dk)

#### UC SYD

Degnevej 16

6705 Esbjerg Ø



[ucsyd.dk](http://ucsyd.dk)

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