

FairCare Midterm Hybrid Conference Brings Europe Together for Inclusive Care

The **FairCare Midterm Hybrid Conference** successfully took place in **Cyprus on April 23, 2026**, bringing together project partners, formal and informal carers, people in need of care, stakeholders, and community representatives from across Europe.



The event became a meaningful space for connection, dialogue, and shared learning, reflecting the growing need for fairer and more inclusive caregiving practices within European communities.



The hybrid format allowed people from different countries to take part regardless of distance. This not only increased accessibility and inclusivity but also highlighted the important role that digital collaboration plays in European projects, education, and social initiatives.

A Shared Commitment to Better Care

Throughout the conference, participants openly discussed some of the **key challenges currently affecting health and social care systems across Europe**. Topics such as carer burnout, social exclusion, ageing populations, unequal access to support services, and the relationship between formal and informal carer were central to many conversations.

What stood out most was the shared understanding that care must always be centered around **dignity, respect, participation, and empathy**.

Participants exchanged experiences from their countries, **offering valuable insights into both the difficulties they face and the solutions** that have helped create more supportive and collaborative care environments.



Key Outcomes and Impact of the Conference

The FairCare Midterm Hybrid Conference brought participants together for a meaningful exchange of ideas, experiences, and practical approaches to improving fairness and inclusion in care settings. Throughout the programme, project partners presented the progress made so far, including research results, educational materials, training methods, and dissemination activities developed as part of the FairCare project.

Strengthening Cooperation and Communication

A central focus of the conference was improving communication and cooperation between formal and informal carers. Participants explored how mutual support and collaborative approaches can help address everyday caregiving challenges such as stress, emotional pressure, and lack of recognition. Discussions also emphasised the importance of dignity, participation, and inclusion for people in need of care, ensuring that their perspectives remain central in care-related decision-making.

Promoting Person-Centred Care

The conference highlighted the importance of person-centred care, with a strong focus on respecting the individual needs, preferences, and dignity of people in need of care. Discussions emphasised the importance of active participation in decision-making processes and encouraged approaches that promote autonomy, inclusion, and wellbeing within caregiving practices.

Sharing Practical Tools and Educational Resources

Project partners also introduced a range of educational materials and practical training tools developed through the FairCare project. These resources received very positive feedback from participants, particularly for their accessibility, practical value, and ability to support both professionals and informal carers in real-life situations. The exchange of these materials encouraged participants to continue applying and sharing FairCare approaches within their own organisations and communities.

Supporting Inclusive and Sustainable Care Systems

Through presentations, workshops, interactive activities, and networking opportunities, the conference created space for open dialogue, shared learning, and stronger cooperation between participants. The exchange of perspectives and experiences helped strengthen partnerships, encourage knowledge-sharing, and support the wider FairCare goal of developing more inclusive, sustainable, and human-centred care systems across Europe that benefit carers, professionals, and people in need of care alike.



Reflections and Future Perspectives

One of the strongest aspects of the conference was the opportunity for intercultural exchange and international networking. Organizations working in social care, education, healthcare support, and community development came together to share ideas, compare practices, and learn from one another's experiences.

The atmosphere throughout the event was warm, open, and highly collaborative. Participants actively contributed to discussions, reflected on common challenges, and explored ways to strengthen cooperation across Europe. These conversations helped build new connections and reinforced the importance of long-term collaboration when addressing complex social and caregiving issues.

Expanding Participation Through Digital and Hybrid Collaboration

The conference highlighted the growing importance of digital tools and hybrid collaboration within caregiving and European cooperation projects. Participants explored online platforms, collaborative materials, and practical learning resources developed through the FairCare Erasmus+ Project to support communication, training, and networking among carers, people in need of care, and stakeholders.

By combining in-person and online participation, the hybrid conference format created more inclusive and accessible opportunities for international exchange, strengthening cooperation between participants from different countries and sectors while supporting the wider dissemination of FairCare's goals and results.



Creating Spaces for Meaningful Exchange

One of the most valuable aspects of the conference was the opportunity it created for carers, professionals, and stakeholders to openly exchange experiences, ideas, and perspectives. These discussions encouraged honest reflection on the realities of caregiving while also promoting a stronger sense of understanding and cooperation between different groups and sectors. Participants recognised that inclusive and supportive environments are essential for building fairer and more sustainable care systems.



The Importance of Education and Support

The conference discussions also reinforced the need for continuous education, practical training, and emotional support for both formal and informal carers. Participants highlighted that carers often face emotional pressure and demanding responsibilities, making access to guidance, learning opportunities, and supportive networks increasingly important. By investing in training and awareness, the FairCare project continues to promote more confident, informed, and person-centred caregiving practices.



Together, we can help create more supportive, respectful, and sustainable care environments for everyone.

Looking ahead

The FairCare Midterm Hybrid Conference laid a strong foundation for future collaboration, learning, and project development. It reinforced the importance of active participation, continuous dialogue, and cooperation between communities, professionals, carers, and organisations in improving care systems across Europe.



As the project moves forward, FairCare will continue developing educational resources, expanding dissemination activities, strengthening stakeholder engagement, and promoting fair, inclusive, and person-centred care practices. The conference marked an important milestone in this ongoing process, encouraging continued collaboration toward more supportive, sustainable, and inclusive care environments for everyone involved.

In this spirit, we would also like to present two further recent milestones that reflect the continued progress and development of the FairCare project.

Finalisation of the FairCare Peer Training Course

The completion of the FairCare Peer Training marks another important milestone in the FairCare Project.

The training programme strengthens the empowerment of informal and formal carers as well as people in need of care and qualifies participants to become trainers within the FairCare framework. Based on the principles of peer support and independent living, it promotes self-determination, participation and inclusive learning in long-term care.



Developed through close cooperation between project partners, advisory groups and people with lived experience, the course reflects the real needs of elderly people, people with disabilities, informal and formal carers. Its train-the-trainer approach supports the sustainable transfer of knowledge, helps establish a first generation of FairCare trainers and fosters digital competences as well as inclusive collaboration in care contexts.

Let's talk to each other - The FairCare Discord Channels

Every project needs a landing page where visitors can find the basic information about the project.

But in FairCare we decided to go one step further!

We don't just want you to know what FairCare is about, but rather to have you become part of it. After all, the essence and innovation of FairCare is bringing together everyone involved in long-term care!

Who are they? The care recipients themselves, their family members (whom we call informal carers), and care professionals working in institutions (the formal carers).

We believe the greatest value comes from all of you talking to each other and sharing your experiences about care, needs, opportunities, and the good and bad practices existing in your countries.

To support this, we created a simple but excellent tool that also helps overcome language barriers: **DISCORD**.

If the name sounds familiar, that is no coincidence. Originally coming from the gaming world, Discord is now widely used by companies and communities alike, exactly because it is simple, practical, and effective.

So, what is it?

Discord is a free communication platform developed for groups, communities, and teams.

It allows users to:

- chat in writing,
- make voice calls,
- make video calls,
- share files,
- share and organise events and invitations,
- create separate channels based on topics or groups.



In our case, the purpose of Discord is to provide a **safe, well-structured, and easy-to-use online space for international communication between the FairCare target groups.**

With a simple registration you can use it on your laptop or mobile phone to chat, meet others, make friends, and organise events within the Carers, Care Recipients, or Common channels.

And language is not a barrier either, since a built-in translation tool ensures that while you type in your own language, others see your messages in theirs.


Of course, moderators in every country are also there to help if you get stuck with anything.

You can read a more detailed description about all of this on the FairCare website: <https://faircarecoop.com/>

Social Media



**Follow us on
Facebook**

This is a collaborative project, and we will need participants along the way! Stay updated on our progress and find out how you can get involved by subscribing to our newsletter and like our facebook page. 

Best,
The FairCare Team



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