PROLEPSIS

ITALY, CYPRUS, PORTUGAL, GREECE

"Being a caregiver can be extremely tough and as a result, we often overlook our own health needs. The Prolepsis App will be useful for scheduling not only all of my daughter's appointments, operations and examinations, but my own health check-ups too.

I hope that the Prolepsis App will be easy to use and accessible - contributing towards putting my mind at rest and enabling me to relax a little more - knowing that I'm not going to forget important reminders."

Women who assume the role of the informal carer often neglect their own health care appointments, breast cancer screenings and diet.

The **Prolepsis** project aims to develop a health intervention App as a way of enhancing preventative health care amongst informal carers.

Through expert research with health care professionals and the establishment of supportive informal networks, a number of women have been selected to participate in Prolepsis' first trial. At the end of this trial, the project hopes that more women will be participating in preventative health care and take more time to focus on their well-being.

socialplatform

EURO CARERS
European Association Working for Carers

prolepsis