

Resource Package

Università
della
Svizzera
italiana



Istituto
di
salute
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Free from Fear

Reframing dementia through the
eyes of caregivers



Free from fear is a project that aims to redefine the social meaning of dementia through dialogue among researchers, healthcare professionals, family caregivers of people with dementia, and citizens. The project is based on iSupport Swiss.



iSupport Swiss

A free training and support program dedicated to family caregivers of people living with dementia, developed in Switzerland by the Institute of Public Health of the Università della Svizzera italiana, by adapting the World Health Organization (WHO) model to the local context. It offers educational content and practical tools, accessible via web, smartphone/tablet app, and printed manual, available in the three national languages ([IT](#) | [FR](#) | [DE](#)) to increase caregiving knowledge and skills and to improve the quality of life of both caregivers and the people they care for.



iSupport Lite (IT)

A concise and accessible version of the WHO's iSupport program, designed to provide practical support to family caregivers of people living with dementia.



iSupport Swiss & Liberi dalle paure

The YouTube channel dedicated to informational videos and personal testimonies to support family caregivers of people living with dementia.

iSupport module

Recognizing the signs

How to recognize the symptoms?

iSupport module

Asking for help

What forms of support are available?

iSupport module

Taking time for oneself

How to find time for yourself and for the person you care for?

iSupport module

Supporting independence


How to simplify daily activities to increase autonomy?

iSupport module


Decoding behavior

How to understand and manage the changes that may occur with dementia?


Animated video

 [Recognizing the signs: The keys](#)


Animated video

 [Asking for help: The network](#)


Animated video

 [Taking time for oneself: The couch](#)

Animated video

 [Supporting independence: The ribbon](#)

Animated video

 [Decoding behavior: The coffee](#)



Wrap-up video

[Free from fear - Reframing dementia through the eyes of caregivers](#)
(ENG subs)