



# RuralCare

*"He who has a reason to live can face  
all the hows"*

Friedrich Nietzsche

Rural Care is an innovative project that offers people with dependence, disability or chronic illness the necessary support so they can stay at home, developing their life project, their daily activities, participating in the community, activities of health care and, in general, all those significant activities that give meaning to their life.

The recognition of the dignity of the person, the search for their maximum capacity for autonomy, respect for their preferences and desires, the ability to adapt support to the needs that may arise at any time and facilitate participation in the community; these are the aspects that direct all the actions planned in Rural Care.

## Who is it for?

- People, preferably elderly, **dependent, disabled or chronically ill** who reside in their usual home, be it their own, rented or assigned.
- **Families and caregivers** of the persons who participate in the project, offering them the support they require to perform their functions in an ideal way and making it compatible with their daily life.



## What is the goal?

Provide **social support, health care services and opportunities to participate in the community** needed to enable people to stay at home with assurances of security, dignity and quality of life.

**Support to the family environment and other caregivers**, for the performance of their duties of care, reconciling with their personal, social and labour life, as well as with their own health.

**Promote the territorial revitalization**, to foster rural environments that facilitate the autonomy of individuals, promote local employment, community involvement and social cohesion.



## What does the project offer?

**An agreed Support Plan for a meaningful life,**

Through:

- A professional public case coordinator.
- A professional case manager with mediation and dynamization tasks.
- A professional of reference at home and in the community.
- Personal assistance service with sufficient intensity and coverage.
- Home, scheduled and emergency health care according to the portfolio of services.

- Evaluation of the accessibility of the home and, where appropriate, adaptation of the home + technical aids + basic and advanced Telecare.
- Support program to non-professional caregivers.
- Personalized program of community participation.
- Training of professionals.





## How is it financed?

The project and the services it offers are financed through the economic contribution of the European Union, the benefits of the Dependency System and the contribution of the participants according to their economic capacity.

## Where?

In the rural environment of the province of Valladolid:

Tierra de Campos North: Social Action Centre of Villalón de Campos.

Tierra de Campos Sur: Social Action Centre of Medina de Rioseco.

## Which entities participate?

It is a project, financed with European funds, led by the Social Services Management Public Administration.

The Valladolid Provincial Council, the University of Valladolid, the Fundación Personas and the ESN (European Social Network) are part of the consortium.

Other collaborators: IMSERSO, Regional Ministry of Health, Town Halls in the area and Network of Provincial Federations of Retirees and Pensioners of Castilla y León.

## More information

In the Social Action Centre of the localities where the project is developed.

On the website of the Junta de Castilla y León: [www.jcyl.es](http://www.jcyl.es)

[info@ruralcare.eu](mailto:info@ruralcare.eu)

Diverse studies show that people's preferences regarding ways of life and resources to tackle dependency and disability are obvious. The majority wishes to continue living in their home with the support of all those involved in the care process, including families and professional services. This information is the basis of current care approaches, which prioritize staying at home.

The provision of long-term care in rural areas faces a set of conditions that require the development of a sustainable system capable of supporting people so that they can access a better quality of life and obtain a response to their care needs respecting their dignity and their life project.





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