

-Safer Social Professionals At Home-



Erasmus+

## SAFER PATH PROJECT- Safer Social Professionals at Home

# NEWSLETTER#3

OCTOBER 2025



## SAFERPATH PROJECT:



Erasmus+

After completing the first draft of the BURNOUT TOOLKIT, the project partners undertook to pilot implementation their product in order to test its feasibility and effectiveness.

In Greece, Spain and Italy, discussion sessions were held with home care operators and service users to obtain opinions and suggestions for possible changes and to verify the quality of the Toolkit.



**Hello from the SaferPaTH project team! We are in the final phase of this project for home care workers...but we will continue to disseminate its results!**

The project addresses health professionals specialised in people with disabilities' home caring.

The main goal of this proposal is to improve the skills of homecare workers caring for people with disabilities and to achieve their wellbeing in order to offer more efficient health and home care.

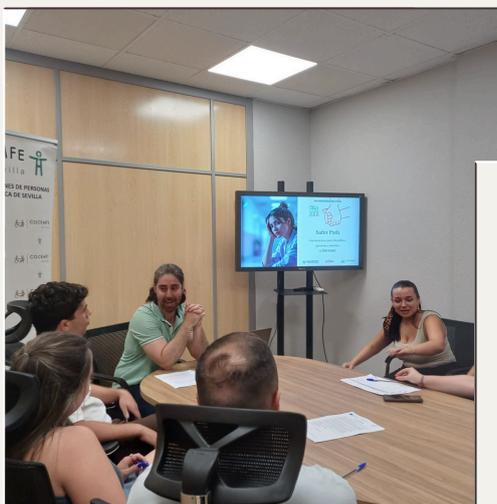
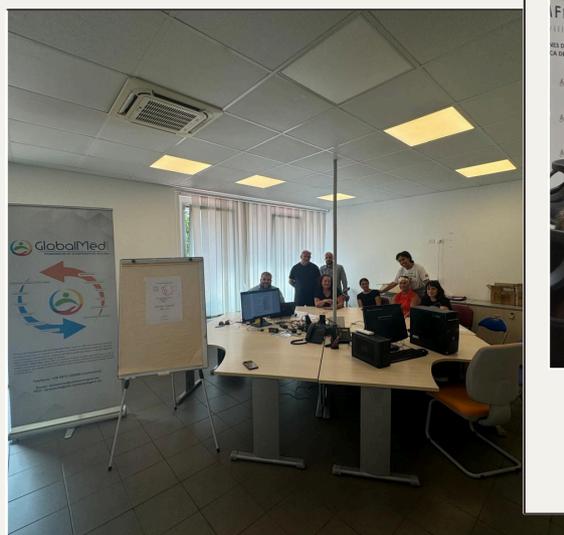


**PILOTING ACTIVITIES IN  
PARTNER COUNTRIES**



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## THE RESULTS OF THE COMPARATIVE RESEARCH ITALY, GREECE E SPAIN



The pilot implementation of the Safer Path project in the three countries confirmed the validity of the Burnout Toolkit as a tool for preventing and managing stress among social and healthcare workers.



[CLICK HERE TO READ THE PILOT IMPLEMENTATION REPORT:](#)

In Italy, the workshops involved 33 professionals (mainly home care workers and nurses), who gave positive feedback on the clarity, structure and practical usefulness of the manual. The most appreciated chapters were 3 (“Burnout prevention and management strategies”) and 4 (“Professional development”), thanks to their practical approach and operational tools such as the STOP model. The main recommendations concerned greater digital interactivity and the inclusion of real-life examples and psychological support resources.

In Greece, the pilot showed similar results: participants highlighted the relevance of the manual for training and supporting healthcare staff, with strong appreciation for the sections on emotional management and mental well-being. However, there was a need to adapt the language and case studies to the Greek cultural context and to include additional multimedia materials.

In Spain, the trial confirmed the effectiveness of the Toolkit, especially in home care settings. Operators rated the practical tools for stress reduction and conflict management very positively, but requested a more concise version that could be used on mobile platforms.

Overall, the three countries agree on the educational and operational value of the manual, which they consider clear, useful and easily applicable, but suggest moving towards a more interactive and personalised format, with greater attention to the psychological and cultural dimensions of burnout.



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# FINAL EVENT IN ITALY!



The meeting provided an important opportunity for discussion on the topics of organisational wellbeing and burnout prevention among social, healthcare and home care workers.

After the initial greetings, the GMC Consortium, as coordinator, reviewed the origins and objectives of the project, emphasising how the Burnout Toolkit was created by listening directly to operators and their real needs, which emerged strongly during the pandemic years.

During the morning, the project partners illustrated the contents of the Toolkit, highlighting its practical and applied nature: a set of tools, exercises and strategies to help operators recognise the signs of stress, improve communication in work groups and promote more inclusive and supportive environments.

Ample space was also devoted to the presentation of the Toolkit's key strategies, including the STOP approach – Setting Boundaries, Time, Optimising Well-being, Priorities – and sections dedicated to self-care, conflict management and assertive communication.



The project coordinator also pointed out that burnout prevention cannot be left solely to individual responsibility, but must become an organisational priority for cooperatives, local authorities and social and health services.

The day ended with thanks to all participants and the numerous representatives from the local area – operators, institutions, associations and cooperatives – who contributed to a discussion rich in experiences and reflections.

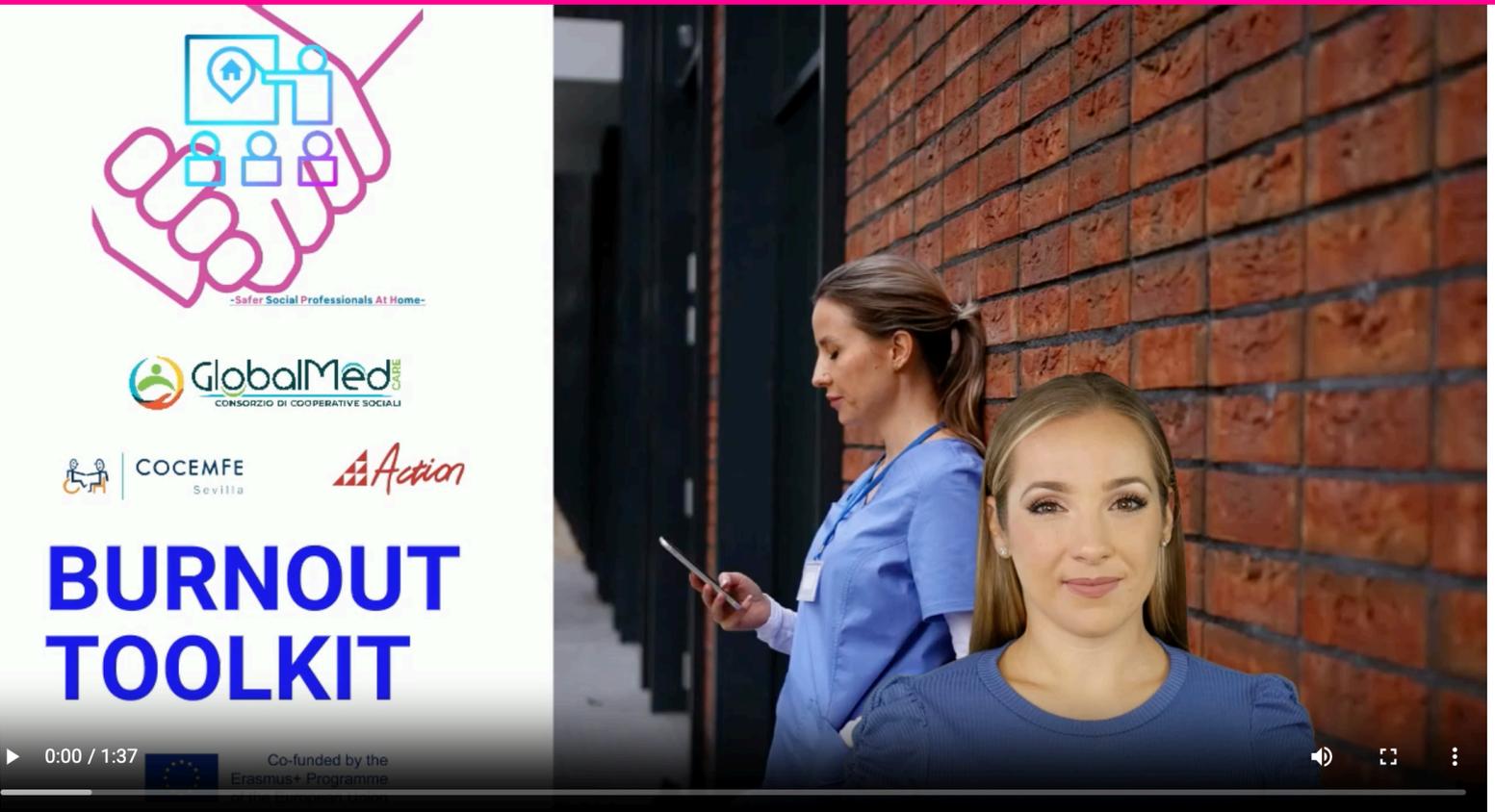


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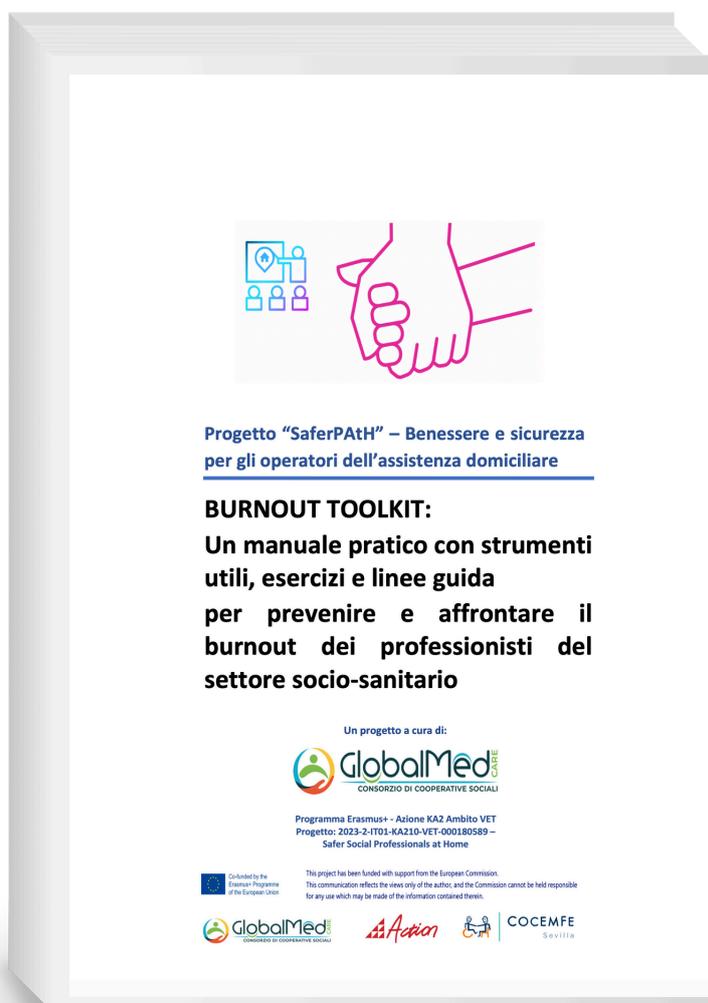
[CLICK ON THE VIDEO TO WATCH THE PRESENTATION OF THE BURNOUT TOOLKIT!](#)



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# Download the “BURNOUT TOOLKIT” here for free!



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## THE PARTNERSHIP:



## THE FUTURE OF THE PROJECT!



All project participants will continue to disseminate the BURNOUT TOOLKIT in their own countries, with commitment and availability, even at in-person events! The project's social media page (FACEBOOK) will also be maintained and will remain operational, with exercises and advice from the manual being posted periodically. These activities will be shared and disseminated by all partners. The project coordinator, the GMC Consortium, will oversee the progress of these activities.

THANK YOU ALL, NOW IS THE TIME TO SPREAD THE WORD... LET'S CIRCULATE THE BURNOUT TOOLKIT!

## PROJECT PARTNERS

The partnership consists of 3 partners from 3 EU countries: Italy, Spain and Greece, representing the Mediterranean area of EU.

@Consortio Global Med Care  
@Cocemfe Sevilla  
@Action Sinergy

The 3 partners address common needs and priorities in the field of disability, and they foster a change that could lead to a new approach to home-care for PWDs and could upskill and enhance their own workers.



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