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Sustainability and Replication Guide



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1. Introduction

Welcome to the **Creative Care Sustainability and Replication Guide**. This document is designed to help Vocational Education and Training (VET) providers, professionals, and organisations effectively implement and continue the work of the Creative Care project. Our goal is to ensure the valuable resources and innovative methodologies developed are maintained beyond the project's completion and can also be successfully adopted and adapted by new beneficiaries and in new contexts.

This guide provides a roadmap for ensuring that the Creative Care project leaves a lasting impact. It outlines strategies and practical steps for sustaining the project's outputs and for replicating its success in diverse environments, helping to spread the benefits of intergenerational and participatory arts programmes for older persons in healthcare settings.



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2. Background: The Creative Care Project

The Creative Care project was created to address a critical need: equipping professionals with the skills and knowledge to design and implement creative arts programmes for older persons. The project focused on two key areas: the intergenerational approach and socially engaged participatory art practices. Through the collaborative efforts of our partners, we have developed a comprehensive package of resources, including:

- **VET learning resources:** A handbook and training materials for VET providers.
- An **online Creative Care Toolbox:** An innovative platform with e-learning units, videos, and exercises.
- **Train the Trainer seminars:** Practical, hands-on training for VET professionals.

The core need of our approach has been to create resources that are practical, friendly, and adaptable to different cultural and organisational settings. By actively engaging VET professionals in the development process through co-design workshops and peer review sessions, we have ensured our outputs are relevant and meet the real-world needs of our target group.



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3. Guiding principles for Sustainability and Replication

The strategies outlined in this guide are built on a set of core values that have underpinned the entire Creative Care project:

- **Accessibility and usability:** All resources are digital and available free of charge. The online platform (learning.creativecare-project.eu) is designed to be intuitive and easy to navigate, ensuring that anyone can access the materials they need, whenever they need them.
- **Adaptability:** The project's methodologies and resources are designed to be flexible. Users are encouraged to adapt the content to fit their specific local context, cultural dimension, and the unique needs of their target groups.
- **Community and collaboration:** Sustainability relies on a strong community of practice. This guide promotes ongoing collaboration, knowledge sharing, and peer support among VET providers and professionals to continue improving and expanding the use of the Creative Care resources.
- **Continuous improvement:** The field of arts and care is always evolving. We encourage users to see this guide not as a static manual but as a starting point for continuous learning, feedback, and innovation.

This guide is designed to cover both short-term and long-lasting aspects of sustainability, providing practical, step-by-step guidance to support the transition from project activities to practice.



4. Strategic framework

Step 1: Getting started with Creative Care

This first step focuses on helping you get familiar with all the resources and begin incorporating them into your work. It's about engaging with the materials and understanding their full potential before you introduce them to others.

1. Explore the Online Creative Care Toolbox

The Online Educational Platform hosted on the project's website (creativecare-project.eu) is the central hub for the project's materials and is the perfect place to begin your Creative Care journey. It provides free, immediate access to a set of resources that is designed for both self-learning and professional development. You'll find a series of engaging e-learning units, each with a short, focused video and interactive exercises.

Practical step:

Begin by exploring the Creative Care Online Educational Platform. Watch the e-learning videos and the accompanying self-reflection exercises to get a feel for the content and its presentation. Take the time to complete it on your own to fully understand the flow and key takeaways. This will give you the confidence to use them effectively with your beneficiaries.

2. Utilize the Creative Care Training Guidelines

Although the online tools are helpful, the project's main resource is the **Creative Care Training Guidelines** (creativecare-project.eu/results). It combines theoretical insights with practical examples, giving you the guidance needed to teach others and explore the methodology more thoroughly.

Practical step:

Use the Creative Care Handbook as a comprehensive reference guide. You can follow the modules in the recommended order, or jump directly to topics most relevant to your training sessions. The materials can be used as a foundation to prepare your own training materials, or you can use the prepared content directly to facilitate a full training session.

3. Share your knowledge with your peers



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The more trainers who know about and use these resources, the bigger the impact on the VET sector. By sharing your knowledge and experience, you can become a key part of spreading this knowledge within your own community and beyond.

Practical step:

Identify colleagues or other VET providers who could benefit from this work. Share links to the Online Toolbox, and consider leading a short presentation at a team meeting or a workshop to introduce them to the materials and share your positive experiences. Your personal experience is a powerful tool for encouraging others to adopt these resources.

Step 2: Implementing and sustaining Creative Care

Now that you are familiar with the Creative Care resources, this phase will help you effectively implement them and ensure their long-term sustainability within your training practice. This involves using the materials, and actively adapting and refining them to fit your specific needs and context.

1. Adapt and integrate the resources

The materials were designed to be flexible. You can use them as a standalone training programme or integrate them into your existing curriculum. Consider the specific needs of your participants, the available time, and your training environment.

Practical step:

Begin by identifying which modules or resources are most relevant to your target group. For example, if your VET learners are focused on a specific area of healthcare, you can prioritize the modules that directly apply to their field. Remember that the handbook and e-learning units can be mixed and matched to create a custom learning experience.

2. Create a feedback loop

To ensure the quality and effectiveness of your training, it is important to gather feedback from both your learners and your peers. Their insights will help you refine your approach and improve the materials over time.

Practical step:



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After each session, use a simple feedback form to ask participants what was most useful and what could be improved. You can also organise a peer review session with other trainers, similar to the project's own peer review activity, to share experiences and discuss best practices. This continuous improvement process will make your training more impactful.

3. Build a community of practice

Sustainability isn't just about the materials, it's about the people who use them. By connecting with other trainers and professionals, you can create a support network, share new ideas, and collectively address challenges.

Practical step:

Reach out to the project partners to learn about any existing forums or groups. If none exist, consider starting a small group in your area or online. Regular meetings, even if they are short, can help you stay motivated and discover new ways to apply the Creative Care approach in your work.

Step 3: Measuring impact and scaling up

In this final step, you will learn how to measure the effectiveness of your Creative Care training and explore opportunities to expand its reach. This is how you move from simply using the materials to becoming a leader in the field, helping to ensure the project's long-term impact.

1. Document and evaluate your impact

To understand the value of your training, it's essential to collect evidence of its success. This data can be used to present your work, secure future funding, and convince others to adopt the Creative Care approach.

Practical step:

Use both qualitative and quantitative indicators. For qualitative feedback, use participant testimonials and case studies. Ask learners how their understanding of intergenerational arts has changed and how they feel more equipped to use these practices in their work. For quantitative data, track the number of participants, the number of sessions held, and the number of people who complete the e-learning units.



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2. Promote and disseminate your results

Once you have evidence of success, you can share your results with a wider audience. This can help you attract new learners, build partnerships with other organisations, and contribute to the broader VET community.

Practical step:

Use various communication channels to share your story. You can write a blog post for your organisation's website, present your findings at a conference or a local VET meeting, or share a brief summary on social media. Mentioning the original Creative Care project and linking back to the online toolbox can help other trainers discover these valuable resources.

3. Seek opportunities for replication and scaling

The ultimate goal is to see the Creative Care approach replicated and scaled beyond your initial efforts. Your success story can be a powerful motivator for others to take up the project's outputs.

Practical step:

Look for opportunities to share your adapted curriculum with other VET providers. You can propose a new training module, collaborate on a workshop series, or even help another organisation implement a similar programme. By becoming an advocate for the Creative Care model, you are directly contributing to the sustainability of the project's mission.



5. Lessons learned during project activities

The table below highlights key lessons learned from the main activities of the Creative Care project. These insights can help other organisations to plan, implement, and improve their own creative arts and VET initiatives.

Activity	Lesson learned
Co-design workshops with VET professionals	Engaging the target audience directly from the start is crucial. It ensures that the developed resources are relevant, practical, and truly meet the needs of VET trainers and professionals.
Development of training materials	Creating a comprehensive handbook that combines both theory and practical application is vital. The blend of theoretical concepts and tangible examples makes the content more useful and easier to adopt.
Online peer review sessions	Online peer reviews are an effective and cost-efficient way to gather feedback from a wide range of experts. This step guarantees the quality and usability of the final materials before they are published.
Development of the Online Toolbox	A centralized, multi-language online platform is essential for long-term sustainability and replication. It provides free, easy access to all project outputs, removing barriers to entry for new users.
E-learning Modules	Offering a variety of formats, such as short e-learning videos and interactive seminars, helps accommodate different learning styles. This approach ensures the project's content can be widely and effectively used.



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6. Conclusion: The path forward

Congratulations on completing this guide! By following the steps outlined, you are using the Creative Care materials and you are actively participating in a community dedicated to improving the lives of older persons through arts-based VET training.

The journey from a new user of these resources to an advocate and leader is a powerful one. Every time you adapt a module, measure your impact, or share your success story, you are directly contributing to the sustainability of the project's mission. Your efforts will help ensure that more trainers, professionals, and older persons can benefit from this work for years to come.

We encourage you to continue to engage with your peers, share your experiences, and look for new ways to expand the reach of the Creative Care project. The future of this work is in your hands.



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