

## SPECIAL CARE UNIT: INTERDISCIPLINARY ACTIONS ADDRESSED TO CAREGIVERS

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**PURPOSE:** To show the activities of the project "Welfare" developed in a Semi-intensive Care Unit (patients from 0 to 1 year old) which has the goal of stimulating social coexistence, integration, provide moments of relaxation and joy and also it it's an opportunity to qualify the caregivers for the patient's care. **METHODS:** Every 15 days caregivers have a 1 hour meeting coordinated by a Social Worker of Inpatient Unit in order to develop recreational and educational activities with the participation of other professionals' team, people from the community and operational support from the communication service of the Hospital. The subjects mentioned are decided in advance with the team and caregivers and vary according to the needs of each group. Among them: anxiety, the importance of sleep, healthy nutrition, cancer prevention, guidelines about rights, community resources and social benefits, quality of life, the importance of mother-child link, besides group dynamics for integration, relaxation exercises, celebration of special days (mother's day, children's day), etc. and distribution of presents provided by the community. The feed back is positive from caregiver as well as the team professionals who search a holistic assistance for a higher level of proximity with families who feel more welcomed and inclined to a horizontal dialogue. **CONCLUSIONS:** When caregivers gain more knowledge about the malformation, treatment, community and institutional resources, patient's rights, media resources (blog, social networks, etc.) they demonstrate positive changes of attitude after this collective action and can face the situation with more optimism and acceptance for acting as true supporting in the rehabilitation process.