**List of Videos used on Module 1**

**For Step 2**:<https://www.youtube.com/watch?v=fzMA9TlPJUk> (What is Health Literacy?)

**For Step 3:** 2 videos one from a carer and one from a doctor explaining their mutual expectations from a health care visit (In Greek and translated in a separate document in English)

**For Step 4:**<https://alzheimer.ca/en/Home/Living-with-dementia/Caring-for-someone/Self-care-for-the-caregiver> (How can we support carers? In English with Greek subtitles)

**For Step 6:**

<https://www.youtube.com/watch?v=DXafn3jSzGw> (Recovery position, in English with automatic translation in many languages)

<https://www.youtube.com/watch?v=qqxr94ivoL4> (Diaphragmatic breathing, in Greek translated in a separate document in English)