



Support for carers  
and  
Volunteer programme  
in Mark Municipality

Relatives' consultant  
Relatives' representative  
Volunteer coordinator  
Contact us via the Municipality's  
switchboard  
Tel. 0320 - 21 70 00

## Support for carers

If you are caring for someone, various kinds of support and help are available to you in Mark Municipality.

Support for carers (Närståendestöd) aims to provide a high quality service, working in partnership with you to give you exactly the support you need.

- Groups for relatives. These are places where you can meet others in a similar situation
- One-to-one support meetings
- Education and training on how to get support, recognition and knowledge
- Home visits and information
- Encouragement. Offering activities, relaxation and fun

Free respite care can be arranged at home if carers need a rest or some time for themselves, or are otherwise unable to look after the person who needs help.

## Volunteer programme

We are reaching out to those who want to find out what the volunteer programme has to offer.

Call for information about activities in your area.

The volunteer programme wants to hear from you if you have the time and inclination for brotherly love and solidarity, adding that little bit extra to make life better.

- Helping out in activity groups
- Leading groups of relatives on a voluntary basis

As a volunteer, you won't be paid for your services, but you will receive information/training and insurance through Mark Municipality.

Volunteer services are a complement to the Municipality's work, adding that little bit extra to make life better.

*"A problem shared is a problem halved"*