



If you are giving support or care
to someone who is close to you

Caregiver support in Mark municipality

Our caregiver support is intended for people who give support or care to a family member or someone else who is close to them and who is 65 or older. The type of support you can get depends on your needs and life situation.

When your family member becomes ill you may be the one needing help

Often you'll have been caring for someone for a long time before you realise that what you're doing amounts to a job requiring skills – and often going on round the clock. As a caregiver you are invaluable, but sometimes you too need support and time for yourself, as well as a chance to rest.

Counselling

Turn to us if you need information, advice or support. This can be by phone, you can visit us here at Caregiver Support, we can make a home visit, or we can meet for a walk and a chat.

Speak to others who know what it's like

You'll be offered to join groups made up of other people in similar situations. You get together with them under informal circumstances to talk and give each other support. We also provide information and offer training during these get-togethers.



Respite care

We can offer you a respite if you're caring for a family member or someone else close to you who is 65 or older and needs your support throughout most of the day and night. This makes it difficult for you to leave them on their own for longer periods of time. The purpose of respite care is to give you as a caregiver an opportunity to have some time for yourself and to prevent your own health from deteriorating.

We also arrange health promoting activities for caregivers' recreation as well as relaxation. These activities are primarily intended for caregivers who live together with the person they're caring for, who are over 18 years old and registered as resident in Mark municipality.



Would you like information about what
caregiver support might involve in your
specific case?

You're welcome to contact us!

Kontakt

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