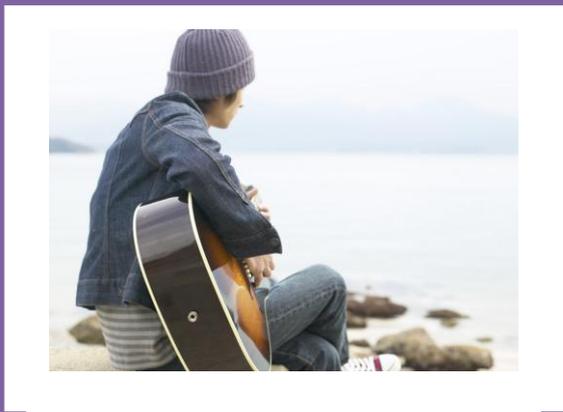


Information about Carers Support



For whom is Carers Support?

Carers Support is for relatives and friends who take care of someone close to you who has prolonged psychiatric or physical illness, is elderly, has a drug/alcohol addiction or disability.

The person receiving your care can be a family member, relative, close friend or neighbor. Young or old. Our function is to give you advice and support.

Why Carers Support?

Many carers see it as natural to provide help and support to close friends and loved ones. It provides both joy and meaning, but it can sometimes give cause anxiety and exhaustion. As a carer, you also need support and time for yourself.

Which types of support are available?

There are some free services for carers.

Advice, support and counselling

The Carers Support Coordinator can direct you to the necessary contacts and will help to answer questions about where you need to turn in to specific cases.

All Carers have the option of counselling. The conversation is focuses on the support and help needed for each individual.

Support plan

There is a possibility of having a support plan put into place, stemming from the needs of the individual carer.

Relative Support groups

To participate in a Carers Support group provides support and the chance to socialize, while gaining knowledge and information.

Carers Support café

A meeting place for support and social interaction for Carers.

Education

Carers Support arranges courses and seminars aimed at the specific needs of the carer.

Health & wellbeing

Carers Support offers various activities in health & wellbeing for carers.

Carer on Internet

"Gapet" is a web site for Carers. You can find advice, support and gain contact with others who are in a similar situation.

Other types of support:

You and the person you care for can also qualify for other types of help which is approved by a social welfare officer in Sävsjö Kommun. This can be relief in the home, short term stay and daycare activities.

What should I do now?

Contact the Carers Support Coordinator for guidance and more information.

Carers Support Coordinator Sävsjö kommun

Health and Social care - Disability care:

Madeleine Sjöstrand
0382-154 83

madeleine.sjostrand@savsjo.se

Individual and Family care:

Jennie Fyhr
0382-154 78

jennie.fyhr@savsjo.se

Visiting address:

Villagatan
576 80 Sävsjö

Web site:

<http://www.savsjo.se/stod--omsorg/anhorig-och-narstaende>



Feel welcome to make contact!



SÄVSJÖ KOMMUN