

Information about Support for Relatives and Others (*anhörigstöd*)
in the Municipality of Falköping

Are you looking after someone who needs your help?

If you are, then there is some help you can get from your local authority.

Are you taking care of – or living with – a family member or a friend, old or young, who needs support because of disability, illness, old age or substance abuse?

Then you are giving invaluable support to the person who needs your help. What you are doing is very important to ensure that person's quality of life.

However, you yourself also need to have some support and some time of your own, to make your everyday life easier physically, psychologically or socially. The purpose of Support for Relatives and Others (*anhörigstöd*) is to make your situation easier in various ways, based on what you need. What we may do to help you depends on your needs and your life situation.

Examples of what we can do to help you:

- Have someone take your place in the home for a while
- Day-time activities for the person you are helping or a place in short-term care for him or her, including on a regular basis
- Courses and lectures
- Individual or group counselling
- Assistive technology
- Help you get in touch with associations
- Recreational days
- Help you improve your health

Feel free to contact us if you want to talk or need more information

Coordinating official (*anhörigsamordnare*)

Maia Nilsson

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Information Centre (*Informationscentrum*)

Telephone: 0515 - 88 51 00

Open weekdays from 11 a.m. to 3 p.m.

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Website: www.falkoping.se/social