



# Support for relatives

Are you caring for a loved one over 65 years old?  
Do you need someone to care for you?

Engelska  
English



HUDDINGE  
KOMMUN

## Get in touch!

For further information, please contact the municipality's family member consultants: Among other things, they can help you arrange contacts, provide you with information about various types of support, and organise activities where you as a family member can get to know people in a similar situation. The family member consultants are bound by confidentiality and do not keep records of their interactions.

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**Providing support to an elderly relative, friend or companion lends joy and meaning to your life. But it can also be lonely and stressful. Elderly care services provides support to those caring for loved ones over the age of 65.**

In many cases, caring for an elderly loved one is both deeply meaningful and a matter of course. But it can also feel burdensome and limit the supporting relative's ability to maintain his or her own interests and social contacts.

Under the Social Services Act, the municipality is required to provide support to help those caring for or looking after a loved one who is chronically ill, elderly, or disabled. A supporting relative can be the husband or wife, civil law spouse, partner, parent, child, other relative, friend, colleague or a neighbour.

The purpose of support for relatives is to make your daily life as supporting family member easier. Our aim is to prevent ill health, counteract isolation, help people find joy and inner strength, and to draw attention to your situation as the family member of someone in need of care and support. No official decision is required to qualify for support for family members, nor does it cost anything.

## Support for relatives offers you

### Discussion groups (Samtalsgrupper)

Elderly care arranges group discussions where we talk about what caring for a loved one is like. We share our experiences and give each other advice and support. The discussion groups are arranged as needed, and their content is based on the participants' wishes.

## **Workshops (Studiecirklar)**

Participate in carer support workshops to learn more about topics related to your role as a caregiving family member. Topics include illnesses, diagnoses, rights and health.

## **Private discussions (Enskilt samtal)**

If you would like to talk about your particular situation, you can book an appointment with one of the carer consultants. They are available to answer questions related to elderly care, and can advise you on other services provided through the municipality. You have the right to remain anonymous, and the consultants are bound by confidentiality.

## **Themed days (Temadagar)**

Themed days are arranged a few times a year. They are often focused on wellbeing, both physical and psychological.

## **Support that requires an assistance decision**

### **Adult daycare (Dagverksamhet)**

Adult daycare is provided for loved ones who live at home but would like to participate in various activities outside the home, like going for a walk together, drinking coffee, or playing board games. Adult daycare services provided through the municipality have different focuses determining what types of activities are offered.

### **Respite care in the home (Avlösning)**

As someone caring for a loved one at home, you can apply for a respite. This will give you a chance to take care of yourself and engage in personal activities outside the home. Respite care is free of charge for up to 20 hours per month. You can also contact the Friend Service (Väntjänsten) to keep your loved one company, free of charge, for a few hours.

### **Caregiver card**

As a family member, you can carry a family caregiver card in your wallet in case something should happen to you. Complete the card with your name, the name of your loved one, and contact information for one or more people to call if you become seriously ill or are involved in an accident. The caregiver card is free and can be ordered from the carer consultant.

### **Contact the Friend Service (Väntjänsten)**

If you want someone to keep your loved one company for a few hours, you can contact the Friend Service (Väntjänsten).

Telephone:  
08-779 81 20

Telephone hours:  
Mondays and  
Thursdays 10-11 a.m.

## **Alternating care (Växelvård)**

If you need someone to relieve you as the caregiver on a regular basis, you can apply for alternating care. The most common arrangement is for your loved one to receive alternating care in two-week periods, i.e. two weeks away and two weeks at home.

## **Home care subsidy (Hemvårdsbidrag)**

Those who are helped and cared for by a relative or other loved one in the home can qualify for financial aid from the municipality. These are called home care subsidies, and are paid to the person receiving the care. To qualify for a home care subsidy, the person receiving care must be in need of help doing things that family members normally do not help each other with.

## **Short-term care (Korttidsplats)**

As someone caring for a loved one in the home, at times you may need someone to relieve you so that you can recuperate or travel. If that is the case, your loved one can be admitted to a short-term facility, e.g. over a weekend or for a week.

### **Contact the Secretariat for Assistance (Biståndskansliet)**

In order to apply for an opening in short-term or alternating care, adult daycare, respite care or a home care subsidy, contact the Secretariat for Assistance through the municipality switchboard on 08-535 300 00.



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