



**Information om  
anhörigstöd  
på engelska**

# **Are you someone's caregiver?**

**At Caregiver Support we're here for you!**

# If you are giving support and care to someone who is close to you

Do you have someone who is close to you, young or old, who needs your support and care due to illness, substance abuse, addiction, or a physical or mental functional impairment?

The person close to you might be a family member, a relative, a neighbour, or a good friend. As caregiver you are important, and your contribution is significant, but you too may need support sometimes.

Our mission is based on Ch 5, Section 10 of the Social Services Act (Socialtjänstlagen):

*"...shall offer facilitating support to persons caring for next of kin who have a long-term illness, are elderly, or have functional impairments."*

Search for "Caregiver support" on the following pages if you want to know more:

[goteborg.se](http://goteborg.se)  
[socialstyrelsen.se](http://socialstyrelsen.se)  
[anhoriga.se](http://anhoriga.se)  
[1177.se](http://1177.se)

# Would you like to speak to someone about your situation?

The City of Gothenburg has counsellors who provide caregiver support. You can turn to them for information, advice and support. Caregiver support can take the form of counselling sessions, talks, training programmes, caregiver groups, or just help in finding what you need.

You as caregiver as well as the person receiving your care are both entitled to apply for support for yourselves from the social services. This might be respite at home, day services, or some other form of support. All support has to be adapted to you as an individual. If you need an interpreter of any kind, for example, we can help you book one.



# You are welcome to contact a caregiver counsellor

Caregiver counsellors can provide further information about caregiver support and the different forms it can take.

**Are you giving support and care to a person *under the age of 65* and would like to speak to a caregiver counsellor?**

**Phone:** 031-365 50 30

**Email:** [anhorigstod.under.65@funktionsstod.goteborg.se](mailto:anhorigstod.under.65@funktionsstod.goteborg.se)

**Are you giving support and care to a person *over the age of 65* and would like to speak to a caregiver counsellor?**

**Phone:** 031-365 00 00

City of Gothenburg Contact Centre.

Ask for a caregiver counsellor in the area where you or the person you are giving care to lives.

If you want to read more about caregiver support or find contact details for caregiver counsellors in your area, visit [Stöd till anhöriga](#) or scan the QR code below.



**My contact person**

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