

Support for relatives

Many informal carers provide support for those within their family or friends, who are struggling to cope on their own with everyday life due to illness, old age or disability.

As a supportive informal carer, YOU will sometimes need help yourself. All municipalities are required by law to offer you such support.

As an informal carer it's important that you:

- are considerate to yourself
- take care of your own health
- make sure you have time for your self
- accept help from others

Contact your municipality to find out what services may be available to you.



For more information about coping as an informal carer go to **www.1177.se**

If you would like someone to talk to about your situation, call the **carers line 0200-239 500** or send an email to **info@anhoriglinjen.se**

The **Swedish Red Cross** and the **Swedish National Carers Association** can help you to get in touch with a support group in your local area.