

# INFORMATION

for  
relatives/carers



ENGELSKA/ENGLISH

 ANHÖRIGAS  
RIKSFÖRBUND

## Anhörigas Riksförbundet

Carers Sweden (Anhörigas Riksförbundet) is an organisation independent of any political or religious affinity that supports carers regardless of age, gender or diagnosis of the person for whom they are caring.

- consists of local carers' associations and individual members
- shall work together with carers and from a carer's perspective, with good knowledge and broad experience, to encourage debate and to influence, inspire and show the way for new solutions
- shall be a shared platform for all issues that relate to carers
- shall be characterised by good collaboration with authorities, organisations, etc. both at national level and locally.

## Who is a carer?

A carer is a person within the family or friendship group who helps someone because of illness, age or functional impairment. A carer might be, for example, a spouse, parent, child, grandchild, friend, neighbour, work colleague or someone else.

## Large number of carers

There are currently 1.3 million carers in Sweden who support or help someone on a regular basis. Of these people, 900,000 are of working age and 140,000 have stopped work or are working reduced hours because of their situation as a carer.

## Carers' efforts are invaluable

Carers who look after those close to them are an incredibly important resource for society. We strive to make sure that they have the best possible conditions to manage the role of carer, for as long as they themselves want to. This is why Carers' Sweden exists.

## Anhöriglinjen

Carers Sweden has a support line known as "Anhöriglinjen", which carers can call for support and advice in Swedish only.

**The phone number is: 0200-239 500**

You can also write and send an email to [anhoriglinjen@anhorigasriksforbund.se](mailto:anhoriglinjen@anhorigasriksforbund.se)

## Anhörighandbok

Carers Sweden also has a handbook for carers that offers advice and support for carers. It is web-based and has information in Swedish only:

[www.anhorighandboken.se](http://www.anhorighandboken.se)



## Different kinds of support from municipalities and county councils

Pursuant to the Swedish Social Services Act (Chapter 5, Section 10), municipalities shall offer support to anyone who is helping or caring for someone. Home help and other services that are granted for those who are sick or have functional impairments can also help and relieve the load on the carer. For more information about the help available, contact the municipality's carer consultant, case handler or nurse.

**Phone the municipality's switchboard to be put in contact with the relevant person.**



The range of support services varies between municipalities. Below are some examples of support that municipalities and county councils can offer:

- Relief in the home
- Home care
- Daytime activities
- Short-term accommodation
- Meeting places for carers
- Advice and training
- Discussion groups
- Aids

## Interpreting into other languages

Under Swedish law, anyone who is in need of translation has the right to have access to an interpreter in contacts with authorities. You also have the right to an interpreter in order to understand information from a doctor or anyone else in the field of healthcare, nursing or dental care. State whether you need an interpreter when you make an appointment.

The interpreter has a duty of confidentiality. More information is available on **1177, Vårdguiden.**



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You can find more information about

Carers Sweden at [www.anhorigasriksforbund.se](http://www.anhorigasriksforbund.se)