

Family and Relative Support

Bollnäs Municipality Social Services

SENDER

Bollnäs Municipality
Social Welfare Services
Telephone 0278-257 15
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Family and relative support in Bollnäs

A family member or relative may need support and relief. A moment for yourself, longer relief, or just to speak with someone who understands how it is. Family and relative support is different efforts aimed at making it easier for people with someone close to them who needs support in daily life owing to sickness, disability, addiction, relationship problems, or infirmity of old age.

Drop-in

Family and relative support in Bollnäs offers those of you caring for a close relative the opportunity for time to yourself. Your close relative will spend some time in pleasant social gatherings with us. No advance application is needed. Drop-in is open on Tuesdays from 1:00 PM to 4:00 PM.

The address is Våggatan 11.

Contact information

The telephone number for Family and Relative Support is **0278-257 15**.

The e-mail address is: anhorigstod@bollnas.se

Relief

If you, as a relative or family member, need an opportunity for time to yourself, we can offer relief. This can take place in your own home, or at the Family and Relative Support safe space at Våggatan 11. Relief is free of charge and be anywhere from two hours to two days. There is a cost for meals in connection with relief at the safe space.

Family groups

In a family group, you will meet other family members and relatives in similar situations. This is a occasion for exchange of experiences, concerns, and causes for joy with other family members and relatives. Doing things together, learning together, and getting information

Daily activities

Daily activities are an opportunity for relief for family members and relatives, while the person being cared for has an active, meaningful day together with others. Family and Relative Support daily activities work based on a rehabilitation perspective, in which the goal is a pleasant and meaningful day. The daily activities are located at the premises of Family and Relative Support at Våggatan 11.

Recurring short-term stays

Recurring short-term stays are aimed at making it easier for the individual being cared for to live at home while relieving close relatives. The spaces for recurring short-term stays are located at Ängslunda. For applications for recurring short-term stays, contact the aid administrator at 0278-250 00

Family and Relative Support advisor Åsa Svärd can offer

- advice and support on issues for family and relatives
- individual interviews where you have the chance to describe your thoughts and feelings about your situation in peace and quiet
- home visits

You can reach the Family and Relative Support advisor at 0278-257 16

Dementia nurse Marianne Sundström can offer

- advice
- individual interviews
- conduct home visits or receive patients as desired
- negotiate contacts with health care

You can reach the dementia nurse at 0278-253 08