

Please contact your municipality for more information



**Enköping Municipality**  
Switchboard telephone: 0171-62 50 00  
Website: [www.enkoping.se](http://www.enkoping.se)



**Heby Municipality**  
Switchboard telephone: 0224-360 00  
Website: [www.heby.se](http://www.heby.se)



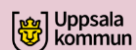
**Håbo Municipality**  
Switchboard telephone: 0171-525 00  
Website: [www.habo.se](http://www.habo.se)



**Knivsta Municipality:**  
Switchboard telephone: 018-34 70 00  
Website: [www.knivsta.se](http://www.knivsta.se)



**Tierp Municipality**  
Switchboard telephone: 0293-21 80 00  
Website: [www.tierp.se](http://www.tierp.se)



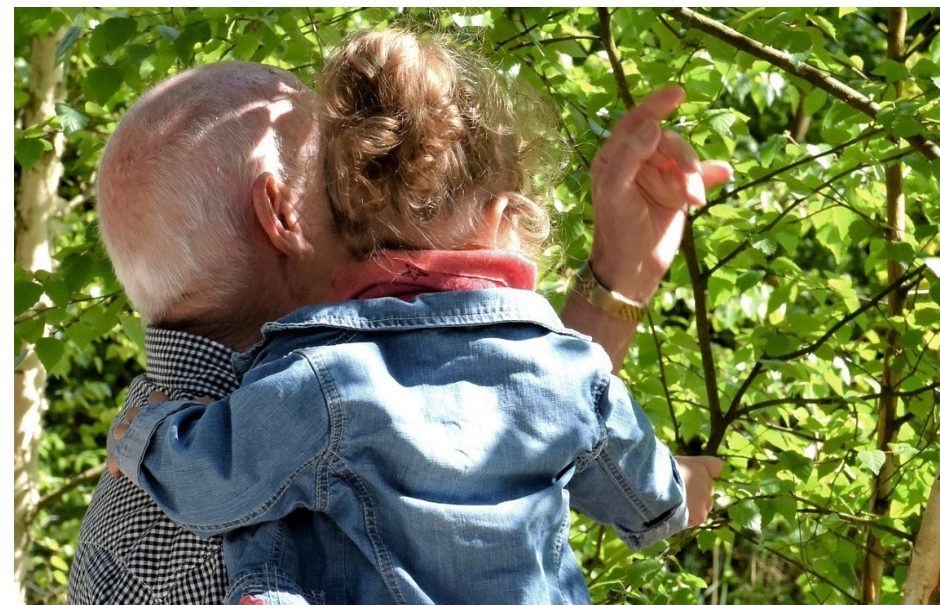
**Uppsala Municipality**  
Switchboard telephone: 018-727 00 00  
Website: [www.uppsala.se](http://www.uppsala.se)



**Älvkarleby Municipality**  
Switchboard telephone: 026-830 00  
Website: [www.alvkarleby.se](http://www.alvkarleby.se)



**Östhammar Municipality**  
Telephone switchboard: 0173-860 00  
Website: [www.osthammar.se](http://www.osthammar.se)



# Caregiver Support in Uppsala County

Information for those helping others





## Caregiver support

As a caregiver you have the right to support. The aim is to reduce mental and physical strain on the caregiver.

The municipality is obliged to provide support in order to help individuals who provide care for a close relation who is elderly or suffering from a long-term illness or disability. This is set forth in Chapter 5, Section 10 of the Swedish Social Services Act. Support for caregivers must encompass all social service activities.

## Who qualifies as a caregiver?

The term “caregiver” refers to anyone who provides care or support for another person. This may be, e.g., a child, sibling, parent or friend of individuals with mental or physical disability, long-term mental or physical illness, or individuals with substance abuse or addiction problems. You are not required to live together with the person under your care.

## Examples of caregiver support

- Information on options and terms for receiving support
- Supportive discussion
- Caregiver groups
- Counselling
- Training
- Respite care/Personal time
- Health-promoting activities

Caregiver support is free of charge and provided under professional secrecy!

## How can you get help?

Each municipality determines how caregiver support is organised on a local level. See the contact information on the back of this brochure for more information on what support is available, and help getting in touch with the support functions.

