## Are you caring for someone who is ill?



Let us care for you ...

## Family and relative support is for you as a carer

Are you caring for someone who is sick or elderly or who has a physical disability – a relative, a good friend or a neighbour? Do you feel you are bearing all the responsibility alone?

In that case, contact us at the municipality. Here you will find support, advice and assistance with relief. We are there for you as a carer – and we'd prefer to help before you burn yourself out ...

Family and relative support is a municipal service. It costs nothing to visit us or to obtain help, support and advice. We maintain confidentiality and we treat all concerned with respect and warm-heartedly.



The earlier you come to us the better, we think. Even if you want nothing more than to care for the person who is ill, you are going to need support sooner or later. Come and get to know us and see what we have to offer, it can often mean more than you think.

We look forward to seeing you, we are here – and we just want to be allowed to help.

When will you come?

## A warm welcome awaits you at the Family and Relatives Centre

We are at Tulegatan 8 in Örebro and are available every weekday between 9 am – 3 pm. Call or phone!

Phone 019-21 32 30



