



# Family Caregivers

## Possibilities for relief

### The concept in a nutshell

It is understandable and comprehensible that people of all ages would want to live in their familiar environment as long as possible, even in the case of illness or disability. When the need for care and support grows with time, relatives often take on these tasks.

Being cared for and nursed at home corresponds to the wish of many people. However, these additional and unfamiliar tasks for family caregivers often mean a painful incision into one's own everyday structure: obligations such as employment, one's own family situation, health problems and geographical distances can cause the caring task to exceed the caregiver's own resources.

Therefore, it is important that you, as the caregiver, are aware of the obligations you are undertaking with a caring task and inform yourself about which support services you can use to ease the burden. This is because the care of a relative should not be at the expense of your own health.

Do you take care of a relative, and are you still engaged in gainful activity? If so, it is important that you seek legal advice before reducing your workload. This way, you can avoid financial losses, e.g. in the pension provision.

### What does that mean for you?

You can take advantage of relief opportunities so that you do not reach your limits due to the strenuous care activities.

#### **Arrange the apartment of the person in need of care**

With simple adjustments, the apartment can be made safer, thus increasing the independence of the person in need of care.

#### **Plan your own recovery phases**

Implement measures that will allow you to find relief and give you time to rest: organise short stays in homes or day clinics for the person in need of care, have an alarm installed at his or her house, make use of transport services, etc.

#### **Acquire nursing skills**

As a family caregiver, you face challenging tasks. It is therefore in your interest, for example, to know how to relieve your back or to acquire knowledge about administering medication or about appropriate diets. Have a specialist instruct you, or attend a relevant specialised course for family caregivers.

#### **Apply for financial support**

Cost sharing for Spitex services, care utensils, special medical aids, or third-party care can cost a lot of money and lead to bottlenecks. Inquire about financial support possibilities, such as the helplessness allowance, or short-term interim assistance provided by a patient organisation.

## Here is how you can find out more

A wealth of information and offers for family caregivers can be found on the information platform of the **Swiss Red Cross**.



Do you have any questions? Write to us. You can reach us at [\*\*healthcompass@concordia.ch\*\*](mailto:healthcompass@concordia.ch).

### My notes

---

---

---

---

---

---

---

---

---

---

**CONCORDIA**

Bound by trust

Bundesplatz 15 · 6002 Lucerne · Phone +41 41 228 01 11  
info@concordia.ch · www.concordia.ch