

Caring for relatives

Some people receive care from their family or friends in old age or in the event of illness. This can be very helpful but also difficult. It's important that everyone involved plans well in advance and talks about their needs. Caring relatives also need support and breaks. There are many services and counselling centres that can help.

When you receive care yourself

Those who need an increasing amount of help in everyday life are often supported by relatives or friends. While it may begin with small tasks, the work involved may increase over time. At that point, it's a good idea to consider some questions:

- Where or from whom can I get help and support?
- Which help or care services do I want to receive from this person? What services would I prefer to receive from someone else (e.g. Spitex or other specialists)?
- Who can help and handle some tasks when my usual carers are on holiday or have no time?
- What legal aspects need to be kept in mind when paying someone to provide care?

When caring for relatives

Caring for a relative is an important job. But it can also be very difficult physically and emotionally. To provide long-term support, it's important to pay attention to your own needs. It's helpful to seek advice at an early stage. There are a number of different centres that offer tips and support.

Many people who care for relatives also work at the same time. It's often hard to balance the two commitments. Specialists can help to find solutions, such as for conversations with your employer or in organising daily life. This way, care work and employment can be combined more effectively.

Additional information (links, addresses, information sheets, brochures)

www.hallo-aargau.ch/en/alter-und-migration/angehoerige-pflegen-und-betreuen