Would you like to know more?

Contact:

**ALE KOMMUN**

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Are you looking after someone who needs your help?

**Anhörig**

Then we can help you.....
Are you looking after someone who has been ill for a long time, is elderly, has a substance abuse problem or is disabled? Is it a relative, friend or neighbour?
Do you feel alone, with all the responsibility?
If so, you can contact one of us.
It costs nothing to visit us or to receive support and advice.

It is the duty of the local authority to offer you support.

Support could take the form of:

- Information and guidance
- Someone to talk to
- More knowledge
- Respite
- Meeting other people in a similar situation
- Social activities and recreation
- Individual support in the form of assistance under the Social Services Act

You are welcome to contact one of us for further information or to discuss your need for support in your current life situation.