

# Are you a carer?

**THE CARER SUPPORT AND KNOWLEDGE  
CENTRE (ANHÖRIG- OCH KUNSKAPSCENTER)  
SUPPORTS PEOPLE WHO ARE SUPPORTING  
OTHERS**

CARER SUPPORT AND KNOWLEDGE CENTRE

[www.norrkoping.se](http://www.norrkoping.se)



**NORRKÖPING**

**My mother is not well; she phones me every day and wants me to go over.**

**I'm doing the best I can,  
but it feels like it's never enough.**

**Ever since my partner became ill,  
I feel like I've become invisible.**

**I've been fighting so long to get  
respite, but now it's going to happen,  
it's hard for me to let go.**

When family and friends need your help and support, as a carer you are often invaluable, but sometimes it's tough to be the one who's always helping out. As a carer, you yourself may need support. Perhaps time for yourself, someone to talk to, or the chance to meet other people in a similar situation.

**The Carer Support and Knowledge Centre** is for people who are caring for and supporting a dependent and who themselves need support in order to cope.

We offer free support meetings, group sessions, theme evenings and lectures. If you want to come in contact with other activities or and associations, we can help by providing information. We are bound by professional secrecy.

Just drop in to see us or contact us via email or phone to book an appointment for a talk. We are located on Drottninggatan 32, right in the middle of Norrköping.

## **Carer Support and Knowledge Centre**

**Street address:** Drottninggatan 32, Norrköping

### **Opening hours:**

Monday–Wednesday 09.00–16.00

Thursday 11.00–18.00

Friday 09.00–15.00

### **Contact:**

**Telephone:** 011-15 54 30

**Email:** [anhorigstod@norrkoping.se](mailto:anhorigstod@norrkoping.se)

[www.norrkoping.se/anhorigcenter](http://www.norrkoping.se/anhorigcenter)

## **Nursing and Care Administration**

The Nursing and Care Administration in Norrköping municipality offers the support, nursing and care needed at different stages of life. Irrespective of age or functional impairment, all residents of our municipality are to have the same opportunities for personal development and to feel involved and on an equal footing. By using new methods and modern technology, we create more time for human contact and care, and we give people more freedom to choose how they live their lives.

### **CARER SUPPORT AND KNOWLEDGE CENTRE**

**Address:** Lindövägen 5A

**Tel:** 011-15 00 00

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