

FACT SHEET / Support for family carers

www.omaishoito.fi or www.punainenristi.fi
<https://www.facebook.com/suomenpunainenristiomaishoitoperheldentukena/>

4.1.2021

Finnish Red Cross 



SUPPORT FOR FAMILY CARERS IN NUMBERS

The activities are carried out in seven Red Cross districts and approximately 80 locations. Over 400 volunteers participate yearly in the support for informal carers activities. The activities are professionally coordinated and carried out by volunteers. We work in close cooperation with municipalities, various organisations and The Finnish Network For Organisations Supporting Family Caring.



Supported with proceeds from Veikkaus

Recreation in good company!

The Finnish Red Cross organizes activities to support informal and formal carers. The aim is to strengthen and promote health, good quality of life and independent coping in daily life among carers and their families. The activities enable the participation of carers in activities that increase social contacts to facilitate both their mental coping as well as their coping with home care.

The activities offer opportunities for volunteers to participate in the joy of helping.

5000

FAMILY CAREGIVERS PARTICIPATED IN THE FAMILY CAREGIVERS ACTIVITIES ORGANISED BY THE FINNISH RED CROSS IN 2019. THERE WERE 43 GROUPS AND ABOUT 100 RECREATION EVENTS FOR FAMILY CAREGIVERS. 107 TRAININGS WERE ORGANISED.

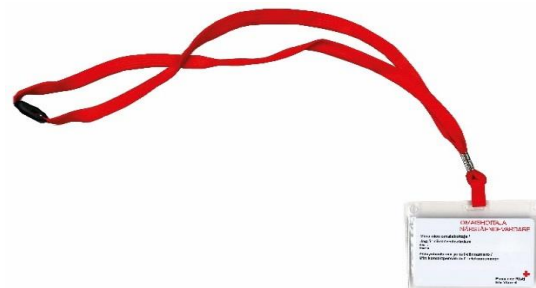
Peer support, recreation and training

Guidance, practical advices and psychosocial support.

We organize peer support groups, recreation, well-being holidays, friend visitors and activities to maintain health and physical well-being.

Trainings: 1) Care at home 2) Family carer as a health care customer 3) Well-being exercise course 4) Safely at home seminars: home and leisure accident prevention 5) First Aid course

A card for informal carers



The information of a contact person is written in the card, who will be contacted in case if something happens to the carer.

More information: Coordinator Sisko Aalto, tel. +358 400 815 518, sisko.aalto@redcross.fi
Planning Officer Tiina Pursiainen, puh. +358 40 151 1815, tiina.pursiainen@redcross.fi