

# FACT SHEET / SUPPORT ACTIVITIES FOR FAMILY CAREGIVERS

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Punainen Risti



Photo: Eeva Anundi / Finnish Red Cross

## Good company is invigorating!

The Finnish Red Cross support activities for family caregivers strengthen and promote the health, quality of life and independent everyday life of families with family caregivers. The activities are aimed at all age groups.

The activities offer volunteers a variety of opportunities for participation and meaningful activities. Young people are encouraged to get involved through means such as cooperation with educational institutions.

We cooperate with municipal social and health services, various local associations and bodies, and members of the Organisations for Carers Network Finland. The network is a member of the European Eurocarers cooperation organisation (EUCA).

## Diverse activities – peer support, recreation and training

Delivered face-to-face and online through guidance, practical advice and emotional support.

Peer support, volunteer friends, recreation, well-being days and camps. Activities to maintain health and physical ability to function.

Training and courses: 1) Medical and practical care at home 2) Family caregiver / care recipient as a health care client 3) Nature for health 4) First aid skills for family caregivers 5) 'If my loved one goes missing' information session

## Key figures on support activities for family caregivers in 2021

- 7,049 family caregivers were involved in Red Cross activities for family caregivers
- 52 peer groups for family caregivers, with 1,173 participants
- 61 recreational events for family caregivers, with 4,190 participants
- 8 well-being days for family caregivers, with 136 participants
- 57 training courses for family caregivers, with 741 participants
- 66 training courses for volunteers, with 662 participants

Funded by Veikkaus.



The activities were part of STEA's (Funding Centre for Social Welfare and Health Organisations) continuous reporting pilot.

The Finnish Red Cross has 509 volunteers running regular group and recreational activities for families with family caregivers. The activities were professionally coordinated and delivered by volunteers in 80 locations face-to-face and through webinars nationwide.

## During the year, online peer groups and training courses were developed

The activities included webinars, assistance with errands, telephone relief, emails and text messages for family caregivers. Letters were also sent to families, encouraging them to keep going and telling them about different ways to participate in the organisation's activities. They were also cheered up with postcards and Christmas greetings, among other things.

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