

Support for informal care for those under the age of 65 during the coronavirus epidemic

During the coronavirus epidemic, the care responsibilities of many informal carers are increasing due to various containment measures. These include quarantine arrangements and the closures of day activity services and short-term care locations, among other things. Services have been closed to prevent the spread of coronavirus infections and to protect risk groups.

Due to the emergency conditions, the processing of new support applications for informal care may be delayed.

Informal carer's leave must be used prudently during the coronavirus epidemic

Informal carers can use their accumulated informal carer's leave if the substitute carer or home care provider is able to arrange it. However, we recommend that leave days are only used when absolutely necessary. For the care receiver, the number of physical contacts should be kept to a minimum.

If the care receiver is at risk because of the state of their health, for example due to susceptibility to infection or long-term illness, the use of statutory leave is currently not possible due to the risk of infection.

Service voucher companies approved by the City can be found at www.palse.fi (in Finnish).

If the informal carer or care receiver is exposed to coronavirus

If the informal carer and the care receiver are exposed to coronavirus, they will be able to continue living at home if their condition allows it.

If the informal carer becomes ill with coronavirus, the care receiver will be provided with a care location.

The case worker should be notified of all illnesses

If the informal carer becomes ill with coronavirus or other illness or feels unable to carry out the care work any longer, please contact the case worker.

Contact information

- Advice and guidance Mon–Fri 8.15–16, tel. 09 3102 3100 (the office secretaries take call-back requests).
- The Association of Carers in Helsinki and Vantaa, telephone counselling for informal carers, tel. 040 533 2710, Mon–Thu 9–11 and 12–15 (mobile call charge).



- Emergency social services, tel. 020 696 006, available outside office hours around the clock.

Read more at www.hel.fi/vammaiset/en/support-for-everyday-life/disability-services/