

Red Cross volunteer support to family carers

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- **Volunteer work in Sweden**
 - **Swedish Red Cross**
 - **Swedish Red Cross Family carers Support**
 - **Challenges**
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VOLUNTEER WORK IN SWEDEN

53 % out of the adult population has volunteered during the last 12 months

15 hours per month in average

26 % of those who work as volunteers are involved in organizations with social focus

Volunteer work is non-profit, unpaid work in an organization or association and is a part of the civil society

*Ersta Sköndal arbetsrapportserie "Folk i rörelse – medborgerligt engagemang 1992-2014"
Johan von Essen, Magnus Jegermalm och Lars Svedberg, maj 2015*

FUNDAMENTAL PRINCIPLES

- **Humanity**
- **Impartiality**
- **Neutrality**
- **Independence**
- **Voluntary service**
- **Unity**
- **Universality**

Mission to prevent and alleviate human suffering

Swedish Red Cross



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- **Approx: 900 local branches in the country**
 - **Activities are mainly carried out by volunteers in the branches**
 - **Staff at the headquarters and experienced volunteers develop the guidelines and frameworks for the programs and give support to the branches.**

Visiting service



Visiting service in custodies and prisons



Telephone support line



Red Cross volunteers in hospitals



Support in crises and grief



A range of local initiatives and activities in the social area



Support to family carers



Development of Red Cross Support to family carers



- Started in the 1980 by the program "To care at home"
- In the late 1990s the government released grants for work with support to family carers and promote the collaboration between local health care authorities and NGO:s
- Cooperation with district nurses in the municipalities and the Red Cross. Starting up study circles /course together.
- Long term support in the groups led by Red Cross volunteers

Development during the last years

- Volunteers are trained to organize and start groups and courses. Various forms of get together activities were developed such as family carers' café, music events and lectures, excursions, lust for life activities etc.
- Latest development is a mentoring program that we are testing



Cooperation

Family carers

Municipality

Red Cross

New knowledge - Support – Meeting others

Study circles

Support groups

Meeting places



ADDED VALUE

Red Cross volunteers have a unique possibility to give support to family carers, create friendly and safe spaces where they have the opportunity of meeting others in same life situation, a sort of peer support activities.

ADDED VALUE

Facilitate meetings between people who need each other's support, friendship and new perspectives. It's about building resilience.

RC is not not a part of the local authorities. "Independence"

SERVICE AND VOICE

As an independent organization we can use our voice to advocate and influence national and local authorities

Present situation



- **Red Cross active in family care support in approx. 130 municipalities/local branches**

Challenges

- **Ageing population, more elderly people, increasing needs**
- **New needs?**
- **More specialized and personalized support?**
- **How to reach elderly migrants and their families?**

CHALLENGES

**What is the role of the NGO:s in the future
in our changing world**

**New innovative ways of cooperation and
volunteer engagement**

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Volunterism



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- **No more lifelong engagement in an organization**
 - **New lifestyle after the working life**
 - **Shorter engagement**
 - **Clear assignments**
 - **How do we design volunteer work to attract more people**

Swedish Red Cross Mission

Our mission is to prevent and alleviate human suffering wherever and whenever it arises, to protect life and health and to safeguard respect for the value of every human being, especially during times of armed conflict and other emergency situations. Our vision is that no one should be left alone in a disaster

Policy for Swedish Red Cross Volunteers



- **Red Cross Values and principles**
- **Content and scope of the task**
- **Volunteers' rights and obligations**
- **Approach and attitudes**
- **Duty of confidentiality**