





# **Health tip**

# Reducing the strain of care

Do you feel the strain of being a carer? We know how difficult this is – and are here to support you.

### Combining work, family and care

Work, family life and the additional factor of caring for a relative mean you need to have an organised daily routine.

## ► Coordinating all the important elements

We will support you and your relatives with free care advice. Here we can provide you with a comprehensive programme thanks to our qualified patient assistants. Those concerned need not leave their familiar surroundings as we are there for you on site.

### ► Increased support: patient assistance

In the event of serious illness, more nuanced support is required. Our specially trained patient assistants work all over Germany and, together with you and your doctor, can swiftly ensure the best possible care.

#### ▶ Online care courses at home

We offer four different, free online care courses that can be put together as required. These contain all of the information that a range of face-to-face courses would offer. We have also carefully created the modules on hygiene, and quarantine and isolation to address the current pandemic.



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You can find further useful information at: Online care courses