

Tips

Your general practitioner can prescribe you help with Spitex (care services). In addition, you will be reimbursed for the costs of a home help according to your insurance contract.

Further information

- [«www.pro-senectute.ch»](http://www.pro-senectute.ch) (only in French, German or Italian)
- [«www.krebsliga.ch/palliative-care»](http://www.krebsliga.ch/palliative-care) (only in French, German or Italian)

The Palliative Care Association is focussed on providing advice and information to make it possible to provide care at home even under difficult conditions. You can find information on the services in your region at:

- [«www.palliativkarte.ch»](http://www.palliativkarte.ch) (only in French, German or Italian)

It may be helpful to buy groceries and other everyday products online and have your shopping delivered to your home.

Help at home

Coping with the demands of daily living requires a great deal of strength and energy from cancer patients and those close to them. Tasks which were previously accomplished without any difficulty may become challenges after a stay in hospital or as the disease progresses.

This information leaflet is intended to give you an overview of the various support services in the area of care, self-help groups and supply of equipment.



Help at home - Information

Financial problems and insurance questions	<ul style="list-style-type: none"> • www.krebsliga.ch/region 	The specialist social workers of the Canton Cancer Leagues can offer you help with financial and organisational questions.
Care assistance	<ul style="list-style-type: none"> • National Spitex number: Tel. 0842 80 40 20 (CHF 0.08/min) • www.spitex.ch/NPO-Spitex/P0wwd/ • www.sbk.ch 	Spitex offers nursing care at home. If you looking for a freelance professional nurse, you can request a list from the Swiss Association of Nurses (SBK-ASI)
Contact for local palliative care services	<ul style="list-style-type: none"> • www.krebsliga.ch/region 	You can obtain the contact details of the local mobile palliative care services from the Canton Cancer Leagues.
Counselling	<ul style="list-style-type: none"> • Cancer helpline: 0800 11 88 11 • www.krebsliga.ch • Email counselling: helpline@krebsliga.ch • www.krebsliga.ch/cancerline 	The Cancer League offers free, anonymous and neutral counselling. It provides simple access to quality-tested services such as respite care and leisure services, events and counselling services.
Self-help groups	<ul style="list-style-type: none"> • www.selbsthilfeschweiz.ch • www.krebsliga.ch/beratung-unterstuetzung/selbsthilfe/ 	Self-help Switzerland can put you in contact with regional issue-specific self-help groups. It can be helpful to share experience, concerns and fears with others in the same situation. These services are free of charge.
Helpline for carers	<ul style="list-style-type: none"> • Swiss Red Cross (SRC) • Hotline: 0844 144 144 • www.redcross.ch 	The SRC offers counselling and arrangement of care and respite services free of charge and answers questions on financial relief.
Incontinence equipment	<ul style="list-style-type: none"> • Various services can be found using the search term "Incontinence products Switzerland" 	Some providers offer telephone advice on various protective pads. You can obtain the products without a doctor's prescription. In some cases the order is delivered directly to your home.
Equipment supply Regional Spitex	<ul style="list-style-type: none"> • Arrangement through local Spitex: Tel. 0842 80 40 20 (CHF 0.08/min) • www.spitex.ch 	Everyday equipment such as walking aids, mobile commodes or hospital beds can be bought or hired through the equipment centre. The costs are shared by health insurance providers, IV (Swiss disability insurance) and AHV (old age and survivors' insurance)
Patient transport	<ul style="list-style-type: none"> • Swiss Red Cross (SRC) • Hotline: 0844 144 144 • www.redcross.ch 	The SRC offers transport services in return for a small contribution to their expenses.