

## The prevention unit

- Center for caregivers in Helsingborg, we give support in difficult life situations through counseling and support groups. We work with hospitals and clinics.
- Voluntary organization, the 150 volunteers create activities around the city to support elderly and disabled persons.
- Environment to show home appliance and digital technology in order to cope with everyday life.
- Meeting places around the city, where the citizens can participate in different activities that strengthen mental and physical health.

This unit aims to prevent the entry of major care needs. We encourage people to live independently and with a high quality of life. We try to create the opportunity to continue living in ordinary housing.