

Auszeit für pflegende Paare

Statistically, each person in need of care has two carers who take care of care in the home. For many couples and families, care is becoming a stress test. Their own needs are put in the background. Physical and physical depletion increases and manifests itself in symptoms such as sleep disorders, head and neck pain or permanent anxiety.

Preventive cure and rehabilitation for carers can help here. They allow a period of rest from day-to-day care, accompanied by therapeutic support, in order to regain both psychological and physical stability.

Some clinics allow the co-location of caring couples.

The condition is that both partners obtain medical confirmation of the medical need for inpatient screening or rehabilitation. Care for the person in need of care can be provided through short-term care or other external caregivers. The care fund, in accordance with Paragraph 42a of SGB XI, finances the care fund irrespective of the budget for short-term care and preventive care. Couples can finally regain time for each other during the course, manage experience in exchange with other carers, and work on new strategies for day-to-day care.

The AWO in Winterberg provides comprehensive advice for caring couples.

AWO Active & Healthy Counselling for Carers

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On our theme [page Current and Reha services for carers](#), you will find all the keys to apply, medical conditions and what you can do if an application is rejected.

Similar topics:

Carers' leave: Das müssen Sie darüber wissen [externer Link]

Preventive care: temporary leave from care [link is external]

Short-term care: If care is temporarily not possible at home [link is external]

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