10. October 2023

Seniors

## Telephone week: "Support in difficult times".

# "Dementia Network Bocholt" offers telephone counselling for caring relatives of dementia patients from 16-20 October

The "Dementia Network Bocholt" runs a telephone counselling service from 16-20 October aimed at caring relatives of dementia patients.

Instagram: @stadt.bocholt | Facebook: fb.com/stadt.bocholt

Caring for a loved one at home can be one of the most challenging tasks that family members face. The physical and emotional strain that comes with this responsibility often leads to profound changes in the life of the carer.

In these difficult times, support is crucial, and this is exactly what the "Dementia Network Bocholt" offers during the telephone week from 16 to 20 October 2023. Relatives have the opportunity to share their concerns and challenges, whether it is organising care, dealing with dementia or balancing family, work and caregiving commitments.

Telephone Week is an offer created specifically for family caregivers: It offers callers an opportunity to exchange ideas and relieve stress, and to receive information about further support services locally, according to the organisers.

#### Anonymous and confidential

What makes this initiative particularly valuable is the anonymity and confidentiality of the counselling. Relatives can talk about their feelings and challenges without shyness. They do not have to make an appointment or leave the house, but simply pick up the phone.

The members of the "Dementia Network Bocholt" will be available every day during the entire telephone week to offer their support.

#### Dates and telephone numbers

#### Monday, 16.10., 9-12 a.m. and 2-5 p.m:

Regional Office West Münsterland District of Borken Regional Office Team Tel.: 0251-981689 23340

#### Tuesday, 17.10., 9am-12pm, 2pm-4pm:

City of Bocholt

Care Coordination and Senior Citizens' Office Team of the Senior Citizens' Office

Tel.: 02871-953-2234 u. 953-2342

Ärztenetz BOHRIS e.V.

Sarah Underberg Tel.: 0151 72877099

#### Wednesday, 18.10., 9-12 hrs, 14-16 hrs:

City of Bocholt

Care Coordination and Senior Citizens' Office Team of the Senior Citizens' Office

Tel.: 02871-953-2234 and 953-2342

Leben im Alter e.V.

Andrea Hoffjann Tel.: 01523-2176564

#### Thursday 19 Oct, 10am-12pm, 2pm-4pm:

Marriage, family and life counselling

EFL team Tel.: 02871-183808

Contact office for care self-help in the Borken district Dr. H. Elisabeth Philipp-Metzen Tel.: 02554-917611

Instagram: @stadt.bocholt | Facebook: fb.com/stadt.bocholt

#### Friday, 20.10., 9-12 hrs, 16:30-18:30 hrs:

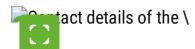
**Caritas Bocholt** 

Caritas team Tel.: 02871-25131205

German Red Cross Bocholt

Karin Wienand

Tel.: 02871-310 8888



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### Contact details of the "Dementia Network Bocholt" cooperation partners

fonische Woche für pflegendeahörige  Pflegende und betreuende Angehörige leisten körperlich und seelisch oft mehr, als es für Außenstehende sichtbar ist. Sie erleben durch die Versorgung einer pflege- und betreuungsbedürftigen Person tiefgreifende Veränderungen in nahezu allen Lebensbereichen. Da kann es hilfreich sein sich auszutauschen, um wieder Kraft zu schöpfen.
Aussprechen - Austauschen - Entlasten Die Stadt Bocholt, das Regionalbüro Alter, Pflege und Demenz und weitere Mitwirken- de des Netzwerk Demenz Bocholt bieten hil- fe- und ratsuchenden Angehörigen für eine Woche ihr Ohr.
Anonym - Vertraulich - Offen Als betroffene Person können sie anonym und vertraulich über ihre persönlichen Sor- gen, Fragen und Bedarfe sprechen. Wir beraten und unterstützen sie gerne.

Termin	Uhrzeit	Institution	Kontaktdaten
Montag, 16.10.	09:00 - 12:00 14:00 - 17:00	Regionalbüro Münster	Team des Regionalbüros Alter, Pflege und Demenz Tel.: <b>0251-981689 23340</b>
Dienstag, 17.10.	09:00 - 12:00	Stadt Bocholt	Team Seniorenbüro Tel.: <b>02871-953 2234</b>
	14:00 - 16:00	Ärztenetz BOHRIS e.V.	Sarah Underberg Tel.: <b>0151 72877099</b>
Mittwoch, 18.10.	09:00 - 12:00	Leben im Alter e.V.	Andrea Hoffjann Tel.: <b>01523 2176564</b>
	14:00 - 16:00	Stadt Bocholt	Team Seniorenbüro Tel.: <b>02871-953 2342</b>
Donnerstag, 19.10.	10:00 - 12:00	Kontaktbüro Pflegeselbsthilfe	Dr. H. E. Philipp-Metzen Tel.: <b>02554-917611</b>
	14:00 - 16:00	Ehe-, Familien- und Lebensbera- tung	Team der EFL Tel.: <b>02871-183808</b>
Freitag, 20.10.	09:00 - 12:00	Deutsches Rotes Kreuz	Karin Wienand Tel.: <b>02871-310 8888</b>
	16:30 - 18:30	Caritas e.V.	Sandra Wölker Tel.: <b>015120012187</b>

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Schedule of the telephone week for carers of dementia patients

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