



## Information to you who have received food aid via the Church of Sweden

During the ongoing COVID-19 pandemic, the Church of Sweden has, since April, organised help with food shopping via food aid (*Mathjälpen*). This service will be discontinued on 1 September. Therefore, you who have used Mathjälpen are receiving this information on how you can get help in other ways.

### **Retailers offer assistance**

According to the Public Health Agency of Sweden's instructions and general recommendations to prevent the spread of COVID-19, persons over the age of 70 and members of other risk groups shall practice social distancing.

At the start of the pandemic, retailers had not implemented any modifications so that persons in risk groups could shop safely. Today, the situation has changed and retailers have implemented several measures to ensure that those in risk groups also can shop safely, or receive help with shopping:

- Most retailers in Linköping municipality have increased their opening hours so persons in risk groups can shop at times when the store is less crowded.
- The majority of retailers are also able to, for a fee, provide grocery pickup or delivery. You can then safely collect your groceries at a service point.

The different measures implemented by retailers differ, which is why you need to check with your local grocer.

An initiative called GodHjälp was created by several retailers. Here, you as a member of a risk group can register as "Hemmahjälte" (Home Hero) and receive help with buying groceries and pharmaceuticals, free of cost. More information is available at:

<https://www.godhjalp.se/>

### **Existing rural alternatives**

For you who live in a rural area, it is possible, in certain areas, to place your order with your local grocer by phone or online, and they will then deliver your order.

More information is available on this page:

<https://www.linkoping.se/stadsplanering-och-trafik/landsbygdsutveckling/om-lanthandeln-i-linkoping/>

## **Assistance via Home Help Services**

If you still need help with food shopping after 1 September, you can apply for home help services (*Sw. hemtjänst*) via the municipality's elder guides (*ÄldreLotsen*). When you contact ÄldreLotsen, your matter will be processed and means-tested (if you are under the age of 75). The cost of home help services is individual and calculated based on your income.

Via the link below, you can read more about home help services.

You will also find information on how to apply for assistance via the e-service:

<https://www.linkoping.se/omsorg-och-hjalp/aldre/hjalp-i-hemmet/>

Contact information for ÄldreLotsen:

Email: [aldrelots@linkoping.se](mailto:aldrelots@linkoping.se)

Telephone: 013-20 64 01, telephone opening hours Monday-Friday 9.00-12.00.