

Familycenters in Sweden



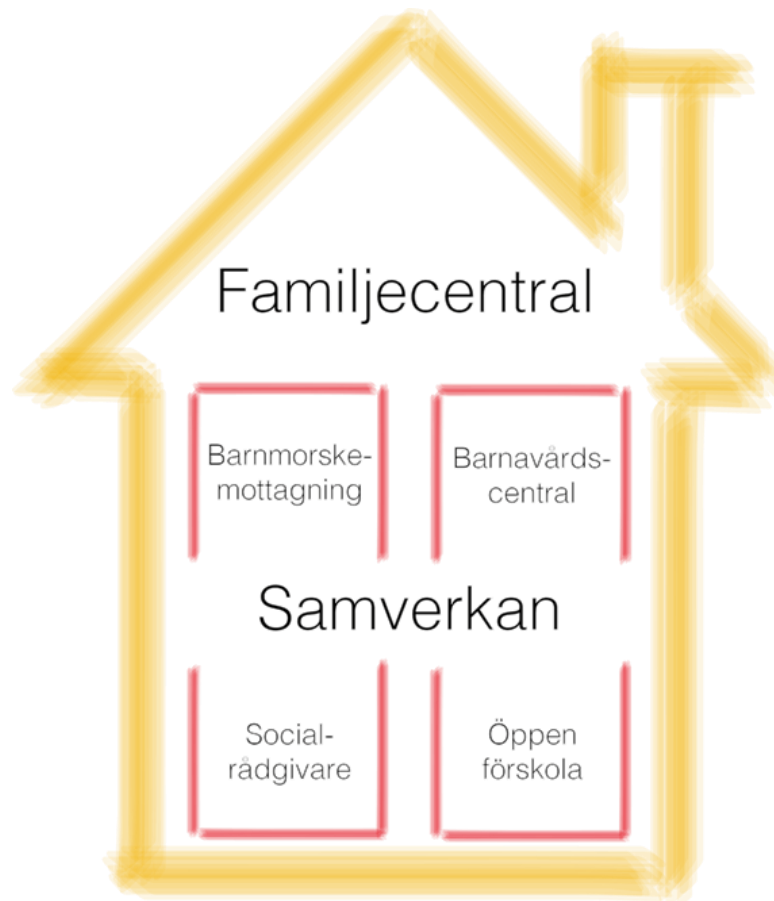
[Familjecentral
möjlighetens arena med
engelsk text \(youtube.com\)](#)

History of the organisation



- Formed in 2000 and took over from the Public Health Institute
- Support for the country's family centers/family center-like operations
- Work towards establishing familycenters in many locations
- Increase knowledge among decision-makers, officials, and development leaders about the value of health-promoting and preventive measures related to family centers
- Encourage the establishment of regional networks.

What is familycenters?



Women's health

Region

Children's health

Open preschool

Social services

Municipality

ref Swedish National Board of Health and Welfare

The young children and their families is in the centre of everything we do



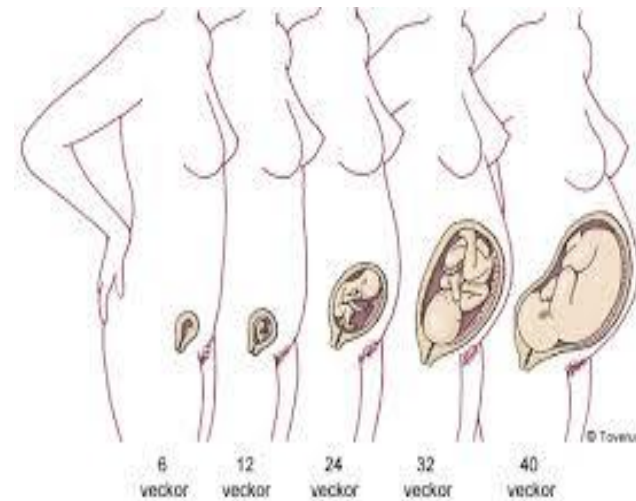
Target group of the familycenters



The parties at the family center are to serve expectant parents and families with children aged 0 to 6 years living within the geographical catchment area of the family center.



Women's health, the midwifery clinic



Open preschool/kindergarten



Social service

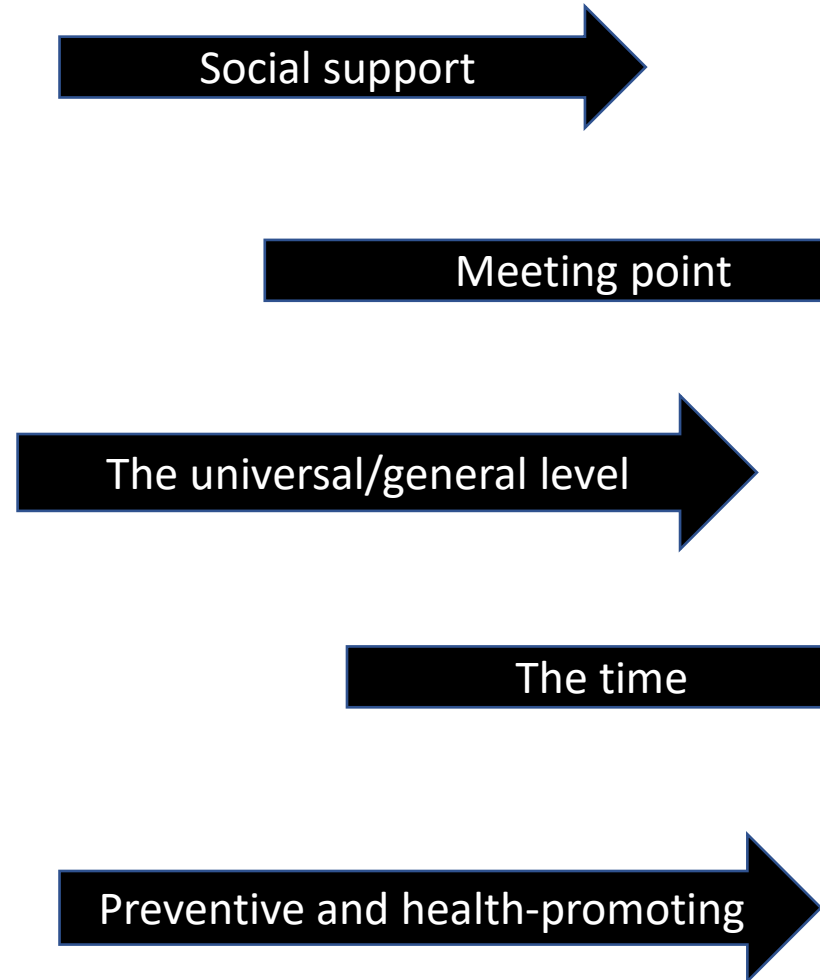


Why familycenters?

- **First starting point – A changing health landscape**
It is clear that knowledge and efforts from multiple areas of expertise and professions are required. In other words, broader efforts in collaboration.
- **Second starting point – Equal health**
Bringing services under the same roof provides good conditions for cooperation and increases accessibility for parents by offering a broad entry point to services and community. Or rather, no matter which door you choose, multiple services are available. The accessibility and wide range of early interventions are expected to help reduce health disparities.



Why Familycenters - The Five Building Blocks"



Proportional Universalism

"Make it equal – make a difference," which means not focusing on giving the same to everyone, but on making a difference by recognizing people's different circumstances. Everyone should be offered general efforts, but they should be adapted and designed to better meet the needs of different people and groups.

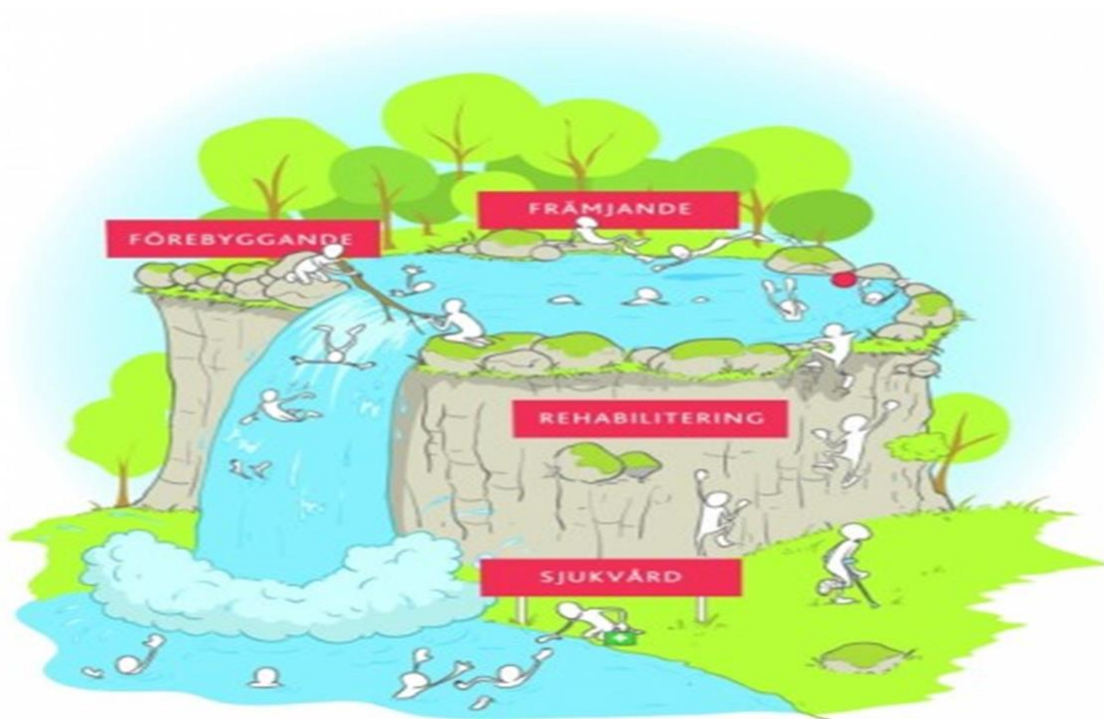


Make it equal

Make it different

Remove barriers

Preventive work



Promotion: At the top, people are swimming in a calm pool, representing efforts to maintain and promote good health. This could involve lifestyle changes, community health efforts, and public health initiatives to ensure people stay healthy.

Prevention: This section represents preventive measures. Someone is reaching out to help those who are falling, symbolizing efforts to prevent health problems before they arise, such as vaccinations, health education, and screenings.

Rehabilitating: People climbing up the cliff represent those undergoing rehabilitation after experiencing a health issue. This stage focuses on recovery and helping individuals regain their health and return to a normal life.

Medical care: At the bottom, people are in the water or receiving care, representing the traditional health care system that treats illnesses and injuries after they occur.

The Purpose of the Family Center

The goal is to collaboratively reduce:

- Physical, mental, and social ill health among children
- Health inequalities among children
- The risk of children falling through the cracks in the social safety net, ensuring they receive the right support at the right time

Goals and mission of the Family Centers



Goal

Good and Equal Health For expectant parents, parents, children, and other important adults around the child.

Based on the UN Convention on the Rights of the Child, Articles 5, 6, 18, 19, 24, 26, 27, 28, 29, and 39"

Mission

The family center shall offer health-promoting, general, early preventive, and supportive services that are tailored to the life situation of the entire family.

The overall goal is achieved through:



Based on the UN Convention on the Rights of the Child, the family's life situation, and through collaboration, coordination, and cooperation, the Family Center will:

- Offer easily accessible support.
- Serve as a knowledge and information center.
- Create working methods where children and parents are involved
- Promote a favorable physical, mental, and social development for children.
- Strengthen the interaction and good relationship between children and parents.
- Pay attention to children and their families where there are signs of atypical development.
- Provide early interventions for expectant parents and families with children.
- Strengthen the social networks of children and parents.
- Promote gender-equal parenting.
- Support children's language development.
- Enhance integration.



Child Health Care: To achieve equal health, Child Health Care must provide general interventions to all children and parents and extended services to those with special needs or at risk of poorer health.

Maternal Health Care: The goal of MHC is to promote children's health and development by recognizing and strengthening parental development and parents' ability to meet the needs of the expected and newborn child.

The Core: Through extensive collaboration and based on the family's life situation, promote good health for both children and parents.

Open Preschool: The Open Preschool should offer children educational activities in collaboration with the adults accompanying them, while also providing an opportunity for social interaction for the adults.

Social Services: Social services should conduct preventive work, engage in early intervention, and offer advice and services to individuals and groups.

Collaboration – evaluation shows



- Different professional groups is a prerequisite for a functioning Family Center.
- Various professions related to children and families enhances the ability to identify and meet the needs of families with children.
- Provides better conditions for tailoring solutions to specific needs.
- It has been shown that professional roles become clearer. By working closely with other professions, one's own professional competence becomes more evident.

What Does Collaboration Solve at the Family center?



One Entry Point for Low-Threshold Services

- Parents should not have to visit different services and venues.
- Co-location itself resolves the issue of having different professionals close to each other.

Increased and Secured Collaboration

- When staff are present or easily accessible it benefits both families and staff.

Quality Parent Groups

- Families receive a broader and deeper content by utilizing the expertise of various professions.

What Does Collaboration Solve at the Family center?



Families with Complex Needs Requiring Various Forms of Support

- Family Center (FC) activities and professionals generate a variety of perspectives, knowledge, and experiences available at the same time. It would be much more difficult to achieve this on one's own. Co-location broadens the competence necessary for families to receive the right support.

Sudden or Planned Changes in the Family

- There may be sudden or planned changes in the family or life situation that cause stress. With co-location, all professionals are easily accessible to the family. The FC can serve as a safe base and provide support during stressful times. The FC also offers stability for families when there is chaos in society, a fact that became particularly evident during the pandemic.

What Does Collaboration Solve at the Family center?



Increased Uncertainty and Anxiety Among Parents

- The FC becomes a meeting place where families go to seek help.

Increased Opportunity for Early Detection

- When there are visible or uncertain signs that something is wrong in the family, the family can be noticed early.

Reduced Risk of Falling Through the Cracks

- Co-location clarifies roles and reduces the risk of, for instance, the child healthcare center (BVC) doing the “counseling work.”



*If you'd like to find out more
about the work of the
Swedish Association to
Promote Family Centres,
please visit:*

www.familjecentraler.se

- [FFFF alla professioner engelsk text \(youtube.com\)](https://www.youtube.com/watch?v=FFFF)