

**We're  
here  
for you.**

**Info and contact details**  
+41 41 939 54 54  
spz@paraplegie.ch

26-18/05.2026/en



You are also affected

## Services for relatives

For relatives of inpatients



# Services for relatives

Suddenly everything changes – your relative's life is turned upside-down by an accident or illness.

And your life is also affected.

As employees of the Swiss Paraplegic Centre, we offer you support and help you to see different perspectives.

## Peer counsellors for relatives

The term 'peer counselling' is used to describe a form of counselling

where people living with a spinal cord injury receive counselling from people also living with a spinal cord injury. Sara Fontana is our peer counsellor for relatives who will be happy to support you, and you can ask to talk to her.  
[sara.fontana@paraplegie.ch](mailto:sara.fontana@paraplegie.ch)



## Psychological support

Our team of psychotherapists supports you as you deal with the psychological challenges and changes in your life situation that may be associated with the spinal cord injury or symptoms similar to a spinal cord injury in somebody close to you.

## Social advice

The social advice team supports you in personal and family matters, for example, when organising your changed day-to-day life, or addressing questions relating to housing and/or care and nursing at home. Employees of the social advice team are also happy to advise you on financial, legal and insurance-related issues and questions.

Psychological support and social advice  
+41 41 939 58 20  
[beratung.spz@paraplegie.ch](mailto:beratung.spz@paraplegie.ch)

## Pastoral and spiritual care

The pastoral and spiritual care team is here to lend an ear to you as a relative. We listen to, support and accompany you – irrespective of your religion, faith or worldview.

## Monday – Wednesday

Ursula Walti  
+41 41 939 58 44  
[ursula.walti@paraplegie.ch](mailto:ursula.walti@paraplegie.ch)

## Discussions with people in a similar situation

The specific aim of our online community and Facebook group is to encourage discussions between people with a spinal cord injury and you as relatives and friends:



## Courses for relatives

Special courses aimed at relatives are run several times a year.



## Benefits

Please contact Patient Administration if you have any questions about parking or meals:

+41 41 939 57 31  
[pat.spz@paraplegie.ch](mailto:pat.spz@paraplegie.ch)

You can book rooms in the immediate vicinity at Hotel Sempachersee:

+41 41 939 23 23  
[hotelsempachersee.ch](http://hotelsempachersee.ch)  
[info@hotelsempachersee.ch](mailto:info@hotelsempachersee.ch)