MSA

AIDANT'Plus Guide

Nearly 11 million people in France provide daily assistance to a sick, disabled or dependent relative and thus take on the role of caregiver, sometimes to the detriment of their professional, family and personal life, which can have consequences for their health.

To support them, to show them that they are not alone and to encourage them to seek and find support, MSA has set up a guide on its website: http://msa.fr/aidant-plus. This guide details the existing services available and provides them with a wide range of assistance offered by various actors. These offers are accessible to everyone, not just members of the agricultural regime.

This reference tool is divided into 5 sections:

1. "Am I a caregiver?" enables everyone to assess the place this role occupies in their lives and to act accordingly by finding the most suitable forms of support.
2. "I would like to know my rights" enables the rights of the caregiver and the person being cared for to be known.
3. "I need to talk and train" directs them to services that allow them to meet, exchange ideas, break the isolation and create links.
4. "I need to take care of myself" aims to develop health-promoting behaviours and prevent psychological exhaustion
5. "I need to take a break" allows for a better balance between personal life and the role of caregiver, to have a break and to experience moments of conviviality

Thanks to its long-standing and recognised experience and its decentralised organisation, MSA has been dealing with the issue of carerivers since 2008 and, with this offer of support to family caregivers in their area of life, it aims to better organise the responses in their favour.

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