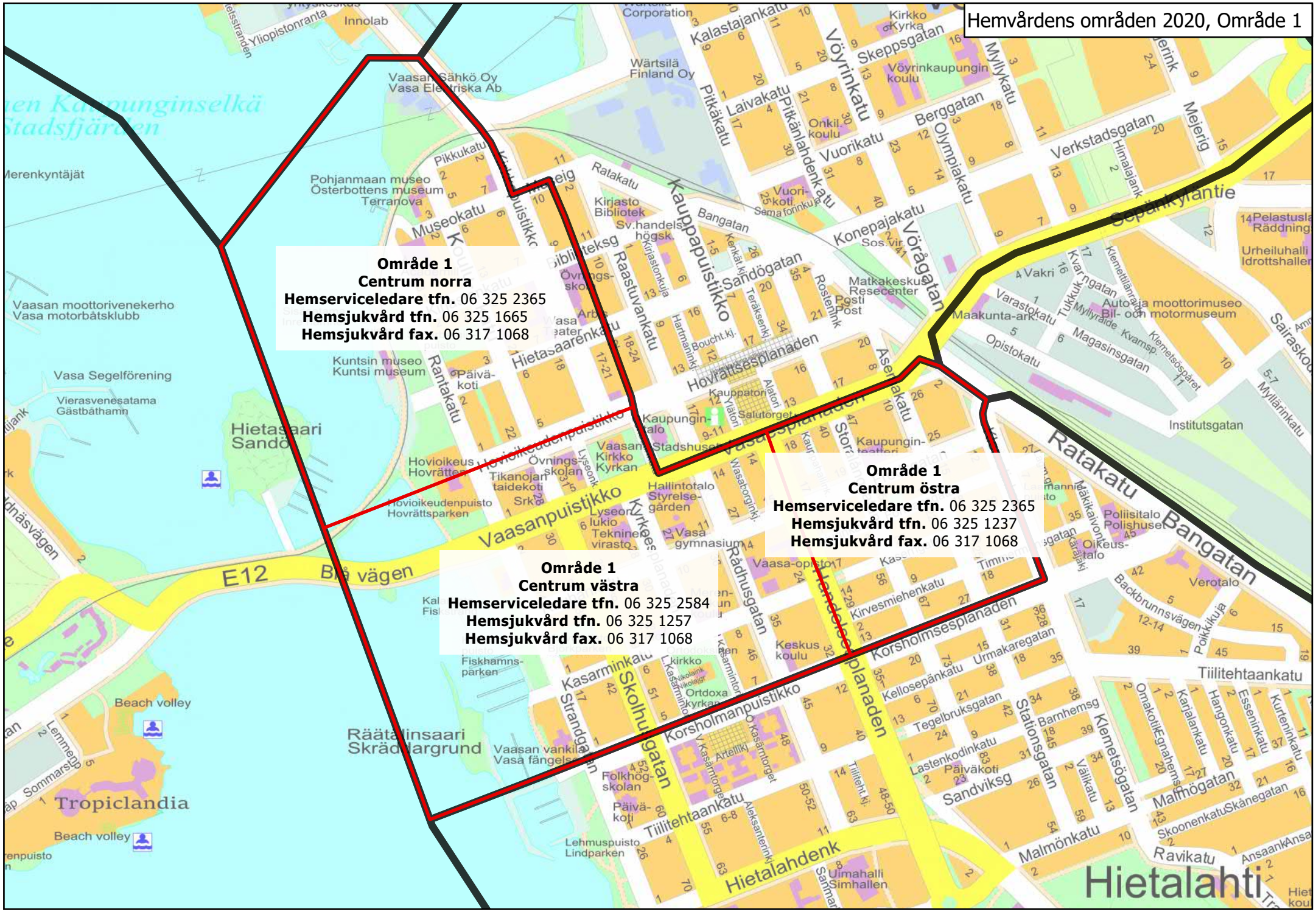Hemvårdens områden 2020, Område 1