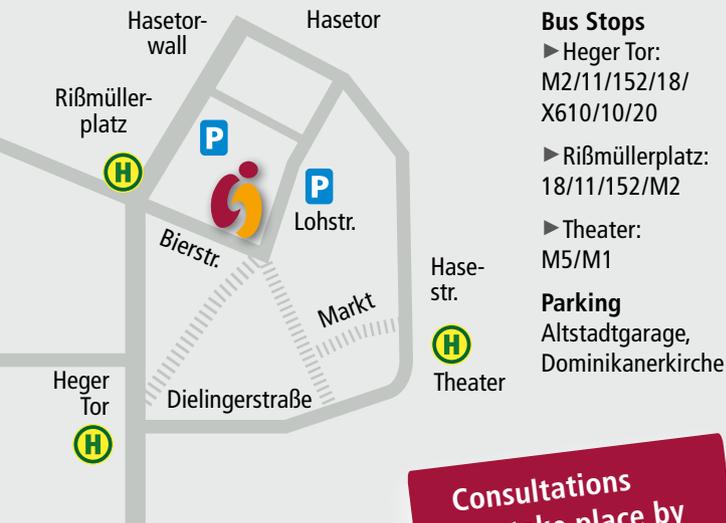


# How to find us:



## Bus Stops

- ▶ Heger Tor:  
M2/11/152/18/  
X610/10/20
- ▶ Rißmüllerplatz:  
18/11/152/M2
- ▶ Theater:  
M5/M1

## Parking

Altstadtgarage,  
Dominikanerkirche

Consultations  
can take place by  
appointment at  
your home or in  
our office.

Please arrange a  
consultation by calling:  
0541 323-3000

Monday, Wednesday, Thursday: 9.00 bis 12.30  
13.30 bis 17.00  
Tuesdays: closed | Friday: 9.00 bis 13.00

Stadt Osnabrück  
Fachbereich Integration, Soziales und Bürgerengagement  
Fachdienst Bürgerengagement und Seniorenbüro  
Senioren- und PflegeStützpunkt  
Bierstraße 32a | 49074 Osnabrück  
E-Mail: [pflugestuetzpunkt@osnabrueck.de](mailto:pflugestuetzpunkt@osnabrueck.de)  
[www.osnabrueck.de/Senioren](http://www.osnabrueck.de/Senioren)

Gefördert durch:



Niedersächsisches Ministerium  
für Soziales, Gesundheit  
und Gleichstellung

Herausgegeben von

Stadt Osnabrück  
Der Oberbürgermeister  
Postfach 44 60  
49034 Osnabrück

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Gruppenfoto: Stadt Osnabrück

## Guidance for Seniors, People in Need of Care and Next of Kin



*thorough, independent,  
free of charge*

 **Senioren- und  
PflegeStützpunkt**  
Niedersachsen

# We can support you

# What we offer



Manuela Ruhland

Katja Vahrenkamp-Nowak

## Care advice and guidance for seniors:

### Your points of contact:

#### **Katja Vahrenkamp-Nowak**

Telephone: 0541 323-3110

E-Mail: vahrenkamp-nowak@osnabrueck.de

#### **Manuela Ruhland**

Telephone: 0541 323-4494

E-Mail: ruhland@osnabrueck.de

**We offer counsel in confidence and are committed to our pledge of privacy.**



**Senioren- und  
PflegeStützpunkt**  
Niedersachsen

## Care advice on the following topics:

- Need for care/care requirements
- Application and preparation for the MDK-visit (Curative Commission for Health Insurance)
- Support with objection proceedings
- Organisation and improvement of home care
- Services of care and health insurance
- Offers of support for people in need of care
- Possibilities of support for next of kin carers
- Short term care, day care and moving in to different accommodation

## Advice for Seniors 60+:

- Growing older in Osnabrück
- Active leisure activities
- Voluntary work, e.g. assisting seniors or providing housing support
- Suitable living arrangements for seniors in their own home
- Different forms of accommodation for later on in life, e.g. "assisted housing"

## Additionally we can provide:

- Voluntary housing advice, if required also privately at your home
- Voluntary senior advice, within and outside of your home