

# How to find us:



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

**Monday, Wednesday, Thursday:** 9:00 am – 12:30 pm  
1:30 pm – 5:00 pm

**Tuesday (reachable by phone):** 9:00 am – 5:00 pm

**Friday:** 9:00 am – 1:00 pm

Stadt Osnabrück  
Fachbereich Soziales | Stabsstelle Sozialplanung  
Senioren- und PflegeStützpunkt  
Bierstraße 32a | 49074 Osnabrück  
E-Mail: [pflegestuetzpunkt@osnabrueck.de](mailto:pflegestuetzpunkt@osnabrueck.de)  
[www.osnabrueck.de/spn](http://www.osnabrueck.de/spn)



Gefördert durch:



Niedersächsisches Ministerium  
für Soziales, Gesundheit  
und Gleichstellung

Herausgegeben von

Stadt Osnabrück  
Die Oberbürgermeisterin  
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.**

## 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 senior advice, within and outside of your home