## How to find us:



DIE | FRIEDENSSTADT

# Bus Stops 582 Heger Tor Lürmannsti Stadthaus 1 **Parking** Stadthaus Rathaus Bergstr H Heger Dielingerstr. Consultations can take place by

- ► Rißmüllerplatz M2/18/152/581/
- M2/10/16/17/18/ 20/152/581/582
- ▶ Altstadt-Garage
- Dominikanerkirche
- ▶ Vitihof-Garage

appointment at your home or in our office.

Monday - Friday: 8.30 am - 12.00 pm Thursday: 8.30 am - 17.30 pm



# thorough, independent, free of charge



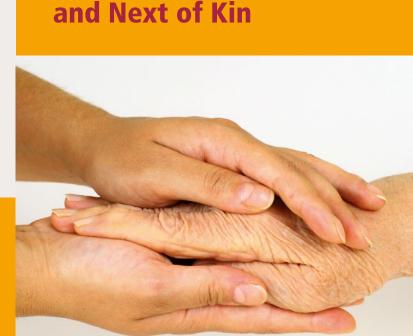
Stadt Osnabrück Fachbereich Soziales | Senioren- und PflegeStützpunkt Stadthaus 2 | Erdgeschoss Raum 23 Natruper-Tor-Wall 5 | 49076 Osnabrück E-Mail: pflegestuetzpunkt@osnabrueck.de www.osnabrueck.de/spn

Gefördert durch:



Herausgeber:

Stadt Osnabrück Die Oberbürgermeisterin Postfach 44 60 | 49034 Osnabrück



**Guidance for Seniors,** 

**People in Need of Care** 

# We can support you



## 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.



## What we offer

## 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