

# How to find us:

OSNABRÜCK

DIE | FRIEDENSSTADT



## Bus Stops

- Rißmüllerplatz  
M2/18/152/581/  
582
- Heger Tor  
M2/10/16/17/18/  
20/152/581/582

## Parking

- Stadthaus
- Altstadt-Garage
- Dominikanerkirche
- Vitihof-Garage

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

Monday – Friday: 8.30 am – 12.00 pm

Thursday: 8.30 am – 17.30 pm



Stadt Osnabrück  
Fachbereich Soziales | Senioren- und PflegeStützpunkt  
Stadthaus 2 | Erdgeschoss Raum 23  
Natruper-Tor-Wall 5 | 49076 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, Arbeit, Gesundheit  
und Gleichstellung

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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



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.**

# 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