



2011

# Services for elderly people in Nacka

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Photo: Ann Thafvelin, Bertil Nordahl

## Services for elderly people in Nacka

Are you over 65 and need help for example with home care, with living in special housing for elderly people or with having meals delivered?

If so, the social services elderly unit can help. Phone 08-718 80 00 and ask for the assistance officer responsible for your street. The assistance officer will be able to give you more information about services and help. Find out how to apply for help on page 12.

### Home care

Home care can do your cleaning, washing and shopping. Home care can also help you to have a drink, eat, get dressed and have a shower.

#### Who can get home care?

You can get home care if you need help looking after your home or yourself because you are ill or have a disability.

#### You get a decision

You will get a decision on what home care can help you with and how many hours of home care you have the right to each month.

#### You can choose

You can choose the company you want to give you home care. But it must be a company approved by the municipality.

#### What does it cost?

Home care costs 115 kronor an hour for the first eight hours a month. Home care costs 90 kronor an hour after that. You will never pay more than 1 712 kronor a month.





### **You pay less**

You pay less if you have a low income.

You can be certain that you will have enough money left to live on after you have paid for home care.

The law says that you always have the right to have 4 832 kronor left every month if you live alone, or 4 083 kronor if you are married or cohabiting.

### **Respite care – support for carers**

Respite care means a person who helps in the home for a few hours so that the person who is caring for someone in the family can rest or have time to themselves.

#### **Who can get respite care?**

You can get respite care if you are looking after someone at home who needs a lot of help because that person has a long-term illness or a disability.

#### **You get a decision**

You will get a decision about how many hours of respite care you have the right to each month.

#### **You can choose**

You can choose the company you want to give you respite care. But it must be a company approved by the municipality.

#### **What does it cost?**

Respite and attendance care for elderly people is free.

#### **More information**

You can find out more information from our relatives consultant Ove Lindroth, phone 08-718 89 08 and dementia nurse Iris Drevlid phone 076-130 12 64.

## Response alarm

You can get a response alarm to call for help if something happens, if you fall, for example. You will have an alarm button on your arm or round your neck. You press the alarm button and can talk to the alarm centre by speaker phone so you do not need to phone yourself.

If you alert the alarm centre, they will send an alarm patrol to your home if you need it.

### **Who can get a response alarm?**

People who need help quickly can get a response alarm. This may be people who might fall or are worried about falling.

### **What does it cost?**

A response alarm costs 105 kronor a month. You will not pay anything when the alarm patrol comes.

## Meals on wheels

You can order meals to your home. There are several dishes to choose from. You pay for the food yourself.

### **Who can get meals on wheels?**

If you find cooking difficult, you can have meals delivered to your home.

### **What does it cost?**

A meal costs 49 kronor for one portion. Home care can heat the food and help you to eat it.



**How does it work?**

The food will be delivered on a particular day of the week. You or someone else must be at home to take it in.

**Day centres for people over age 65****What are day centres?**

A day centre is somewhere you can do something fun on particular days together with other people.

You can get the help and care you need during the day. You can train your skills on your own or in a group with others.

If you go to a day centre you can get help with travelling there and back if you need it. The journey will not cost anything. Day centres are open on weekdays. You go there on particular days.

There are special day centres for people with dementia.

**How to find and choose a day centre**

Visit one or more of the day centres approved by Nacka municipality and talk to them.

Our assistance officers can tell you what day centres there are and they can also help you to talk to the people who work there.

**What does it cost?**

You pay the same as for an hour of home care. You pay for the food yourself.

Every day you visit the day centre costs 115 kronor.  
The cost is counted together with the cost of home care.  
The first 8 hours or visits to a day centre  
cost 115 kronor, and the cost is 90 kronor after that.  
You will never pay more than 1 712 kronor a month.

### **You pay less**

You pay less if you have a low income.  
You can be certain that you  
will have enough money left to live on  
after you have paid for home care.

## **Short-term residential care**

You can stay in a residential unit for a short time  
where you will receive care.  
There are staff and nurses there.  
Nacka municipality will pay for your travel  
there and home again.

### **When short-term residential care is useful**

- For respite care, to give people caring for family members  
a rest when their relatives are  
in the short-term residential unit.
- You might stay in short-term residential care  
while the municipality decides  
whether you are able to return home  
after a stay in hospital.
- You might stay in short-term residential care  
while the municipality decides whether you need  
to live in special housing for elderly people.
- You might stay in short-term residential care  
while you are waiting for a place  
in special housing for elderly people.
- You might need to rest and regain your health  
if you have been ill or injured.





### **Who can get short-term residential care?**

You can get short-term residential care if you need a lot of help during the day, during the evening, at the weekend and during the night and when home care is not enough.

### **What does it cost?**

You pay 57 kronor per day plus 100 kronor per day for food.

## **Support for people caring for a family member**

People who want to and are able to care for a member of the family are doing a great job. But it can be difficult in different ways.

Here is a list of the support you can get when you are looking after someone at home.

If you would like to know more about the support, look under that heading.

- Respite care in the home
- Day centres
- Home care
- Short-term residential care
- Care grant
- Response alarm

## You can meet other people

Nacka municipality, the Red Cross, the friendship service Väntjänsten and the relatives' organisation Anhörigas Riksförbund will help you meet other people.

You can find out more information from our relatives consultant Ove Lindroth, phone 08-718 89 08 and dementia nurse Iris Drevlid, phone 076-130 12 64

### **Red Cross 08-716 08 64**

The Red Cross can help you to meet other people to support you in caring for your family member.

### **Väntjänst 08-718 08 06**

The friendship service Väntjänst provides support to elderly people, phones and talks to them and accompanies them to hospital.

### **Anhörigas Riksförbund 0340-154 40**

The relatives' organisation Anhörigas Riksförbund, AHR, gives support and help to people whose family member is cared for at home or in a home for the elderly. The phone number for this organisation in Nacka is 08-715 53 98.

## Care grant

If you need a lot of care at home from someone in the family, you can get a care grant for things which home care would otherwise help with.

The care grant is 2 075 kronor a month.

You do not pay tax on this.

If you get a care grant, you can also have home care and the person caring for you can get other support too.

### **Who can get a care grant?**

- You must be age 65 or older.
- You must be registered and live in Nacka.





- You must need at least five hours of care a day.
- The person caring for you must live in the same home as you.
- The person who cares for you must not be an employee, or a personal assistant or receive kindred allowance (närståendepenning) from the Swedish Social Insurance Agency (Försäkringskassan).

#### **You can use the care grant to**

You can use the care grant to get help getting dressed and undressed, showering and going to the toilet.

You can use the grant to pay someone to care for you 24 hours a day if you have dementia.

You cannot use the grant to pay for someone to shop, cook or clean for you.

The health system is responsible if you need help taking medicines, having injections and caring for wounds.

You cannot use the care grant for this.

### **Safer homes with Tryggve**

Do you need help making your home safe and secure? If so, the Tryggve service can help you. The emergency services provide this service to everyone in the municipality over age 70.

#### **What does it cost?**

Tryggve is free and will make your home safe so you do not fall over and hurt yourself.

Tryggve helps you with things that can be dangerous for many elderly people to do.

#### **Things you can get help with**

Tryggve helps you to lift heavy items, climb ladders, etc.

### **Here are some examples of what Tryggve can help you with:**

- Fitting smoke alarms
- Changing bulbs and fuses
- Taking down or putting up curtains
- Fixing loose cables
- Making sure you do not slip on rugs

Tryggve will come to your home and go through your house using the Swedish Rescue Services Agency safety list.

Tryggve does not do jobs that other tradesmen can do. Tryggve does not do the same job as companies selling domestic services.

#### **How to get help from Tryggve**

Phone 08-718 80 00

and say what you want help with.

Tryggve will phone you back as quickly as possible.

### **Special housing for elderly people**

Special housing is housing with services and care day and night.

You receive all the help you need in your daily life.

You receive medical care from staff and a nurse.

You are able to stay in this housing all your life.

#### **Who can get special housing?**

You can get special housing if you need a lot of help which home care cannot provide.

This might be help during the day, evening, weekend and at night.

You can also get help if your mental health is not good.





### **You can choose**

You can choose from housing approved by the municipality if you have been given a decision on special housing.

### **What does it cost?**

You pay a care fee, which is 1 712 kronor a month.

You pay rent and food.

Different kinds of special housing cost different amounts.

Ask the elderly unit about prices.

You pay less if you have a low income.

## **How to apply for support and help**

You apply for support from social services' elderly unit. Phone number 08-718 80 00.

You can also write to social services' elderly unit:

Socialtjänsten

Enheten Äldre

Nacka kommun

131 81 Nacka

An assistance officer can tell you what help is available and find out what help you need.

### **Assessment**

The assistance officer will visit your home and assess what help you need.

If you are in hospital, your family, you, your relative if you wish, can meet the assistance officer and hospital staff together and talk about what help you need.

### **Decision on help**

What does help granted mean?

Help granted means that the assistance officer has decided what help and how much help you are entitled to, for example how many hours a week of home care you can get.

We will send the decision to your home.

**What does a refusal mean?**

A refusal means that you do not have the right to the help you have asked for.

We will send the decision to your home.

**You can appeal against the decision**

If you are not satisfied with the decision, you can appeal to the County Administrative Court (Länsrätten).

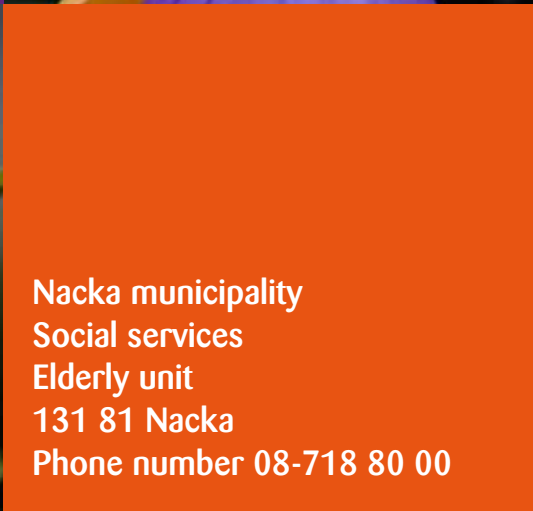
**The decision becomes reality**

When you have received a decision on help, home care, short-term residential care or special housing for the elderly can start to help you.

Sometimes you can choose who gives you the help.

The assistance officer can tell you who you can choose from and also help you to talk to them.





Nacka kommun  
 Socialtjänsten  
 Enheten Äldre  
 131 81 Nacka  
 Telefonnummer 08-718 80 00

Nacka municipality  
 Social services  
 Elderly unit  
 131 81 Nacka  
 Phone number 08-718 80 00

