



2018



SERVICES FOR ELDERLY PEOPLE IN NACKA

Trust and respect for people's personal knowledge and abilities, and for their willingness to take responsibility

CONTENTS

Services for elderly people in Nacka _____	3
Home care _____	3
Respite care – support for carers _____	4
Personal alarm _____	5
Protection against threats and abuse in close relationships _____	5
Meals on wheels _____	6
Day centres for people over age 65 _____	7
Short-term residential care _____	8
Support for people caring for a family member _____	9
You can meet other people _____	9
Care grant _____	10
Safer homes with Tryggve _____	11
Special housing for elderly people _____	12
How to apply for support and help _____	13

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 13.

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.

How much does it cost?

The fee for home care is SEK 150 per hour for the first eight hours in a month.

After that, home care costs SEK 90 per hour. You will never pay more than SEK 2044 a month in total for home care, day centre visits and the personal alarm service.





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.

This is why the fees are less if you have less than SEK 5136 left very month if you live alone or SEK 4340 if you are married or cohabiting.

RESPIRE 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.

How much does it cost?

Respite and attendance care for elderly people is free.

More information

You can find out more information from our relatives consultant, phone 08-718 89 08 and dementia nurse, phone 08-718 80 01.

PERSONAL ALARM

You can get a personal 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.

You can also get a mobile alarm to use outside the home. That way the alarm patrol can help you even when you are somewhere else in Nacka.

Who can get a personal alarm?

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

How much does it cost?

The personal alarm and mobile personal alarm cost SEK 210 each per month. If you need both alarms, that will cost SEK 420 per month. It costs nothing when the alarm patrol comes out. You will never pay more than SEK 2044 a month in total for home care, day centre visits, a personal alarm and a mobile personal alarm.

PROTECTION AGAINST THREATS AND ABUSE IN CLOSE RELATIONSHIPS

Receiving abuse, threats or violence from someone you know or live with is more common than many think. It can affect anyone.

It might, for instance, involve someone

- preventing you from having contact with others
- calling you bad names
- deciding over your finances against your will
- making your daily life difficult, for example by stopping you from moving around your home or getting your medication.





You can call:

- Your **social worker**: 08-718 00 00 (switchboard)
- **Samtalsforum**: 08-601 95 72
– a free public helpline.
You can call without giving your name.
- **Kvinnofridslinjen**: 020-50 50 50
A 24-hour helpline for women.
You can call without giving your name.
- **Socialjouren i Nacka**: 08-718 76 40, 010-564 31 65
Out of hours helpline run by social services in Nacka.
- **Police**: 112 or 114 14

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.

How much does it cost?

A meal costs SEK 51 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 exercise 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.

How much does it cost?

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

You pay for the food yourself.

The fee for day centre visits is SEK 150 per day for the first eight visits in a month.

After that, the day centre costs SEK 90 per visit.

The fee is counted in with the home care fee.

You will never pay more than SEK 2044 a month in total for home care, day centre visits and the personal alarm service.

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.

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.

How much does it cost?

You pay SEK 70 per day plus SEK 120 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
- Personal alarm

YOU CAN MEET OTHER PEOPLE

Nacka Municipality, the Red Cross, the friendship service Vantjänsten and the relatives' organisation Anhörigas Riksförbund will help you meet other people. You can find out more information from our relatives consultant, phone 08-718 89 08 and dementia nurse, phone 08-718 80 01

Red Cross 0723-633 633, 08-715 49 45

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

Vantjänst 08-718 08 06

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





Anhörigas Riksförbund 010-155 70 60

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 21 22.

CARE GRANT

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

The care grant is SEK 1138 or SEK 2275 a month. It depends how much help you get from your family member. You do not pay tax on this grant.

If you get a care grant, you can also have home care and the person caring for you can get other support too. You cannot get the care grant if you are in short-term residential care.

Who can get a care grant?

- You must be aged 65 or older.
- You must be registered and living in Nacka.
- You must be in need of a lot of care.
- 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 Social Insurance Agency (Försäkringskassan).

You can get a care grant if you need help with:

- getting dressed and undressed
- showering and going to the toilet
- having someone care for you 24 hours a day if you have dementia

You cannot receive the grant for someone to shop, cook and clean for you.

You cannot receive the grant for help with taking medicines, having injections and caring for wounds. That is the job of the health service.

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.

How much 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.

How much does it cost?

You pay a care fee,
which is SEK 2044 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 08-718 80 00 and ask for the person responsible for the street where you live.

You can also write to social services' elderly unit:
Äldreheten
Nacka kommun
131 81 Nacka

Assessment

The assistance officer will call or visit you at home and assess what help you need.

If you are in hospital, your family, you and a 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 Administrative Court (förvaltningsrätten).

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 Municipality
Elderly Unit
131 81 Nacka
Phone number: 08-718 80 00



Nacka kommun
Äldreenheten
131 81 Nacka
Besöksadress:
Nacka stadshus, Granitvägen 15
Telefon: 08-718 80 00
E-post: info@nacka.se
Sms: 716 80
www.nacka.se
www.facebook.com/nackakommun

