

## Information Sheet No. 10

# Geriatric Day Clinic

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Patients can be treated in a geriatric day clinic following in-patient treatment or in lieu of hospitalization.

For the health care of older people, the day clinic is an important link between out-patient and in-patient clinics. It is useful when discharge to the home environment is possible, but a more intensive therapy should follow previous rehabilitation treatments or firmly establish previous health improvement.

Prerequisite for admission to the day clinic is the ability to be transported and the presence of sufficient care for the evenings, nights and weekends.

The services of the geriatric day clinics usually include

- Medical diagnostics
- Nursing
- Physiotherapy
- Occupational therapy
- Speech therapy
- Neuropsychological therapy
- Psychological care
- Social services
- Consultation and training of patients and relatives.

Admission to a day clinic is useful when several of the listed therapies are necessary. Patients can be admitted directly after hospitalization or after approval by the attending physician.



Treatments focus on:

- Atherosclerotic disease and its consequences, (e.g. stroke or coronary heart disease, peripheral circulatory disorder), prosthetic fitting after amputation
- Bone and joint diseases and their consequences (e.g. osteoarthritis, osteoporosis, fractures, arthroplasty)
- General internistic and general neurological diseases such as diabetes mellitus, multiple sclerosis, Parkinson's disease and tumours.

The objectives of the day hospital include:

- Restoring and/or improving independence and self-sufficiency
- Preventing subsequent harm
- Reducing or preventing permanent long-term care
- Avoiding or reducing in-patient treatment
- Providing help for self-help.

The costs of day clinic treatments are usually covered by the health insurance. Insurance benefits, such as the care allowance or the care in kind (care by care services) are not affected and can be claimed simultaneously.

**The staff at the nursing support centre is happy to advise you.**

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The responsible body for the nursing support centre are the insurance companies of Berlin and the state Berlin.