



## Information sheet no. 4

# Offers for support in everyday life

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Offers for support in everyday life are intended to support and relieve those in need of care as well as caring relatives and other close caregivers.

In the case of home care, all degrees of care (1 - 5) are entitled to a relief amount of €125 per month.

### Where can I use the relief amount?

- 1) recognized low-threshold care services
- 2) domestic care and
- 3) general companionship and care by approved providers
- 4) in care degree 1, assistance with personal hygiene is possible, such as showering or bathing
- 5) Voluntary neighbourly help
- 6) For day or night care services (information sheet 9)
- 7) For short-term care services (co-payment - information sheet 8).

### Who is an approved provider

An overview of the approved and thus recognized care services and offers of domestic care can be found on the website of the Competence Center Care Support.

<https://www.pflegeunterstuetzung-berlin.de/unterstuetzung/uebersicht-aller-angebote>

In addition, nursing services can also offer and charge for these services. It is important to find out about the costs involved beforehand.

### How do I receive the benefits?

With a care degree, there is an entitlement to the relief amount. Users have the choice to select an offer and determine the focus of the service, e.g. personal care for people with dementia or help with household tasks.

Either the invoice is paid directly and submitted to the nursing care insurance fund for reimbursement, or the provider settles with the nursing care insurance fund after consultation. Here, a so-called declaration of assignment is signed. The services are usually billed on a monthly basis.

## **Voluntary neighbourly help**

Acquaintances, neighbours, friends or girlfriends living in the vicinity can also bill the long-term care insurance fund for up to 8 euros per hour as "voluntary neighbourhood helpers". The following requirements must be met:

- a 6-hour basic course or
- a 2-hour advanced course, if an equivalent qualification is available
- Registration with the care insurance fund of the person in need of help,
- support for a maximum of 2 eligible persons at the same time,
- living in a separate domestic community
- not being a caregiver at the same time
- The "voluntary neighbourhood helper" must be of full age,
- A relationship may only exist from the 3rd degree of kinship. A degree of relationship exists. This means that great-grandparents to great-grandchildren, uncles and aunts, nieces and nephews, as well as cousins could become active as "voluntary neighbourhood helpers".

More detailed information and documents can be found and printed out on the website of the Competence Centre for Care Support.

<https://www.pflegeunterstuetzung-berlin.de/service/schulungsangebote/nachbarschaftshelferin>

Furthermore, the Berlin care support points can be contacted.

## **Remaining amount**

If the amount is not used up in a calendar year, the remaining amount can be used until June 30 of the following year.

## **Increase of the relief amount**

It is possible to convert 40% of the outpatient benefit into offers for support in everyday life. In this case, care services and domestic help can be used instead of basic care.

**The staff of the care support center will be happy to advise you**

**Free service number: 0800 59 500 59**

[www.pflegestuetzpunkteberlin.de](http://www.pflegestuetzpunkteberlin.de)

The sponsors of the care support points are the state of Berlin and the care and health insurance funds in Berlin