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Health and social issues

General information

Visit to the doctor and hospital

If you are ill or in pain, go and see a doctor. Doctors' surgeries are open from Monday to Friday. Go to a doctor's surgery on these days and not to hospital. An ambulance (call  [112](#)) can take you to hospital if you are seriously injured and cannot get there yourself. However, only call the ambulance in an absolute emergency.

At weekends, on public holidays and when doctors' surgeries are not open (e.g. at night), go to hospital if you are in severe pain. There are also emergency surgeries in the hospitals at weekends. (Telephone number  [116117](#)) (KVBW emergency practices).

 Medical confidentiality applies in Germany. Doctors are not allowed to tell anyone that you have been there and what illnesses you have.

General practitioners and specialists

If you are ill, go to your family doctor. You can choose this yourself. GPs set their own opening hours. You should therefore make an appointment if you need help from a GP.

GPs carry out important examinations and are your first point of contact in the event of illness. They also decide what medication you need and whether a specialist examination is necessary.

If necessary, your GP will refer you to a specialist who can carry out specialised examinations.

Paediatricians

Children are usually examined by paediatricians. Regular check-ups and vaccinations at the paediatrician are important for the health of every child. The prescribed check-ups are called "U examinations" and are always free of charge and at a specific time. Please take your child to a paediatrician to find out about the regular, prescribed U-examinations.

You can find further multilingual information at

 www.kindergesundheit-info.de

Dentists

If you have a toothache, go to a dentist.

Gynaecologists (gynaecologists)

It is important that women are regularly examined by a gynaecologist. This allows diseases to be recognised in good time. This is called a check-up. You can also discuss the topic of contraception there.

■ If you need help finding a doctor, you can contact the social workers in your shared accommodation or a helper group.

Medicines and pharmacies

If you need medication, your doctor will give you a prescription. You can get your medication with this prescription in any pharmacy. Every pharmacy can be recognized from the outside by the red A.



Pharmacies are usually open from Monday to Saturday. The opening hours vary depending on the pharmacy. If you need urgent medication at night or at the weekend, you will find a sign at every pharmacy with the name and address of the pharmacy that is open for emergency service.

Even with a prescription, not all medicines are usually free of charge.

Some medicines, such as antibiotics, are only available on prescription. That means you can't buy them without a prescription. You can also find this information on the Internet.

Search for pharmacy emergency services

🌐 www.aponet.de

As an asylum-seeker or asylum-seeker, you can get many medications without a co-payment. You should therefore ask your doctor or health care professional. If you do not have a prescription, you will always have to pay for the medication.

Hygiene and immunisation

Hygiene

Good hygiene helps to avoid getting sick yourself. Frequent hand washing is just as important as clean toilet hygiene.

You can find hygiene tips on the homepage of the Federal Centre for Health Education:

■ www.infektionsschutz.de

Further information on health issues and infectious diseases with explanatory pictures can be found in various languages at

 www.setzer-verlag.de

Vaccination protection

We come into contact with viruses, bacteria or fungi every day. This contact can lead to illness, but it doesn't have to. The body can often deal with it itself.

But not all infectious diseases are harmless. Some can cause serious illness. These infectious diseases can be passed on from person to person or, under certain circumstances, from food or objects. Some diseases are transmitted from animals to humans.

You can be vaccinated to protect yourself against some infectious diseases. For example, against influenza, mumps, chickenpox, measles or rubella. Your family doctor can best advise you on which vaccinations make sense for you. Some vaccinations have to be repeated after a certain period of time to ensure that the immunisation protection is not lost.

Timely immunisation is particularly important for children in order to protect them from serious illnesses. Talk to your paediatrician about which vaccinations are advisable for your child.

Further information on immunisations can be found [here](#).

Up-to-date immunisation recommendations from the Robert Koch Institute are available in the [immunisation calendar in 20 languages](#).

Health care via public health insurance


There are many public health insurance companies in Germany. Normally, you can choose your own health insurance company. The services are regulated and included by law:

- Services for the prevention and alleviation of disease
- Pregnancy benefits
- Services for the detection of diseases
- Services for the treatment of diseases
- Legally recommended vaccinations

After you have submitted an application for membership to a health insurance company, you will receive an **insurance card**. Take this with you to every doctor's appointment.

Health care via asylum seekers' insurance

Asylum seekers in ongoing asylum proceedings receive medical care insurance via the asylum seekers' benefits authority in Landratsamt Bodenseekreis (mail: asyl.krankenhilfe@bodenseekreis.de). The insurance covers **basic medical care**.

 Asylum seekers choose a doctor in their place of residence. All formalities regarding the treatment (certificate of medical treatment) are dealt with by the doctor's office and the asylum seekers' benefits authority.

The basic rule is: In Germany, you are entitled to **basic medical care in the event of acute illnesses and pain**, and you are also entitled to any officially recommended vaccinations and preventive medical check-ups. In addition, you will receive free medical services that are indispensable to ensure your health. Seek medical attention if

- **You are acutely ill or in pain**
- **You are pregnant**
- **You are chronically ill, for example, if you have diabetes, epilepsy or mental illness**
- **Vaccinations and preventive medical checkups for children are pending**

As soon as you have a residence permit, you must register with a regular public health insurance company. There you will receive an insurance card and are thus entitled to the same benefits as all citizens in Germany.

An online guide for asylum seekers can be found here:

www.bundesgesundheitsministerium.de

Communication aids and multilingual information

- Here you will find information on health education in 13 languages: [Follow this link - www.zanzu.de](http://www.zanzu.de)
- Here you can find information about the guide "Health for all" in 14 languages: [Follow this link - www.wegweiser-gesundheitswesen-deutschland.de](http://www.wegweiser-gesundheitswesen-deutschland.de)
- Here you can find information about the Health Equity Portal: [Follow this link - www.migesplus.ch](http://www.migesplus.ch)
- Here you can find information about the AOK portal for immigrants: [Follow this link - www.zuwanderer.aok.de](http://www.zuwanderer.aok.de)
- Here you can find information about the Breastcare app in several languages: [Follow this link - www.breastcare.app/](http://www.breastcare.app/)

Compulsory follow-up insurance (OAV) in health insurance

Compulsory follow-up insurance (OAV) in health insurance

Compulsory follow-up insurance has been in place in Germany since 1 August 2013. This regulation ensures that people who no longer have to remain in the statutory health insurance scheme (GKV) continue to be insured. For example, if they lose their job. But they have to show that they are not insured otherwise.

On 10 March 2022, the Federal Social Court said that asylum seekers who receive few sickness benefits do not have enough insurance cover.

Asylum seekers who receive benefits under the Asylum Seekers' Benefits Act cannot cancel their statutory insurance.

Normally, everyone who is covered by statutory health insurance has to pay monthly contributions. These contributions were previously paid by the state for asylum seekers.

From **1 January 2025**, the state will no longer pay the contributions. This means that asylum seekers will then have to pay for their health insurance themselves.

So if you have been working and lose your job for various reasons, the costs of your health insurance will no longer be covered by the asylum seeker benefits as before, but will have to be paid by you from 1 January 2025. Please note: This can result in high costs!

Children and health

You can find out more about [children and media here](#).

You can find out more about [the paediatrician and examinations here](#).

[You can read more about dental health for children here](#).

Mental health

Counselling regarding mental illness

There are many offers and facilities for people with mental illnesses and disabilities in the Lake Constance district. [Information and guidance](#) can be obtained from the social planning department of the Bodenseekreis district office:

Sozialplanung, Landratsamt Bodenseekreis

Martin Maucher

■ [07541/2045306](tel:075412045306)

■ martin.maucher@bodenseekreis.de

■ www.bodenseekreis.de

Social Psychiatric Service of Pauline e.V.

The Social Psychiatric Service of Pauline 13 e. V. offers counselling and support for chronically mentally ill people and their relatives. It is a central contact point and can recommend further counseling and advice institutions.

Pauline 13 e. V. at the Community Psychiatric Center Friedrichshafen

■ [Paulinenstrasse 12, 88046 Friedrichshafen](#)

■ [07541/4094213](tel:075414094213) ■ ambulant-friedrichshafen@pauline13.de

Pauline 13 e. V. at the Community Psychiatric Center Überlingen

■ [Obere Bahnhofstraße 18, 88662 Überlingen](#)

■ [07551/30118500](tel:0755130118500) ■ ambulant-ueberlingen@pauline13.de

Pauline 13 e. V. in Bermatingen

■ [Bahnhofstrasse 14, 88697 Bermatingen](#)

■ [07544/9540-13](tel:07544954013) ■ ambulant-bermatingen@pauline13.de

Day Care Community Psychiatric Centres (GPZ)

Day care centres in the GPZs offer the opportunity to make contact with other people affected. They serve as a learning field for social skills and enable joint experience and exchange. The day care centres in the community psychiatric centres offer a wide range of services and practical assistance in everyday life.

Day care centre in GPZ Friedrichshafen

Margot Geiger

■ [Paulinenstrasse 12, 88046 Friedrichshafen](#)

■ [07541/4094120](tel:075414094120) ■ m.geiger@gpz-fn.de

Day care at GPZ Überlingen

■ [Obere Bahnhofstraße 18, 88662 Überlingen](#)

■ [07551/301180](tel:07551301180) ■ email@g-p-z.de

Information, Advice and Complaint Board ("Informations-, Beratungs- und Beschwerdestelle (IBB) Bodenseekreis")

The IBB offers an independent range of advice for affected persons and their families.

IBB Office Information, Counselling and Complaints Office People with mental illness and their relatives

■ [Kleinebergstraße 6, 88045 Friedrichshafen](#)

■ [07541/8311460](tel:075418311460) ■ [01590/1400246](tel:015901400246) ■ ibb-bodenseekreis@web.de

Hospital treatment

Outpatient psychiatric treatment services generally have priority over inpatient admission, e.g. to a psychiatric hospital. However, if special measures are required, hospital treatment may be appropriate.

ZfP Südwürttemberg Clinic for Psychiatry and Psychotherapy Bodensee

■ [Röntgenstrasse 8, 88048 Friedrichshafen](#)

■ [07541/6035400](tel:075416035400) ■ kpp.bodensee@zfp-zentrum.de

Day clinic treatment

Day clinic treatment means that all therapeutic services are available during the day, between 08:00 and 17:00. In the evenings and on weekends, patients continue to live at home in their familiar surroundings.

Psychiatric day clinic Friedrichshafen

■ [Merkurstrasse 3, 88046 Friedrichshafen](#)

■ [07541/60010](tel:0754160010) ■ info@tagesklinik-fn.de

Outpatient medical treatment

Out-patient medical treatment and other accompanying aids have become increasingly important in recent years. In many cases they are a good alternative to inpatient treatment.

■ The first point of contact for medical questions is the doctor: doctors can be found on the Internet, in the telephone directory or via the doctor search service [here](#).

Psychiatric outpatient clinic of the ZfP Südwürttemberg in the community psychiatric centre Überlingen

■ [Obere Bahnhofstraße 1, 888662 Überlingen](#)

■ [07551/30118400](#)

Psychiatric outpatient clinic of the day clinic Friedrichshafen in sponsorship of Arkade-Pauline 13 gGmbH

■ [Merkurstrasse 3, 88046 Friedrichshafen](#)

■ [07541/60010](#)

■ All offers and facilities can be found in [this guidebook](#).

Help through telephone and email consultation

Are you a relative of a mentally ill person and do not know what else you can do for him/her at the moment? Or are you yourself affected by a mental illness and need timely support?

"SoulFon" of the Family Self-Help Psychiatry

■ [0228/71002424](#)

■ seelefon@psychiatrie.de

■ www.bapk.de

Escape and trauma

After a long and arduous journey from your home country, you may not feel well. Perhaps you have lost relatives or had to endure physical pain. Now you may be in a reasonably sheltered environment and can get some rest. Perhaps your soul is now responding with one of the following questions:

- How can I live on with my worries / my memories of incriminating things?
- How can I live on with the latest news from my home country?
- How can I go on living with homesickness for those who are left behind?

What to do when suffering from trauma?

Therapy is probably the best way to overcome a trauma in the long term. A counselling centre or the doctor can provide you with more information on therapy options.

Unfortunately, a professional therapy often includes a long waiting period.

Online emergency help with Refugee Trauma Help

The online emergency help of Refugee Trauma Help can help to bridge the waiting time for a possibly necessary professional therapy.

Refugee Traum Help www.refugee-trauma.help

■ Refugee Trauma Help might also be helpful for volunteers working with refugees. There they will find information on how to assist refugees suffering from trauma.

Addiction counselling and assistance

Counselling regarding addiction and drugs

Addiction is a widespread and serious disease. In addition to physical consequences, it can have considerable psychological and social effects, such as problems at work or increased conflicts within the family. Get help in time and do not be afraid to talk about your addiction.

■ Addiction is recognized as a disease. Usually, treatment costs are covered by pension and social security institutions and, where applicable, social assistance institutions.

Addiction counselling

The addiction counselling centre provides advice on topics such as alcohol, medication, illegal drugs and other addictions such as gambling or eating disorders. The consultation is confidential.

Suchtberatungsstelle Friedrichshafen

Diakonisches Werk

■ [Katharinenstrasse 16, 88045 Friedrichshafen](#)

■ [+497541950180](#)

■ info@suchtberatung-fn.de

■ www.suchtberatung-fn.de

Addiction prevention

Addiction prevention is a high priority for the District Office Bodenseekreis. People affected by addiction are advised and accompanied from the beginning to the aftercare and rehabilitation. The aim of projects such as [HaLT](#) on alcohol prevention or the [Youth Media Week](#) is to raise peoples' awareness for the subject of addiction and prevention.

Sucht & Prävention, Sozialplanung, Landratsamt Bodenseekreis

■ [Albrechtstrasse 75, Friedrichshafen](#)

■ [+497541204-5740](#)

■ sozialplanung@bodenseekreis.de

■ www.bodenseekreis.de

You can find more information about addiction at

- Bundeszentrale für gesundheitliche Aufklärung BZgA:
www.bzga.de
- Deutsche Hauptstelle für Suchtfragen:
www.dhs.de
- Drugcom:
www.drugcom.de

Addiction assistance

The treatment of an addiction disease usually takes place in a clinic specialized for this purpose or on an outpatient basis. You can find out which institution is suitable for your needs at the advice centre or on the Internet.

The following facilities are available in the Bodenseekreis:

Fachklinik Ringgenhof: Only men are treated here. The clinic is divided into the following departments: Alcohol and gambling addiction, drugs, addiction and psychosis.

Fachklinik Ringgenhof

■ [Riedhauser-Strasse 61, 88271 Wilhelmsdorf](#)

■ [07503920-111](#)

■ willkommen-ringgenhof@zieglersche.de

■ www.zieglersche.de

Suchtambulanz Friedrichshafen: The addiction outpatient clinic can be a first point of contact or just a mentorship (also for aftercare). You can find these services in the advice centre.

Suchtambulanz Friedrichshafen

■ [Katharinenstrasse 16, 88045 Friedrichshafen](#)

■ [07517601-2258](#)

■ suchtambulanz.weissenau@zfp-zentrum.de

■ www.zfp-web.de

Schloss der Farben: The "Castle of Colours" facility is a full inpatient offer for girls and young women aged 12-18 years with a diagnosed eating disorder. It offers intensive therapeutic, specialist medical and disorder-specific treatment.

Schloss der Farben

Child and youth psychiatry and psychotherapy

■ [Riedheimerstrasse. 8, 88048 Friedrichshafen](#)

■ [+4975449645880](#)

■ www.schloss-der-farben.de

siebenzwerge: siebenzwerge is a specialist clinic for drug-related illnesses. It is located in Salem on a farm.

siebenzwerge - Specialist clinic for drug-related diseases

■ [Grünwanger-Strasse 4, 88682 Salem](#)

■ [075445070](#)

■ mail@siebenzwerge.info

■ www.siebenzwerge.info

Addiction self-help network Bodenseekreis

There are many self-help groups in the Lake Constance district that are run by volunteers. These have an open ear for those affected.

The contact and information point for self-help groups in the Lake Constance District Office offers support for self-help groups and offers networking.

Kontakt- und Informationsstelle für Selbsthilfegruppen, Landratsamt Bodenseekreis

Christine Ludwig

■ [Albrechtstrasse 75, 88045 Friedrichshafen](#)

■ [+497541204-5845](#)

■ christine.ludwig@bodenseekreis.de

■ www.bodenseekreis.de

You will find more information [in this guidebook](#).

■ **Doctor search Baden-Württemberg** www.arztsuche-bw.de

Disability and inclusion

Advice on disability

People with disabilities and their families have many questions and uncertainties. There are many advice centres in the Lake Constance district that can help to answer these questions. [Information and guidance](#) can be obtained from the social planning department of the Bodenseekreis district office

Representative for the disabled in the district office Bodenseekreis

The Representative for Disabled Persons is a person of trust and contact person for all matters relating to disabilities.

Dorothea Horn

■ [Albrechtstrasse 75, 88045 Friedrichshafen](#)

■ [07541/2045087](#)

■ dorothea.horn@bodenseekreis.de

■ www.bodenseekreis.de

Information centres and central contact points

Public Health Office, District Office Bodenseekreis

**Preparation of expert opinions within the framework of integration assistance,
Information about self-help groups and advice centres**

■ [Albrechtstrasse 75, 88045 Friedrichshafen](#)

■ [07541/2045852](#)

■ gesundheitsamt@bodenseekreis.de

Information and advice centre, Sozialamt, Landratsamt Bodenseekreis

General information and advice on disability issues

■ [Albrechtstrasse 75, 88045 Friedrichshafen](#)

■ [07541/2045302](#)

■ eingliederungshilfe@bodenseekreis.de

Childcare authority, Sozialamt, Landratsamt Bodenseekreis

Information on care questions, applications, advice

■ [Albrechtstrasse 75, 88045 Friedrichshafen](#)

■ [07541/2045287](tel:075412045287)
■ constanze.maag@bodenseekreis.de

Ergänzende unabhängige Teilhabeberatung (EUTB) Bodensee-Oberschwaben
Counselling in case of (imminent) disabilities and on questions of rehabilitation and participation

■ [Tavernengasse 4, 88094 Oberteuringen](#)
■ [07546/9299901](tel:075469299901)
■ fachstelle@teilhabeberatung.de
■ www.eutb-bodensee-oberschwaben.de

Ergänzende unabhängige Teilhabeberatung (EUTB) Ravensburg-Sigmaringen

■ [Schubertstraße 1, 88214 Ravensburg](#)
■ [075199923970](tel:075199923970)
■ info@eutb-rv-sig.de
■ www.eutb-rv-sig.de

Teilhabe-Beratung der Liebenau Teilhabe
Advice on participation in all areas of life

■ [Siggenweilerstrasse 11, 88074 Meckenbeuren](#)
■ [07542/102023](tel:07542102023)
■ beratungsdienst.teilhabe@stiftung-liebenau.de
■ www.stiftung-liebenau.de

"Offene Hilfen" of the Diakonie Pfingstweid
Counselling, parents' evenings, theme evenings

■ [Ailinger Strasse 33, 88046 Friedrichshafen](#)
■ [07542/970560](tel:07542970560)
■ offenehilfen@pfingstweid.de

Lebenshilfe Bodenseekreis e. V.

Advice and support, parents advise parents, theme and information evenings, discussion groups for relatives, social law advice for members

■ [Margaretenstrasse 41, 88045 Friedrichshafen](#)
■ [07541/32272](tel:0754132272)
■ info@lebenshilfe-bodenseekreis.de
■ www.lebenshilfe-bodenseekreis.de

Camphill Schulgemeinschaften e. V. [\(several locations\)](#)

Open consultation

■ info@camphill-schulgemeinschaften.de
■ www.camphill-schulgemeinschaften.de

Medizinisches Zentrum für erwachsene Menschen mit Behinderung (MZEB)

Liebenau Kliniken gemeinnützige GmbH

■ [Siggenweilerstr. 11, 88074 Meckenbeuren](#)
■ [07542105303](tel:07542105303)
■ mzeb.kliniken@stiftung-liebenau.de
■ www.stiftung-liebenau.de

■ [You can find a guide with all other advice centres here.](#)

Further specific information:

- [Inclusion and children with disabilities](#)
- [Inclusion and pupils with disabilities](#)
- [Inclusion and education with disabilities](#)
- [Inclusion and working with disability](#)
- [Inclusion and studying with disabilities](#)

Guide: End of life

Hospice

A hospice is a facility for the care of the dying. They are usually organized similar to a nursing home but with fewer beds. In Germany, there are also children's hospices where children, teenagers and young adults are intensively looked after and accompanied. There are also outpatient hospice services. They provide support for accompaniment, care and nursing in the home. In many hospitals you can also find palliative care units which do not necessarily accompany dying people but treat acute symptoms of an incurable disease, not the disease itself.

A hospice is not an institution for dying but rather a place with staff who convey the feeling that dying, death and mourning are part of life. The aim is to make this difficult phase of life as pleasant as possible for all those affected and to promote a farewell in the home environment.

Heritage

After a person's departure from life, the question remains: What happens to that person's things? In Germany, the Civil Code (BGB) regulates what happens to the property and assets of a deceased person. If you find yourself in such a situation, contact a lawyer specialising in inheritance law or go to a legal advice centre.

Senior citizens and elder care

Elderly care and advice

Being in need of care means that a person is unable to cope with their everyday life independently and needs help. The reasons for this situation might be: Age, illness or an accident.

People in need of care - what to do?

The so-called "**Pflegestützpunkt**" advises and supports relatives and affected persons in all aspects of care. The information and advice centre includes:

- Personal consultations by telephone, at the care centre or at your home
- Comprehensive information and advice on existing support services
- Assistance in clarifying cost issues for nursing, medical and social services
- Assistance with the application process
- Creation of an individual help plan
- Mediation and coordination of the individual aids
- Further assistance

Pflegestützpunkt Bodenseekreis

Melanie Haugg, Gabriele Knöpfle, Petra Mecking

■ [Glärnischstraße 1 - 3 \(Room G 102\), 88045 Friedrichshafen](#)

■ [075412045195 / 07541203129 / 075412045196](#)

■ pflegestuetspunkt@bodenseekreis.de

■ www.bodenseekreis.de

Help for elderly people

Elderly people and their relatives often ask themselves how and where they will live when they are old and what kind of help they can get.

The social planning department provides you with a [guide](#) for your questions.

Sozialplanung, Landratsamt Bodenseekreis

Wiltrud Bolien

■ [Albrechtstrasse 75, 88045 Friedrichshafen](#)

■ [075412045640](#)

■ wiltrud.bolien@bodenseekreis.de

■ www.bodenseekreis.de

In addition to the Pflegestützpunkt, the following institutions provide advice on further offers and financial questions as well as on get-together places and living opportunities for older people.

Specialist services

Caritas Bodensee-Oberschwaben

Specialist service Help in old age

Edgar Störk

■ [Katharinenstr. 16, 88045 Friedrichshafen](#)

■ [0754130000](#)

■ stoerk@caritas-bodensee-oberschwaben.de

Caritasverband für das Dekanat Linzgau e. V.

Counselling centre Help for older people and relatives

Heike Dindorf

■ [Johann-Kraus-Str. 3, 88662 Überlingen](#)

■ [07551830312](#)

■ heike.dindorf@caritas-linzgau.de

Diakonisches Werk Überlingen-Stockach

■ [Christophstr. 31, 88662 Überlingen](#)

■ [07551918990](#)

■ info@diakonie-ueberlingen.de

Information centres of the municipalities

Contact point for senior citizens and people seeking help in the community of Bermatingen

Ulrike Wiesen

■ [City hall, Salemer Str. 1, 88697 Bermatingen](#)

■ [07544950212](#)

■ ulrike.wiesen@bermatingen.de

Senior citizens' advice service of the municipality of Frickingen

Ulrike Stark

■ [City hall, Kirchstr. 7, 88699 Frickingen](#)

■ [07554983020](#)

■ ulrike.stark@frickingen.de

Senior citizens' advice service of the municipality of Immenstaad Habitats for young and old

Sabine Jung-Bass

■ [Schulstr. 24, 88090 Immenstaad](#)

■ [07545911808](#)

■ lebensraum.immenstaad@stiftung-liebenau.de

Senior citizens' advice service of the municipality of Langenargen Mühlengärten senior citizens' residential complex

Annette Hermann

■ [Eugen-Kauffmann-Str. 2, 88085 Langenargen](#)

■ [07543499028](#)

■ hermann@langenargen.de

Senior citizen service of the city of Tettnang

Patricia Hawel

■ [City Hall, Montfortplatz 7, 88069 Tettnang](#)

■ [07542510163](#)

■ patricia.hawel@tettnang.de

■ You will find further advice from the nursing care and health insurance funds, social associations and the advisory services of the German Pension Insurance in [this guide](#).

Crisis telephone, telephone counselling and online advice for caring relatives

Caring for a person in need of care is a job with a lot of responsibility which might reach your own stress limit. In difficult situations you can get in touch with the following authorities:

Carephone of the Federal Ministry of Family Affairs ("Pflegetelefon des Bundesfamilienministeriums")

■ [03020179131](#)

■ info@wege-zur-pflege.de

Accessibility: Mon to Thu 09:00 - 18:00

■ www.wege-zur-pflege.de

24 hours telephone counselling

■ [08001110111](tel:08001110111)

■ [08001110222](tel:08001110222)

■ [0800116123](tel:0800116123)

■ www.telefonseelsorge.de

Psychological support for relatives: Internet portal

■ www.pflegen-und-leben.de

Crisis telephone in the district of Böblingen

■ [07031/6633000](tel:070316633000)

■ info@krisentelefon-bb.de

Accessibility: Mo. to Fr. 16:00 - 18:00 h, Mondays also in Turkish language

Internet portal for violence prevention in care and crisis telephone

■ www.pflege-gewalt.de

Advice and care in case of dementia

Dementia mainly affects people at an older age. Different symptoms can occur. Cognitive, emotional and social skills can suffer from this disorder. The most widespread and well-known form of dementia is Alzheimer's disease. The disease can be a stressful situation for the affected person as well as for the relatives.

Advice and help can be found at the following offices:

German Red Cross advice centre for people with dementia and their relatives

Bruna Wernet

■ [Rotkreuzstrasse 2, 88046 Friedrichshafen](https://www.rotkreuzstrasse2.de)

■ [07541/504126](tel:07541504126)

■ info@drk-bodenseekreis.de

You can find more information on the topic of dementia at

German Alzheimer Society e. V. ■ www.deutsche-alzheimer.de

Alzheimer Forum ■ www.alzheimerforum.de

German Expert Group on Dementia Care e. V. ■ www.demenz-ded.de

Internet platform guide: Dementia ■ www.wegweiser-demenz.de