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Children, youth, family and elderly people

Children, young people and families are under special protection in Germany. This protection begins during pregnancy and lasts until the child is 18 years old (of age).

In Germany, for example, it is forbidden to beat children. Education in Germany must be free of violence.

Children should attend a [day care centre](#) before going to school. Every child must go to [school](#).

There are authorities who ensure that a child is not harmed by its environment (including the family). If you have problems in the family or with parenting, there are many good free counselling centres.

There are also many [counselling centres](#) for older people.

Support and counselling with parenting

Children's rights must be observed when bringing up children and young people. Particularly important are

- Freedom from violence,
- health,
- education and
- freedom of expression.

Many questions often arise in everyday family life, for example about the development and upbringing of children. Talking to a specialist often helps.

There are also sometimes difficult situations in the family, for example:

- Problems at school
- puberty,
- professional and financial difficulties,
- long-lasting conflicts between parents,
- separation and divorce and much more.

Sometimes parents notice this in their children,

- anxiety,
- delays in development,
- problems with sleeping, eating or speech.

If you are worried about your child, you can also find counselling and help.

There are various counselling centres and institutions that can offer you professional support and advice. All consultations are treated confidentially.

Where can I find counselling or help?

- [Early help](#) (for pregnant women, parents and families with children aged 0 to 3 years)

- [Youth and family counselling](#) (for all parents and families with children and young people)
- [Youth welfare office](#) (for all parents and families with children and young people)

Money for support

As (expectant) parents, you can apply for various types of financial support (money). In some cases you can apply for this even before the birth. Not everyone can receive this support. It depends on your circumstances.

This includes

- [Child benefit](#)
- [parental allowance](#)
- [Child supplement](#)
- [Support with education and participation](#)
- Additional needs for initial baby equipment and additional needs for pregnancy for people who receive money from the [job centre](#), [social welfare office](#) or [refugee aid](#).

Ask your house manager or the authority whether you can apply for the money.

You can find an overview of the options [here](#).

Pregnancy and birth

Medical care

Pregnant women have a legal right to medical and health care. They are under special protection in Germany. They are entitled to counselling, medical care and support with new purchases for the child.

Gynaecologist:

If you are pregnant, you must first go to the gynaecologist. Have the preventive examinations carried out there. You will then receive a maternity pass. The maternity record is a document containing important information about your pregnancy, your health and that of your child. Always take your maternity record with you in case of emergencies.

The page [docotlib](#) will help you to find a suitable doctor.

Midwives:

You can also call on the help of a midwife. A midwife is a specialist for all questions relating to pregnancy, birth and childcare. She will accompany, advise and support you before, during and after the birth. She can also carry out check-ups and issue the maternity pass. Most of the services provided by midwives are covered by health insurance. The pregnancy advice centre can support you in your search for a midwife.

[HEDI](#) offers a multilingual search for midwives.

💡 Health insurance or health insurance certificates are important. You can find information on this [here](#).

💡 A free guide for expectant mothers with health tips for the period of pregnancy and after the birth can be found [here](#). It is available in several languages.

Paediatrician:

There are ten early detection examinations (U1-U9 and J1). These are compulsory. The child is therefore examined regularly up to the age of 6. The U1 and U2 examinations usually take place in the clinic. For further examinations, you must make an appointment with your paediatrician. This page [docotlib](#) can help you find a suitable doctor.

💡 When registering for daycare, you may be asked for proof of complete early detection examinations.

Counselling centres

If you are pregnant, you will find free counselling centres in the district of Kassel and the city of Kassel to support you.

There you will receive advice on legal, financial or medical issues. Even if you are not sure whether you want to have the baby or are having difficulties.

The counselling centres are also there for you after the birth if you need support.

The counselling service offers you professional support.

All counselling sessions are confidential and anonymous.

Who can help?

- [Pro Familia](#) offers counselling on pregnancy, parenting, contraception and unwanted pregnancies. Counselling is available in person at 🗺️, by telephone at 📞 or online at 🌐. Counselling centres can be found, for example, in [Kassel](#) or in [Göttingen](#).
- The [VIVA-Stiftung](#) offers pregnancy counselling in Hofgeismar, Wolfhagen and Kassel. You must make appointments in advance.
📞 [+49 \(0\) 56181644300](tel:+49056181644300)
@beratungszentrum@viva-stiftung.de
- Multilingual information on sexuality and your rights is also available from [zanu](#).
- [Early help](#) has developed a [roadmap for pregnancy and birth](#).
- The [youth and family counselling](#) service of the district of Kassel advises families on parenting.
- The Counselling Centre for [Conscious Parenthood](#) offers advice on pregnancy.
- You can make appointments at the [counselling centre for children and parents](#) of the Child Protection Association.
📞 [+49 \(0\) 561899852](tel:+490561899852)
@beratungsstelle@kinderschutzbund-kassel.de

Help in an emergency

Pregnant women can turn to many contact centres in emergency situations:

• Helpline

The call is free and anonymous. You will receive counselling in a total of 18 languages. The counselling is confidential.

Call the free helpline at 📞 [08004040020](tel:08004040020).

You can find more information about the helpline [here](#).

Termination of pregnancy: A pregnancy can be terminated up to the end of the 12th week of pregnancy. This is called an abortion. You must observe the following:

- You must have attended a counselling session at a state-approved counselling centre. You will receive a counselling certificate for this.
- There must be a waiting period of three days between the counselling and the termination of the pregnancy.
- The termination must be performed by a doctor. You can find information on termination of pregnancy in several languages [here](#).

There are also telephone numbers and counselling services that you can contact in an emergency.

- **Medical emergency service for babies and children**

☎ 116117

- **Baby consultation Ehlen / Wolfhagen**

☎ [05692993021](tel:05692993021)

[Info sheet](#)

- **Children's Hospital Kassel**

☎ [05619805500](tel:05619805500)

- **Parents' hotline "Nummer gegen Kummer"**

☎ [08001110550](tel:08001110550)

- **[Online counselling for parents](#)**

This is anonymous and free of charge.

- **[Help with domestic violence](#)**

Counselling centres and women's refuges in the district and city of Kassel are listed here.

Or contact the [counselling centres](#).

Birth

You must register at a clinic in good time before the birth. Your gynaecologist or midwife can help you find a clinic.

There are several clinics in the city of Kassel and the district where you can give birth to your child, for example

Agaplesion Diakonie Clinics Kassel

📍 Herkulesstraße 34, 34119 Kassel

🌐 diako-kassel.de

☎ [+49 \(0\) +26 \(0\) 070](tel:+490049070)


Gesundheit Nordhessen - Kassel Hospital

📍 Mönchebergstraße 41-43, 34125 Kassel


 [klinikum-kassel.de/elternschule](https://www.klinikum-kassel.de/elternschule)

 [+49 \(0\) 5619805400](tel:+495619805400)

District hospitals of Kassel - Hofgeismar


 Liebenauer Straße1, 34369 Hofgeismar

 www.hebammen-team-hofgeismar.de/kreissaal/

 [+49 \(0\) 5671810](tel:+495671810)

If you do not have health insurance, contact a [pregnancy counselling centre](#), which will work with you to find a solution to finance the birth.

Consider early on who can take you to the hospital for the birth.

In an emergency, call the emergency number for an ambulance:  112

Midwives will assist you during the birth. Doctors will provide you with medical assistance if necessary.

Midwives will also help with breastfeeding, caring for the baby and yourself after the birth. When you are discharged, midwives can also visit you at home or in your accommodation for a certain period of time. Ask at the clinic for a midwife for aftercare if you do not yet have a midwife.

You will receive a birth certificate from the clinic.

After the birth and financial support

After the birth, there are a few things to clarify so that you and your child are well looked after.

Contact a [pregnancy counselling centre](#) before the birth. They will tell you what you need to do and provide you with support.

If you are living in shared accommodation, report the pregnancy to the centre management. They will check whether there is enough space in the accommodation and order a baby cot. Your support group can also help you.

Newborn children must be registered with the [registry office](#). The maternity clinic will register the birth with the registry office.

You can obtain the birth certificate from the registry [office](#). You will find the registry office in your [town hall](#). For this you will need

- Your identity card,
- the birth certificate from the clinic and
- if available, your marriage certificate.

Initial equipment for pregnancy and birth

If you receive money from the [social welfare office](#), [job centre](#) or [refugee aid](#), you can receive initial equipment. You must submit an application for initial equipment during pregnancy and childbirth. The maternity passport must be enclosed with the application.

If the application is approved, you will receive vouchers. You can use these vouchers to go

shopping.

💡 Important: First submit the application, then buy the necessary maternity clothes or baby items and keep the receipts.

Child benefit

If one of the parents of the newborn child lives or works in Germany, you can receive child benefit for your child under certain conditions. [Child benefit](#) can be claimed from the [family benefits office](#).

Parental allowance

If you as parents have a permanent residence permit, you are entitled to [parental allowance](#) under certain conditions. You can find more information [here](#).

Maternity protection

If you are working, going to school or studying and are pregnant, you are entitled to maternity leave. You may only be employed for six weeks before the due date and up to eight weeks after the birth if you agree and may not be dismissed during this time.

If you are entitled to maternity benefit, your income will not be reduced during this time. Find out from a [pregnancy advice centre](#) whether you are entitled to this and how you can apply for maternity benefit.

Youth welfare office

The Youth Welfare Office supports parents in bringing up children and young people. Anyone can contact the Youth Welfare Office free of charge. Even children and young people if they have problems.

If you live in the district of Kassel, the youth welfare office of the district of Kassel is responsible for you.

📍 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)

✉️ @jugendamt@landkreiskassel.de

☎️ [+49 \(0\) 56110061324](tel:+49(0)56110061324)

General social service

Children, young people and parents sometimes need help with parenting, for example. Or if a child needs special support at school or kindergarten. The staff at the Youth Welfare Office are experts and can advise you on your questions and problems. They know what support is available in the district of Kassel. And they will help you to get the right support for you or your child.

💡 Important! Counselling at the ASD is confidential. This means that everything you say during counselling is confidential. Counselling at the ASD is always free of charge.

There is a fixed contact person who is responsible for you. This depends on where you live.

In the district of Kassel, there are three ASD locations in Hofgeismar, Wolfhagen and Kassel.

 [+49 \(0\) 56110031288](tel:+49056110031288) (for all three locations)

 [ASD - Kassel district](#)

[Hofgeismar](#)

 [Garnisionstraße 6, 34369 Hofgeismar](#)

[Wolfhagen](#)

 [Ritterstraße 1, 34466 Wolfhagen](#)

[Kassel](#)

 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)

Early help (0-3 years)

The "Early Help" network looks after pregnant women and families with children aged 0 to 3. The aim is to


- To inform families about existing services in the district;
- to support families experiencing acute crises and
- to create networks with all professionals.


The network offers information and services relating to pregnancy, babies and (small) children. But also counselling, support and help. Part of the network are the family midwives and the family health and nursing carers (FGKiKP). They also come to your home.

The Early Help programme is free of charge for families. No application is required. The service is only available to families who want it. No-one is obliged to accept the offer.

You can find more information [here](#).

 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)

 s_ilvia-n_agy@landkreiskassel.de

 [+49 \(0\) 56110031229](tel:+49056110031229)


Assistance

You are not married under German law and would like your child to be recognised as your child under German law? You can have this recognised by the Youth Welfare Office in the area of guardianship.

Are you also a single parent and the mother or father of the child does not pay maintenance (= money) regularly or at all?

Then you can submit an application and the Youth Welfare Office will help you to ensure that the father or mother pays maintenance for your child.

Guardianships, curatorships, guardianships

 [Homepage](#)

 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)


 bpv-ks@landkreiskassel.de

 [+49 \(0\) 56110031324](tel:+49(0)56110031324)

Advance on maintenance

Do you live alone with your child and the other parent does not pay maintenance (= money) for your child?

In this case, you can receive advance maintenance payments for your child. This is financial support. The other parent (mother or father) may have to pay the money back.

You can calculate the amount of money according to  [Düsseldorfer Tabelle](#) to calculate the amount.

The maintenance advance can be applied for [online](#).

Further information and contact persons can be found [here](#). Responsibility depends on where you live.

 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)
 [@unterhaltsvorschuss@landkreiskassel.de](mailto:unterhaltsvorschuss@landkreiskassel.de)




Payment of kindergarten fees

Assumption of the costs of day-care centres (Kita) by the youth welfare office

The monthly costs for the day care centre can become a burden.

Families who are unable to pay these costs can turn to the youth welfare office. Under certain circumstances, the youth welfare office can cover these costs, for example if the parents receive money from the [Jobcenter](#), [Sozialamt](#) oder der [Flüchtlingshilfe](#) receive money from the

You can find the application form [here](#).

 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)
 [+49 \(0\) 56110031437](tel:+49(0)56110031437)
 [Wirtschaftliche Jugendhilfe](#)

Youth development and youth education centre

The youth development programme offers activities outside of school. The programmes contribute to education. They are inexpensive and very varied.

There are programmes for

- children
- young people
- families
- Volunteers and full-time employees in youth work
- school classes.

The programme includes

- camps (e.g. to Sylt)

- Offers for one day (e.g. a girls' day)
- Seminars over the weekend (e.g. a hip-hop camp)
- Training courses for the JULEICA. This is a training course for volunteers who work with young people.

Further information and current programmes can be found [here](#). You can register yourself or your child [online](#).

📍 [Kohlenstraße 132, 34121 Kassel](#)

☎ [+49 \(0\) 56110031554](#)

🔗 [Jugendbildungswerk](#)

Youth and family counselling

Families and individual members can contact the youth and family counselling service. It provides support with questions relating to the family and parenting, including

- advises on parenting,
- supports them in the diagnosis of children and young people with their families,
- advises them on disputes between parents,
- offers coaching for parents,
- therapy for families,
- group programmes for children and young people with separated parents,
- creative therapy for children,
- organises events to provide information for parents, day-care centres and schools.

The youth and family counselling service helps you to clarify and overcome problems. Together with the staff, you can develop solutions to your questions. The counselling helps you to help yourself. The aim is to improve the life situation of families in the long term.

Counselling is voluntary, free of charge and confidential!

The [youth and family counselling service in the district of Kassel](#) has three locations. You will find them in Hofgeismar, Wolfhagen and Kassel.

@f [amilien](#) beratung@landkreiskassel.de

☎ [+49 \(0\) 56110031580](#)

[Hofgeismar](#)

📍 Kasinoweg 22, 34369 Hofgeismar

[Wolfhagen](#)

📍 Ritterstraße 1, 34466 Wolfhagen

[Kassel](#)

📍 Wilhelmshöher Allee 19-21, 34117 Kassel

Early support

Early intervention is aimed at families with a child who

- shows abnormalities in development,
- is disabled,
- or is at risk of disability.

It offers counselling and help for parents. It can also support and accompany the inclusion of children in a [day care centre](#).

Counselling and early intervention are generally free of charge for parents. Early intervention can be used from birth until the child starts school.

📍 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)

✉ @fruehfoerderung@landkreiskassel.de

☎ [+49 \(0\) 5611001580](tel:+49(0)5611001580)

🌐 [Frühförderung](#)

Juvenile court assistance

Juvenile court assistance is help for young people. It is for young people and young adults who are under

- are under investigation
- and charges are brought against them.

They receive counselling and support from the juvenile court assistance service. The aim is to prevent young people from committing further offences. The youth welfare office in the district of Kassel is responsible for this.

📍 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)

☎ [+49 \(0\) 56110031375](tel:+49(0)56110031375)

🌐 [Jugendgerichtshilfe](#)

Financial support

Economic youth welfare is responsible for the costs of the youth welfare office. You can receive financial support there for your children. The carers receive money for the care they provide.

If you are unable to pay for this, the youth welfare office may be able to cover some or all of these costs for you. To do this, you must submit an application to the Youth Welfare Office. You can download the application form [here](#).

If you have any questions, please contact the staff.

📍 [Wilhelmshöher Allee 19-21, 34117 Kassel](#)

☎ [+49 \(0\) 56110031437](tel:+49(0)56110031437)

🌐 [wirtschaftliche Jugendhilfe](#)

Places of encounter

Family centres are places where families can get help and information. Many people work together in these centres to offer various things that support families. For example, it's about education, upbringing and counselling. The aim is to ensure that children are well looked after in

daycare centres and that parents also get help and advice when they need it. In this way, everyone can come together, exchange ideas and learn from each other. There are such centres in many places in the district of Kassel. You can see exactly where below. These centres help people to get to know each other better and do things together.

Overview of family centres:  [Early help services for parents | District of Kassel](#)

Youth centres

A youth centre is a place where young people come together to have fun and meet up. There are lots of different things to do there, such as sports, music, arts and crafts or playing computer games. There are also often rooms where you can chat with friends or meet new people.

You can also try out new things at the youth centre, such as dancing or starting a creative project. Sometimes there are also special events.

If you have problems or questions, you can get help at the youth centre. There are people who will listen to you and help you with problems, for example with issues such as school or friendships.

The youth centre is a safe place where you can feel comfortable, have fun and learn something new at the same time. Take a look at the JUZ in your neighbourhood:

- **JUZ- Hofgeismar:**  [@ev.jugendzentrum.hofgeismar](#)
- **JUZ-Grebenstein:**  [@juz_grebenstein](#)
- **JUZ-Espenau:**  [@jugendarbeitespenau](#)
- **JUZ- Wolfhagen:**  [jugendarbeitwolfhagen](#)
- **JUZ-Naumburg:**  [jugendzentrumotto](#)
- **JUZ-Immenhausen:**  [www.immenhausen.de](#)
- **JUZ- Elgerhausen, -Breitenbach, -Hoof, -Elmshagen:**  [www.gemeinde-schauenburg.de](#)
- **JUZ- Baunatal:**  [www.juz-baunatal.de](#)
- **JUZ-Dörmhagen:**  [www.fuldabrueck.de](#)
- **JUZ-Helsa,-Eschenruth,-Wickenrode:**  [www.gemeinde-helsa.de](#)
- **JUZ-Lohfelden:**  [www.jugendpflege-lohfelden.de](#)
- **JUZ-Kaufungen:**  [www.kaufungen.eu](#)
- **JUZ-Nieste:**  [www.nieste.de](#)
- **JUZ-Niestetal:**  [www.niestetal.de](#)


Children

General information on childcare

Children of pre-school age are looked after in day care centres. They make it possible for both parents to go to work or attend a language course. Here, your child can make friends, learn

the German language and discover new things by interacting with the carers and other children.

In Germany, all children are entitled to a childcare place from the age of one.

Children can be looked after in the  [daycare centre for children aged 1 - 6](#) (daycare centre) or by



[Kindertagespflege](#) (daycare). There is no "compulsory kindergarten". Parents pay a monthly fee, which is calculated individually.

Transport to the day care centre is to be arranged by the parents themselves.

Your child will be looked after by nursery teachers at the daycare centre and will learn many important things.

A distinction is made between municipal and private daycare centres.

Some employers also offer an in-house daycare centre.

The advantages of a municipal daycare centre are the lower fees that parents have to pay.

Private daycare centres, on the other hand, are commercially oriented.

They are not subsidised by the state and therefore have to finance themselves. This is done through the childcare fees paid by parents.

These fees can be considerably higher than those charged by local authority daycare centres.

There is no legal obligation to attend a daycare centre.

During the time in the initial reception centre, there is no entitlement to a childcare place.

Children in the asylum procedure have a legal entitlement to support in a daycare centre or in child day care, just like German children, if they are admitted to a municipal community facility.

Between the ages of 1 and 3, you can request childcare in a day care centre or with a childminder. From the age of 3 until the child starts school, you are entitled to attend a day care centre.

Why is a day care centre good for my child?

Here your child can learn the German language and discover new things.

They will also socialise with other children and get to know friends and the German culture.

Take advantage of this opportunity, it is important for your child's future.

Attending a daycare centre also helps to prepare your child for school.


How do I find a place for my child in a daycare centre?

You must enrol your child. The best time to do this is shortly after your child is born. Ask your

 [Municipalities in the district of Kassel](#) how and where you need to register your child.

If you have any questions, you can also contact the desired daycare centre or the provider of the facility directly.

Before the child is admitted, the parents' certificates of employment and the child's health booklet are often required.

It is best to find out in advance about the requirements of the relevant centre. The  [Youth welfare office](#) can also help you.

You should register for the daycare centre as early as possible.

Your child can then go to the daycare centre on time and you can go to work without any worries.

Of course, the demand and scarcity of places varies from daycare centre to daycare centre. However, it often turns out that there are not enough places available in the immediate vicinity of your home or accommodation.

Which daycare centre is suitable for my child?

When it comes to choosing a daycare centre, it is particularly advisable to do some research on site.

Many daycare centres offer an "open day", which usually takes place at the beginning of the year. Ask whether the values and attitudes of the daycare centre match your own.

This includes simple questions such as food provision or childcare times. More in-depth topics such as the world view of the daycare centre should also be considered in order to prevent possible conflicts.

Daily routine in the daycare centre

In general, every daycare centre has its own daily routine. In some cases, they differ greatly from one another.

However, each centre must fulfil certain conditions.

Most daycare centres open at 07:00.

At the beginning, the children are welcomed by the teachers.

The children then have time to have breakfast or play together.

After breakfast, they go with an educator to brush their teeth.

The children can then spend several hours playing according to their interests or taking part in various activities.

This also includes going for a walk or visiting the playground.

Your child can eat lunch at the daycare centre at a certain time.

Some daycare centres also offer rest and sleep times. Depending on the needs of the little ones, these can sometimes be shorter and sometimes longer.


On the whole, the children in each daycare centre have plenty of time to let off steam, make friends and get to know the German culture.

The children sing, play and talk to each other in chair and sitting circles.

Day care centre for children from 1 - 6 years

Child day care centres = Kita = "Kindergarten"

Children from the age of one until they start compulsory schooling are looked after by two to three carers in a group of 10 to 25 children.

Most day care centres are run by towns and municipalities. Ask your  [Municipalities in the district of Kassel](#) and register your child there. There are also other operators, for example churches.

Many daycare centres work closely with parents. The Vellmar-West daycare centre, for example, offers a parents' café.

Child day care

Child day care can stand for "child minder".

A childminder looks after up to 5 children in their home or in rented rooms. These are aged between 0 and 3 years. Up to 3 childminders can also join forces and look after up to 9 children in total. Qualification is a prerequisite for childcare.

You can find your childminder at the regional office in the district of Kassel. This office is responsible for the placement. The centre depends on where you live. Contact your centre to find a childminder.



1 Mothers' Centre Hofgeismar

Tel. [+49 \(0\) 5671925564](tel:+4905671925564)

h [https:// www.muetterzentrum-hofgeismar.de](https://www.muetterzentrum-hofgeismar.de)

2 German Red Cross, District Association Kassel-Wolfhagen e.V.

Tel. [+49 \(0\) 56929940303](tel:+49056929940303)

h [http://w ww.drk-kassel.de](http://www.drk-kassel.de)

3 Sternschnuppe Vellmar

Tel. [+49 \(0\) 56182055569](tel:+49056182055569)

h [https:// www.sternschnuppe-vellmar.de](https://www.sternschnuppe-vellmar.de)

4 AWO Family Education Centre Baunatal

Tel: [+49 \(0\) 56019690045](tel:+49056019690045)

[Family education centre](#)

5 ASB Lohfelden

Tel. [+49 \(0\) 5619518751](tel:+4905619518751)

h [http://w](http://www.asb-mehrgenerationenhaus.de) www.asb-mehrgenerationenhaus.de

Supervision in the afternoon

Many schools offer after-school childcare in the afternoon. This is organised in very different ways. Ask the school whether they offer after-school care. This childcare costs money. If you want your child to attend afternoon childcare, you must register your child. Your child will receive lunch at the childcare centre.

💡 If you do not have enough money, you can ask at the [job centre](#), [social welfare office](#) or [youth welfare office](#). There is money available there under the [Support with education and participation](#)

Childcare during the holidays

Daycare centres and schools are often closed during the holidays. Parents sometimes don't know how to look after their children.

In many places there is childcare during the holidays. These are organised by clubs, the church or the local authority. Ask at the school or



[Municipalities in the district of Kassel](#) if there is no holiday care.

💡 You must register your children if you want them to go to holiday childcare.

If you are unable to pay for holiday childcare, there is support available through the [Support with education and participation](#).

Children with disabilities

Where can I get counselling?

You can contact the [Early support](#) centre in the district of Kassel. They will provide you with information on support services.

@fruehfoerderung@landkreiskassel.de

☎ [+49 \(0\) 56110031580](tel:+49056110031580)

What do I have to do if I do not have a child with a disability?

It is important that your child is diagnosed. This means that your child's disability or illness must be recognised. For this you need an appointment at the Social Paediatric Centre (SPZ). There is a [SPC](#) at the hospital in Kassel or at the [University Hospital in Göttingen](#).

Day care centre

There are children and young people with a developmental delay or a disability. They may attend a day care centre. It is important that the framework conditions are suitable for the care of your child with a disability.

School

Children and young people with disabilities are required to attend school in the same way as children and young people without disabilities. There are also [special schools](#) on the list of schools in the district of Kassel. These are for children with disabilities. If you would like your children to go to a school with children without disabilities, this is also possible. This is called inclusion.

Contact the Counselling and Support Centre (BFZ). Here you will find support for the school attendance of your child with a disability. The BFZs are responsible for different specialisms.

Focus on emotional and social development

Hephata Hessisches Diakoniezentrum e.V.

Dietrich-Bonhoeffer-Schule

Private Schule

📍 Hessenweg 16, 34376 Immenhausen

☎ [+49 \(0\) 5673998440](tel:+49(0)5673998440)

Learning specialism

Baunsberg School

📍 Auf dem Weide 6, 34225 Baunatal

☎ [+49 \(0\) 5619495960](tel:+49(0)5619495960)

Astrind Lindgren School

📍 Hupfeldstraße 8, 34121 Kassel

☎ [+49 \(0\) 561313855](tel:+49(0)561313855)

Focus on mental development

Käthe-Kollwitz-Schule

📍 Käthe-Kollwitz-Straße 10, 34369 Hofgeismar

☎ [+49 \(0\) 567199250](tel:+49(0)567199250)

Specialising in physical and motor development

Alexander-Schmorell-Schule

📍 Grenzweg 10, 34125 Kassel

☎ [+49 \(0\) 561813028](tel:+49(0)561813028)

Growing up - coming of age

What is the age of majority?

In Germany, a person reaches the age of majority on their 18th birthday.

Now the person may, for example, without the consent of the parents alone:

- Sign contracts (e.g. employment contract, training contract, purchase contract),
- rent a flat (buy alcohol),
- get married,
- and much more.

What does "help for young adults" mean?

Young people between the ages of 18 and 21 who have not yet received help from the youth welfare office and would like support can also contact the relevant [youth welfare office](#). An application must be submitted to the youth welfare office.

Do you need help with the transition to adulthood?

Unaccompanied minors who have received help from the youth welfare office up to their 18th birthday can also receive help from the youth welfare office or from so-called "[careleavers](#)" after their 18th birthday. A care leaver organisation is a group that helps young people who have lived with the youth welfare office or in a foster family and are now adults. The association supports you with things like finding a flat, looking for a job or dealing with the authorities. It ensures that these young adults are not alone and helps them to live independently.

older people

Care support centre - first point of contact

There is a care support centre in the district of Kassel. A care support centre is a place where people can get support if they need help with their care. Specialists work there to advise and help people. They explain what services are available and how to get support. The care support centre helps people to find the right help for their particular situation and is funded by the health and care insurance companies and the district of Kassel. The counselling is neutral and free of charge.

The staff will help you

- orientate yourself,
- find the right form of support and
- make the necessary applications.

They have lots of information and help on the subject of care.

The counselling is for:

- People in need of care of any age
- Caring relatives
- People with disabilities

Please make an appointment by telephone. The staff at the care support centre will be happy to help you.

Care support centre of the district of Kassel

📍 [Franz-Ulrich-Straße 6, 34117 Kassel Kulturbahnhof - Südflügel](#)

@ pflegestuetzpunkt@landkreiskassel.de

☎ [+49 \(0\) 56110031399](tel:+4956110031399)

☎ [+49 \(0\) 56110031877](tel:+4956110031877)

☎ [+49 \(0\) 56110031483](tel:+4956110031483)

Counselling centres for older people

As people get older, they sometimes need support in everyday life. There are counselling centres in the district of Kassel that help older people and their families. Counselling is free and available to everyone.

You can get answers to many questions there, for example

- What help is available if I can no longer manage everything on my own?
- Who pays for care if I need support?
- Where can I get a rollator or other aids?
- How can I make my home safer so that I don't fall?
- What programmes are there for senior citizens to meet other people?
- Who can help me if I feel lonely?
- What can I do if I become ill in old age?

Family members who look after older people can also get help and tips from the advice centres. Sometimes it is not easy for them to organise everyday life with an older family member or to find the right support. At the advice centre, they can learn how to manage their tasks better, for example:

- How do I take good care of someone who is ill or in need of care?
- Where can I find support when I need a break?
- How can I deal with the changes in an older person's life?
- What financial help is available for family carers?
- How can I make my home safe so that my family member feels comfortable?
- What opportunities are there to talk to other people in similar situations?

Counselling can take place either at the advice centres or directly in your home so that you get the best help

We present some of our services here. Please note that not every offer is for people in your area. Please select an organisation that suits your location.

AWO Nordhessen GmbH

AWO Quartier Baunatal

📍 Am Stadtpark 10, 34225 Baunatal

☎ [+49 \(0\) 56195380011](tel:+4956195380011)

@b ianka.p.oetter@awo-nordhessen.de

AWO Quartier Baunatal looks after people from Baunatal.

Diakonisches Werk Region Kassel Alten-Beratungs-Centrum (ABC) Hofgeismar

📍 Im Loggenhagen 1, 34369 Hofgeismar

☎ [+49 \(0\) 5671925117](tel:+4905671925117)

☎ [+49 \(0\) 5671925116](tel:+4905671925116)

@a [itenber](mailto:itenber@atungscentrum@t-online.de) atungscentrum@t-online.de

The ABC Hofgeismar looks after people from Ahnatal, Bad Karlshafen, Calden, Espenau, Fuldata, Grebenstein, Hofgeismar, Immenhausen, Liebenau, Reinhardshagen and Wesertal.

Advice centre for the elderly in Kaufungen

📍 Sophie-Henschel-Weg 2, 34260 Kaufungen

☎ [+49 \(0\) 5605945111](tel:+4905605945111)

@i [nfo@ber](mailto:nfo@ber.atungsstellefueraeltere.de) atungsstellefueraeltere.de

The counselling centre for older people in Kaufungen looks after people from Helsa, Kaufungen, Lohfelden, Nieste and Söhrewald.

Social counselling centre and senior citizens' office Niestetal

📍 Dr Walter-Lübcke Platz 1, 34266 Niestetal

☎ [+49 \(0\) 5615202142](tel:+4905615202142)

☎ [+49 \(0\) 17663310989](tel:+49017663310989)

☎ [+49 \(0\) 5615202140](tel:+4905615202140)

☎ [+49 \(0\) 16096232714](tel:+49016096232714)

@s [usann.p](mailto:usann.p@hilipp@niestetal.de) hilipp@niestetal.de

@s [ilvana](mailto:ilvana.scheidemann@niestetal.de) scheidemann@niestetal.de

The Niestetal senior citizens' office looks after people from Niestetal.

Diakonisches Werk Region Kassel Counselling centre for senior citizens in Wolfhagen

📍 Schützeberger Straße 12, 34466 Wolfhagen

☎ [+49 \(0\) 569299746326](tel:+490569299746326)

☎ [+49 \(0\) 569299746320](tel:+490569299746320)

☎ [+49 \(0\) 15228561767](tel:+49015228561767)

☎ [+49 \(0\) 1742371440](tel:+4901742371440)

@s [senioren](mailto:seniorenberatung.wolfhagen@dw-region-kassel.de) beratung.wolfhagen@dw-region-kassel.de

The Wolfhagen advice centre for senior citizens looks after people from Bad Emstal, Breuna, Habichtswald, Naumburg, Wolfhagen and Zierenberg.

Pension

For many people, the question arises: What happens if I can no longer work? In Germany, there is the social security system of the German Pension Insurance (DRV). The German pension insurance website offers a lot of information and can answer some questions about

pensions.

 www.deutsche-rentenversicherung.de

In principle, the pension is funded by contributions from employment subject to compulsory insurance. As a rule, half of the contribution is paid by the employer and the other half by the employee. The share is calculated from income and deducted directly from wages and paid to the pension insurance institution.

If you are now in a position to claim a pension, you must apply for it. The pension is not paid automatically. To do this, you must submit an application at least 3 months before you plan to retire. This makes the transition from employment to retirement easier.

However, pension insurance not only pays a pension, but also provides other benefits. These include, for example, rehabilitation measures to enable you to return to work. It is important that the later pension benefit does not decrease as a result. It can even increase if you remain able to work for longer as a result of such a measure.

The pension is very important as security in old age.

Pension insurance companies provide advice on various topics, for example on pensions in old age or pensions for surviving dependants.

If you have any questions, you can find out more here:

German Pension Insurance Information and advice centre

 Friedrich-Ebert-Straße 25, 34117 Kassel

 [+49 \(0\) 56199797200](tel:+49056199797200)

You can also get advice from the citizens' hotline of the Federal Ministry of Labour and Social Affairs.

 [+49 \(0\) 80003007007](tel:+49080003007007)

Counselling centres for dementia

Families caring for people who need a lot of help sometimes feel very exhausted and alone. They can feel overwhelmed or have less contact with other people. Sharing experiences with other families who are going through the same thing can help them to feel better and recharge their batteries.





In the district of Kassel, there are programmes to help people and their families who are dealing with dementia. This help is for everyone who is affected.

Possible offers:

There are also volunteers who look after people with dementia when they are still living at home. Here, attention is paid to what the person concerned needs and what they want.




Perhaps you are interested in helping people with dementia who still live at home? Then you can take part in special courses to learn more about it and find out how you can help.

**BARKE Weserregion
Dr Ebel Fachklinik Carolinum KG**

 Mündener Straße 9 - 13, 34385 Bad Karlshafen
 [+49 \(0\) 5672181633](tel:+4905672181633) (Mondays only)
 [+49 \(0\) 5672181652](tel:+4905672181652) (with answering machine)
 [@b \[arke-we\]\(mailto:b_arke-we_serregion@carolinum.com\) serregion@carolinum.com](mailto:b_arke-we_serregion@carolinum.com)




Covers the Bad Karlshafen and Trendelburg areas.

Diakonisches Werk Kassel region **Centre for dementia**

 Im Loggenhagen 1, 34369 Hofgeismar
 [+49 \(0\) 5671925117](tel:+4905671925117)
 [@a \[ltenber\]\(mailto:a_ltenber_atungscentrum@t-online.de\) atungscentrum@t-online.de](mailto:a_ltenber_atungscentrum@t-online.de)



Looks after the areas of Ahnatal, Calden, Espenau, Fuldata, Grebenstein, Hofgeismar, Immenhausen and Liebenau.

Dementia centre BARKE

 Sophie-Henschel-Weg 2, 34260 Kaufungen
 [+49 \(0\) 5605945320](tel:+4905605945320)
 [@i \[nfo@dem\]\(mailto:i_nfo@dem_enzstelle-barke.de\) enzstelle-barke.de](mailto:i_nfo@dem_enzstelle-barke.de)







Looks after the areas of Baunatal, Fuldabrück, Helsa, Kaufungen, Lohfelden, Nieste, Niestetal, Schauenburg and Söhrewald.

Diakonisches Werk Kassel region **Free space Vellmar**

 Schulstraße 10 b, 34246 Vellmar
 Postal address: Hermannstraße 6, 34117 Kassel
 [+49 \(0\) 15221725800](tel:+49056221725800)
 [@g \[isela.m\]\(mailto:g_isela.m_oetzing@dw-region-kassel.de\) oetzing@dw-region-kassel.de](mailto:g_isela.m_oetzing@dw-region-kassel.de)

Looks after the Vellmar area.

Diakonisches Werk Kassel region **Zeitlos - Centre for Dementia**

 Schützeberger Straße 12, 34466 Wolfhagen
 [+49 \(0\) 569299746326](tel:+490569299746326)
 [+49 \(0\) 569299746320](tel:+490569299746320)
 [+49 \(0\) 15228561767](tel:+49056228561767)
 [+49 \(0\) 1742371440](tel:+490561742371440)
 [@s \[enioren\]\(mailto:s_enioren_beratung.wolfhagen@dw-region-kassel.de\) beratung.wolfhagen@dw-region-kassel.de](mailto:s_enioren_beratung.wolfhagen@dw-region-kassel.de)

Covers the areas of Bad Emstal, Breuna, Habichtswald, Naumburg, Wolfhagen and Zierenberg.

Care

There are different forms of support if you need care.

You can receive money from long-term care insurance if you fulfil certain conditions. You can use this money to pay for part of your care. To receive money from long-term care insurance, you must have paid into the insurance scheme. You must also submit an application to the long-term care insurance fund. The long-term care insurance funds are affiliated with the health insurance funds.

They commission the medical service. They will assess you and determine your need for care.

💡 What is the need for care?

The following are in need of care

- physically,
- mental,
- mental or
- health problems.

And cannot compensate for these independently. People in need of care cannot cope with everyday life without help from others.

The restrictions must be permanent and last for at least six months.

Care can be provided either at home (outpatient) or in a care home. There are also many mixed forms of care. One example is day care.

You can find an overview of care services, care homes and day care centres in the [guide for senior citizens](#). You can also obtain a printed copy. To do so, please contact the elderly care planning department.

☎ [+49 \(0\) 56110061363](tel:+49056110061363)

@Nathalie-huegues@landkreiskassel.de

You can obtain further information on care from the [Counselling centres for older people](#).