

## Support for those in need of care

If someone needs help with everyday life for at least six months, this is called "in need of care". This means that the person can no longer do many things on their own, such as washing, dressing or doing the housework. You can then get help - for example with care or housework.

In order to receive money from the care insurance fund, you must be insured with a health insurance company. If you have statutory health insurance, you are automatically covered by long-term care insurance.

When assessing how much help someone needs, various areas are looked at:

- **Movement:** Can the person move on their own? For example: getting up, going to bed, getting dressed, walking or climbing stairs.
- **Thinking and speaking:** Can the person orientate themselves well? Do they recognise people? Can they speak, listen and understand?
- **Behaviour and psychological problems** (e.g. anxiety and aggression, restlessness at night)
- **Self-care** (e.g. personal hygiene, washing, eating and drinking, independent use of the toilet)
- **Dealing with stress caused by illness and therapy** (e.g. ability to take medication independently, measuring blood sugar, independent visits to the doctor)
- **organising everyday life and social contacts** (for example, the ability to organise one's own daily routine and make direct contact with other people).

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

## Neutral and free advice centres for all people and relatives with support and care needs

Here you will find centres where you can get free and confidential help - if you need support or care yourself or if someone in your family needs help.

### City of Offenburg Senior Citizens' Office

Am Marktplatz 5  
77652 Offenburg  
Telephone: [0781/822593](tel:0781/822593)  
E-mail: [psp-ortenaukreis@offenburg.de](mailto:psp-ortenaukreis@offenburg.de)

### City of Achern

Illenauer Allee 73  
77855 Achern  
Phone: [07841/6421267](tel:07841/6421267)  
E-mail: [psp-ortenaukreis@achern.de](mailto:psp-ortenaukreis@achern.de)

### City of Oberkirch

Eisenbahnstraße 1  
77704 Oberkirch  
Telephone: [07802/82530](tel:07802/82530)  
E-mail: [psp-ortenaukreis@achern.de](mailto:psp-ortenaukreis@achern.de)

---

**City of Kehl**

Richard-Wagner-Straße 3

77694 Kehl

Telephone: [07851/882410](tel:07851/882410) and [07851/882411](tel:07851/882411)  
and [07851/882406](tel:07851/882406)

E-mail: [psp-ortenaukreis@stadt-kehl.de](mailto:psp-ortenaukreis@stadt-kehl.de)