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## People living with disabilities

In Germany, almost one in ten people has a severe disability. Many other people suffer from poor health. Or they have a chronic disease. For example, there are people who can't see. They are blind. There are people who can't hear. They are deaf. Some people have smaller bodies than others. They find it difficult to do some things. They cannot walk on their own. Or it is harder for them to do a particular job. But they should also be able to participate in society. So there are inclusion policies. For example, they can get help at work. Or children receive special support even before kindergarten.

### Find orientation

### Find orientation

### Early years support

Early years support is for young children who have a disability or may get a disability. It also helps children who are developing more slowly in certain areas than other children. Examples of early years support are: Language support, vision therapy and movement therapy. Early years support is available for children from birth until they start school. Early years support is important to avoid disabilities or to minimise the consequences of disabilities.

Your [paediatrician](#) can help you find early intervention. You can also talk to the [Health Department \(Gesundheitsamt\)](#).

### Severely disabled people

People with a degree of disability of 50 or more can get a disabled pass. This pass gives them a number of benefits. Such as tax breaks. And cheaper or free travel on buses and trains. The benefits a person gets depend on the type and degree of disability. You can apply for a disabled pass from the Pension Office (Versorgungsamt).

The [family guidebook](#) provides valuable information here. You can find out about the degrees of disability. You can find out who decides the degree of disability. And what you can do if you don't agree with your degree of disability.

### Inclusion problems

However, there are still lots of problems with integration of people with disabilities. Because many people and places don't accommodate their needs: For example, if an ATM at a bank is too high on a wall, it's harder for them get their money out. If there are steps and no ramp, people in wheelchairs are stuck. And if text is too small, people with visual impairments may struggle to read it. If you see a person who might need assistance, then ask if you can help.

### Diakonie Saar

 [Diakonisches Werk an der Saar - Services for people with disabilities](#)

### German Red Cross

 [Leisure activities - DRK-LV Saarland e.V.](#)

## **Lebenshilfe Saarbrücken e.V.**

 [Inform - Lebenshilfe Saarbrücken \(lebenshilfe-sb.de\)](https://lebenshilfe-sb.de)

## **ADDRESS AND CONTACT**

### **Citizen Information Centre for Matters relating to Severely Disabled Persons**

 [Hochstraße 67, 66115 Saarbrücken](#)

 [068199782181](tel:068199782181)

 [@schwerbehinderung@las.saarland.de](mailto:schwerbehinderung@las.saarland.de)

 [Saarland - Severely disabled determination procedure](#)

All facilities and offers can be found in the virtual guide for people with disabilities of the state capital Saarbrücken at


[Guide for people with disabilities.](#)

Do you have any questions or a suggestion about the topic of inclusion? Then they turn to:

**Katrin Kühn**

**Disability Commissioner**

### **Office for Health, Prevention and Social Affairs**

 [Kohlwaagstraße 4, 66111 Saarbrücken](#)

 [06819053203](tel:06819053203)

 [@katrin.kuehn@saarbruecken.de](mailto:katrin.kuehn@saarbruecken.de)

## **Counselling**


The “Aktion Mensch” organisation publishes a Family Guide. The Family Guide is aimed at people with disabilities. And their families. It provides information and addresses. There is also a website. You will find important information about living with disability on the website. This information is available in simpler and clearer German. From school, to work, leisure, accessibility, rights, housing, counselling, health and long-term care insurance and much more.


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

## **Counselling centres in Saarbrücken**

## **ADDRESS AND CONTACT**

### **Learning to live together**


 [Eschberger Weg 40, 66121 Saarbrücken](#)


 [0681687970](tel:0681687970)


 [@info@MLL-Saar.de](mailto:info@MLL-Saar.de)

 [www.MLL-Saar.de](http://www.MLL-Saar.de)

### **Supplementary independent participation counselling**

 [Futterstraße 27, 66111 Saarbrücken](#)

 [06819104770](tel:06819104770)

 [017685649008](tel:017685649008)

☎ [0152/07523889](tel:0152/07523889)

☎ [017640434790](tel:017640434790)

@ [info@teilhabeberatung-saarland.de](mailto:info@teilhabeberatung-saarland.de)

📍 [EUTB - Ergänzende unabhängige Teilhabeberatung - der Landesvereinigung SELBSTHILFE e. V.](#)

🕒 Mon. till Thu: 10:00 to 16:00 and Fri 10:00 to 14:00 and by appointment

## **Culture and Leisure**

Information on cultural and leisure activities for people with disabilities can be found [here](#).