

How to find us:



Bus Stops

- ▶ Rißmüllerplatz
M2/18/152/581/
582
- ▶ Heger Tor
M2/10/16/17/18/
20/152/581/582

Parking

- ▶ Stadthaus
- ▶ Altstadt-Garage
- ▶ Dominikanerkirche
- ▶ Vitihof-Garage

Consultations can take place by appointment at your home or in our office.

Monday – Friday: 8.30 am – 12.00 pm
Thursday: 8.30 am – 17.30 pm



Stadt Osnabrück
Fachbereich Soziales | Senioren- und PflegeStützpunkt
Stadthaus 2 | Erdgeschoss Raum 23
Natruper-Tor-Wall 5 | 49076 Osnabrück
E-Mail: pflegestuetzpunkt@osnabrueck.de
www.osnabrueck.de/spn

Gefördert durch:



Niedersächsisches Ministerium
für Soziales, Arbeit, Gesundheit
und Gleichstellung

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Stadt Osnabrück
Die Oberbürgermeisterin
Postfach 44 60 | 49034 Osnabrück

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Guidance for Seniors, People in Need of Care and Next of Kin



*thorough, independent,
free of charge*



Senioren- und
PflegeStützpunkt
Niedersachsen

We can support you

What we offer



Manuela Ruhland

Katja Vahrenkamp-Nowak

Care advice and guidance for seniors:

Your points of contact:

Katja Vahrenkamp-Nowak

Telephone: 0541 323-3110

E-Mail: vahrenkamp-nowak@osnabrueck.de

Manuela Ruhland

Telephone: 0541 323-4494

E-Mail: ruhland@osnabrueck.de

We offer counsel in confidence and are committed to our pledge of privacy.

Care advice on the following topics:

- Need for care/care requirements
- Application and preparation for the MDK-visit (Curative Commission for Health Insurance)
- Support with objection proceedings
- Organisation and improvement of home care
- Services of care and health insurance
- Offers of support for people in need of care
- Possibilities of support for next of kin carers
- Short term care, day care and moving in to different accommodation

Advice for Seniors 60+:

- Growing older in Osnabrück
- Active leisure activities
- Voluntary work, e.g. assisting seniors or providing housing support
- Suitable living arrangements for seniors in their own home
- Different forms of accommodation for later on in life, e.g. "assisted housing"

Additionally we can provide:

- Voluntary senior advice, within and outside of your home