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Social Services in the Municipality of Tyresö

Contents	Page
Support for families	2
Support for children and young people	3
Substance abuse and dependence	4
Income support	4
Elderly care	4
Support for persons with disabilities	7
Other	8

Contact with the Social Services

Postal address:
Tyresö kommun
Socialförvaltningen
135 81 Tyresö

Tel: 08-5782 91 00
e-mail: socialforv@tyreso.se
Website: www.tyreso.se

You can also contact the municipality's

Service Centre

Visiting address:
Marknadsgränd 2
Tyresö centrum

Tel: 08-5782 91 00
e-mail: servicecenter@tyreso.se
Website: www.tyreso.se

Support for families

You can contact the Municipal Social Services if you need advice and support in issues concerning you or your family. This includes such matters as support in parenthood, or support concerning the children, teenagers or somebody close to the family.

Open preschool

The open preschool is a meeting place for families with children ages 0-6. This activity is free of charge and the premises are located in the Tyresö Centrum area. Open preschool offers the opportunity of meeting other parents with small children. Open preschool has good facilities for play, singsongs, creative activities and more.

Family counselling

All couples can have problems in their relationship at some time in life. If the tension gets too great, one may need professional conversational help, which is what family counselling can offer. The family counsellors work under strict confidentiality and one can attend counselling anonymously. At present, the fee for family counselling is SEK 175 per counselling session. Four companies offer family counselling on behalf of the municipality, and you can choose which company you want to use.

Custody and visitation

Parents facing a separation or who live apart can be offered cooperation counselling. The aim is for the parents to be able to find common solutions in the best interest of the children. The Social Services can also offer parents the possibility of preparing agreements regarding custody, visitation and the children's living arrangements in a separation.

Contact family

Families with children in need of support outside the home can receive a contact family after a needs assessment. A contact family means that the children can spend time there, for example, one weekend a month.

On-call home, foster home

Foster homes are available for children and young people who for various reasons cannot live at home and must be placed for care. The foster homes are thoroughly investigated before being approved, and are visited regularly. On-call homes are also available where children and young people can immediately be placed during a period of investigation.

Counselling for children and young people who experienced violence in the family

If violence occurred in the family, children and young people may need individual crisis therapy in the form of conversational therapy. The objective of the conversations is to offer a possibility to work through the events they experienced. Six to eight sessions are common. The discussions are based on a method specially developed for such conversations.

Adoption

Anyone who wants to adopt a child must undergo a thorough investigation and obtain the approval of the Social Welfare Committee in the municipality of residence. The Social Services provide information to anyone who wants to know how adoptions work and what the prerequisites are.

Paternity

When a child is born and the parents are not married to each other, paternity must be established through a paternity confirmation. In such cases, both parents are involved and sign the confirmation.

Support for children and young people

One of the tasks of the Social Services is to work with young people who need special assistance. This may be a question of prevention or treatment when a young person finds him or herself in substance abuse or criminality, or is in need of other support.

Families can contact the Social Services' reception group directly to receive advice and support in their parental role. In the reception group for children and young people, a needs analysis is conducted after which various intervention measures can be approved. Such cases may involve individual counselling, family counselling, arranging a contact person or contact family, occupational training in a structured form or temporary placement in an on-call foster home, regular foster home or treatment centre.

Youth counselling centre

The Youth Counselling Centre offers young people the opportunity to talk about matters that may be difficult to discuss with friends or parents. This may include topics such as sexuality, love or troubling experiences one has had. A young person can visit the Youth Counselling Centre with or without a parent. Advice and support are available in matters concerning contraceptives, testing for venereal diseases, pregnancy tests, day-after pills or abortion counselling. One can also talk about issues concerning the body, relationships, sexuality, homosexuality, bisexuality or transsexuality.

At a centre called MiniMaria, young people between the ages of 13 and 20 and their families are offered counselling and support regarding alcohol, drugs and substance abuse.

Outreach work

The outreach workers strive to reach, at an early stage, young people between the ages of 13 and 30 who are in the risk zone for ending up in destructive behaviour. The work shifts between daytime, evenings and weekends in environments the young people frequent. The outreach workers occasionally also have supportive contact with individual young people and their families.

Young people victimised by crime

Being the victim of crime evokes many different thoughts and feelings. For many, these feelings may be difficult to handle and, in such cases, it could be good to talk with somebody. In the municipality, there are social workers who work with young people up to the age of 20 who have been the victims of crime outside the home, such as assault and battery, threats, theft, robbery, rape or molestation. Support is also offered to young witnesses. Relatives and friends of crime victims can also receive advice.

Substance abuse and dependence

Substance abuse can be a matter of over-consuming or being dependent on alcohol, drugs or pills. If you have questions concerning substance abuse or are worried about somebody, you can contact the Municipal Social Services. The Social Services can offer you up to five counselling sessions where you can be anonymous.

Once a registration or application for help has been made, the Social Services have the task of conducting a needs analysis and assessing the need for help. This may involve counselling and supportive contact, conversational therapy, support of relatives, treatment centres or supportive housing. The municipal unit Måsen also offers treatment according to the Alcoholics Anonymous 12-step programme. Måsen's staff includes alcohol and drug therapists. The treatment period is individual and treatment is provided five days a week, Monday-Friday.

Income support

If your financial situation is such that you do not see any possibility of supporting yourself or your family, you can apply for income support, or social welfare as it is also known.

Income support is granted one month at a time. The right to support is reviewed individually and granted only when other possibilities of support are unavailable.

Among other things, this means that:

- other general aid must have been sought first
- easily saleable assets must have been sold
- if one is unemployed, one must be at the disposal of the labour market.

When you call the municipality regarding financial aid, an initial assessment of your situation is made by phone. Then, an appointment is booked to meet a social worker.

Elderly care

If you are over the age of 65 and cannot manage daily life on your own, you can apply for assistance from the municipality. There are various types of assistance – home-help services, housing, emergency medical alarms, etc. Your needs are assessed by an

assistance administrator in consultation with you. The assistance measures are most often subject to a fee.

Home-help services

If you have difficulty managing your daily activities on your own, you can apply for home-help service. Home-help service may involve help with personal care, laundry, cleaning, shopping, the heating of food, etc.

Once you have been granted home-help service, you can choose who carries out the home help for you – either the municipal home-help services or one of the individual companies the municipality has an agreement with. The individual companies can also, in exchange for separate payment, carry out supplemental services for you in addition to the home help the municipality has approved.

Homes for the elderly

If it is no longer possible for you to live at home, you can apply for a place in elderly housing. There are various kinds of elderly housing: elderly homes, sheltered housing for those with dementia and nursing homes. People with a considerable need for care live in elderly housing. The municipal elderly homes in Tyresö are Björkbacken Elderly Centre and Ängsgården. Then there are Trollängen and Krusmyntan under private direction.

There are also other types of housing for the elderly in the municipality: senior housing and a new assured living centre that is to be built. These types of housing are primarily for those aged 75 and older. One can apply for a flat in the municipality by registering for the queue. There are also tenant-owners' flats for the elderly, which can be purchased on the private housing market.

Open activities

Open activities for the elderly that welcome everyone are available at the Björkbacken Elderly Centre. Activities include a café, bingo and various kinds of programmes. These activities go under the name Komm-In. In Trollbäcken, there is the Seniorträffen (seniors' meeting place) at Kumla allé 7, which is run by elderly volunteers who live in the same building.

Daytime care

Those who have dementia and are cared for by relatives can apply for a place in daytime care located in Tyresö Centrum. One can spend daytimes there 1-5 days a week based on needs. At the daytime care, one has contact with others in a safe group environment with daily activities, newspaper reading, music and dance, walks and time outdoors.

Other support

Short-term housing

Short-term housing provides temporary living arrangements. The short-term spaces are used if one is in need of a few weeks' extra recuperation after a hospital stay, during the needs assessment period or as relief for a person cared for at home by a relative.

Emergency medical alarms

If you are often worried about falling, for instance, an emergency medical alarm may be a good alternative. The alarm rests on your arm or around your neck and makes it possible for you to call for help at any time of the day.

Home adaptation

If you live at home, but run into difficulties due, for instance, to a motor disability or impaired sight, it may be possible to adapt your home so that you can stay at home longer. In such a case, you can apply for an allowance for the adaptation of your home.

Sight and hearing assistance

A person who has impaired sight or hearing can receive help from the sight and hearing instructor. Among other support, the instructor provides advice on sight and hearing problems, mediates contact with medical specialists or clinics, and helps out with basic maintenance of various aids and the like.

Transportation service

Transportation service is a complement to public transport when one cannot move about by means of public transport. The transport service means that one travels by taxi or a special vehicle, such as a minibus with space for a wheel chair.

Parking permit

A disabled parking permit can be applied for if one is disabled, drives a car and has great difficulty walking or moving about. With the parking permit, one can park closer to one's destination.

Trustee or legal representative

A trustee or legal representative may be necessary for people who cannot safeguard their own rights, manage their own property or attend to their own affairs.

Support for relatives who care for elderly

If someone cares for an elderly person in their home, such as a spouse or parent, one can receive various types of help and assistance from the municipality. This could involve relief support in the home so that the caregiver can have some time to their own, a place in short-term housing for a week or so, or other assistance.

Fees in elderly care

Most measures provided within elderly care are subject to a fee. Some fees depend on how much help is received and how much income one has. Other fees are fixed regardless of income. In elderly housing, one pays for care, room and board. There is always a maximum fee amount and the individual is guaranteed to have a certain amount of their income left over after the fees are paid.

Support for persons with disabilities

If one has an injury that leads to a disability, help from society may be needed. A disability can be mental, physical or intellectual. Information is provided below regarding what support is available from the municipality if one is under the age of 65 and has a disability. One's needs are assessed by an assistance administrator in the municipality together with the applicant.

Support for adults

Adults with disabilities can apply for various forms of support based on one's needs. One can apply for the following types of support.

- Home-help service if living at home and unable to manage daily activities on one's own. One can receive home help for personal care, cleaning, laundry, food, shopping and more.
- Daily activities and occupation if one cannot work due to the disability.
- Housing which is adapted based on the disability. This can involve an adaptation of one's home or a flat with staff assistance.
- An attendant or contact person.
- Short-term stays as recreation and as relief for relatives.
- Personal assistance if one is in great need of help, such as a need of help with personal hygiene and mealtimes, help dressing and undressing oneself, help communicating, etc.

Support for children and young people

Children and young people who live at home and have a disability can, based on their and their family's needs, apply for the following:

- Relief assistants who come to the home for a few hours so that relatives will be able to do something on their own.
- Short-term housing or a short-term family as stimulation for the child and to provide relief in care for the family.
- Attendants who follow along on activities outside the home.
- Supervision after the school day even for those over the age of 12.
- Personal assistance can be applied for when care by far exceeds normal parental responsibilities, such as a need for help with personal hygiene and mealtimes, help dressing and undressing oneself, help to communicate, etc.
- Housing when one needs to live outside the home – a foster home or specially designed home for children and young people.

Support for persons with a mental illness

Anyone suffering from mental illness who needs help can apply for various kinds of support from the Social Services.

- Daily activities, occupation and occupational rehabilitation for those who cannot work due to the disability.
- Home-help service if living at home and unable to manage daily activities on one's own. One can receive home help for personal care, cleaning, laundry, food, shopping and more.

- An attendant or contact person.
- Housing support in one's own flat or a specially designed home if a need exists.
- A personal ombudsman is a person who works independently from the authorities. A personal ombudsman can, free of charge, provide advice and help on one's situation and in the contact with the various institutions of society so that one receives the help and support to which one is entitled.

Other support for the disabled

Sight and hearing assistance

A person who has impaired sight or hearing can receive help from the sight and hearing instructor. Among other support, the instructor provides advice on sight and hearing problems, mediates contact with medical specialists or clinics, and helps out with basic maintenance of various aids and the like.

Emergency medical alarms

Those who are often worried about falling, for instance, an emergency medical alarm may be a good alternative. The alarm rests on the arm or around the neck and makes it possible to get help at any time of the day.

Home adaptation

If one lives at home, but runs into difficulties due, for example, to a disability or vision impairment, one can have the home adapted to be able to live at home longer. In such a case, one can apply for an allowance for the adaptation of the home.

Parking permit

A disabled parking permit can be applied for if one is disabled, drives a car and has great difficulty walking or moving about. With the parking permit, one can park closer to one's destination.

Transportation service

Transportation service is a complement to public transport when one cannot move about by means of public transport. The transport service means that one travels by taxi or a special vehicle, such as a minibus with space for a wheel chair.

Trustee or legal representative

A trustee or legal representative may be necessary for people who cannot safeguard their own rights, manage their own property or attend to their own affairs.

Other

If somebody is in distress

If you suspect that somebody is in distress and needs help, you can contact the Social Services for advice or to make a report. All personnel within the Social Services work under confidentiality and no information is disclosed to unauthorised persons.

A report or advice could concern:

- children or young people in trouble

- children or young people victimised by crime
- adults in distress due to substance abuse
- adults with mental problems
- women who are the victims of violence or sexual abuse

If it is an emergency, you should always contact the police. Otherwise, you can contact the Social Services during office hours and On-call Social Services after office hours.

Violence against women

For women who are the victims of violence or other abuse at the hand of relatives, the municipality can provide advice, support and some practical assistance to remove themselves from their situation. This may involve advice and supportive conversations, help contacting the police and healthcare services, help obtaining temporary safe housing, etc.

Associations and volunteers

There are several associations in the municipality that offer support and help through volunteers, free-of-charge.

- Among them are Tyresö Vântjänstförening (Samaritan society) which runs the Frivilligcentralen (volunteer centre). One can help others, or oneself receive help and company through this association. Among other activities, group walks are arranged at the elderly homes. The volunteer centre also takes care of what is called the Fixarservice to perform basic, hazardous tasks in the home and thereby prevent falling injuries among the elderly.
- There is also a Women's Crisis Centre (Kvinnojour) in the municipality, where one can receive help and support and possibly safe housing for women who are threatened.
- The Manscentrum (Men's Centre), located in Haninge, is an association the aim of which is to assist men in crisis and provide conversational assistance, among other measures.
- RSMH Gläntan, which works for the mentally ill, has a premises and arranges group activities.
- Masten LP-center provides help and occupational training for people who have difficulty entering the ordinary labour market.
- There are also a few pensioners' associations that arrange group activities for the elderly, and several associations for those with various types of disabilities.