



TOGETHER TO MAKE
DALARNA
HEALTHIER

Habilitation Service

in Dalarna



**REGION
DALARNA**

More information is available on our website

www.regiondalarna.se/hab

Maps to the branches of Habilitation Services in Dalarna are provided on the website.



Useful information

The term **habilitation** refers to services provided to people who have never experienced full functionality, which means they have a congenital disability or a disability acquired early in life.

The term **user** refers to children, youth and adults who have disabilities and are in need of habilitation services.

The term **close person** refers to individuals with whom the user considers him or herself to have a close relationship. Close person can refer to family members, relatives, trustees, or other important people in the user's network.

The term **network** refers to the people/persons the user is in contact with privately or professionally.

Habilitation services are provided according to the Swedish Health-care Law (HSL).

At the Habilitation Centers you can apply for advice and other personal services according to the Support and Services Act (LSS), which is applicable to certain users.

All staff members at the Habilitation Centers are knowledgeable about disabilities and the impact they may have on activities of daily living.

All staff is bound by professional confidentiality.



This is Habilitation Services

Habilitation Services in Dalarna offer support, education, advice and treatment to children, youth and adults with disabilities and their close person. These services should contribute to functioning activities of daily living, good quality of life and integration in the community.

Habilitation Services of Dalarna are countywide specialist resources, available at five locations in the county.

Child and Youth Habilitation is provided to children and youth under the age of 18 who have:

- psychomotor developmental delay
- intellectual developmental disability
- mobility impairment
- autism (those referred prior to 6 years of age)
- brain injury, acquired before 16 years of age, which causes permanent disability

Adult Habilitation is provided to persons over the age of 18 who have a congenital or early acquired injury involving:

- intellectual disability
- mobility impairment
- autism
- brain injury, acquired before 16 years of age, which causes permanent disability.
- other severe disabilities

Advice & Support according to the Support and Services Act (LSS) for persons with intellectual disability caused by acquired brain injury in adulthood.

The Mandate of Habilitation Services

In cooperation with the user and his or her close person, Habilitation Services will:

- assess the causes of difficulties
- contribute to meeting the user's physical, medical, psychological, social and pedagogic needs
- provide the user with knowledge of his or her specific disability and the consequences that may follow, in order to increase the user's ability to influence his or her life situation
- contribute to increasing the user's ability to develop and use his or her own resources
- contribute to making everyday living easier by providing knowledge, support and guidance both to the user and his or her network
- provide opportunities to meet peers in a similar situation

Habilitation Services also has a responsibility to spread knowledge throughout the community about disabilities and the consequences they may cause in everyday living.

Habilitation is a complement to other public supportive measures that are provided by the health care system, preschool, school, social services, the municipal support and services (LSS), Social Insurance Agency (Försäkringskassan), the Employment Office (Arbetsförmedlingen), etc.



The following occupational groups work for Habilitation Services

Occupational therapist

- evaluates and develops activity skills and independence in activities of daily living
- provides support in order to maintain, develop and/or compensate physical as well as cognitive skills
- evaluates and treats hand function
- suggests adaptation of activities as well as adaptation of housing and school environment

Dietician

- evaluates nutritional difficulties
- provides advice and support for dietary therapy

Adviser for leisure activities

- organizes courses and group activities for the users of Habilitation Services
- works together with other community resources, such as the municipality, educational associations and other associations

Medical Social Worker

- provides counseling to the user and his or her close person
- provides information about community resources
- works together with other community resources, such as the municipality, the Social Insurance Agency (Försäkringskassan) and the Labor Office (Arbetsförmedlingen)

Speech Therapist

- evaluates the need for alternative and complementary communication
- prescribes communication aides
- evaluates and treats eating and drinking difficulties as well as speech and language problems

Physician (0-18 years of age)

- evaluates medical reasons for the difficulties of the child or youth, based on their disabilities
- is responsible for medical treatment and follow-up
- works together with other specialist resources

Psychologist

- evaluates and diagnoses psychological aspects of developmental disabilities
- offers counseling and information to the user and close person on the basis of the disability
- provides consultation, advice and education

Medical Secretary

- is often the first contact for those who visit or call Habilitation Services
- provides administrative support for the Habilitation team

Physiotherapist

- evaluates, treats and monitors the user's motor functions and development, as well as his or her movement ability
- prescribes and monitors certain aids

Nurse

- provides information and advice about caregiving and medical treatment based on the user's disability
- follows up the medication status and health condition of children
- works together with other health care units

Special Education Teacher

- administers educational surveys and assessments in a variety of environments
- follows up and helps support the development of the user
- provides consultation to the user's close person

Executives

- the head of each department (avdelningschef) is responsible for the operations at each unit
- the director (verksamhetschef) and deputy director (biträdande verksamhetschef) are responsible for the entire county's Habilitation Services

This is how Habilitation Services works

At Habilitation Services, there are many different occupation groups that work together as a team together with the user and his or her close person.

Services provided are based on the user's individual need.

Measures are planned together with the user and are based on the user's current situation, resulting in a Habilitation Plan with goals to strive for.

As needs can change over time, it is common that the user's contacts also change over time.

The Habilitation offers consulting, classes, education and group activities for the user and his or her close person.

The Habilitation collaborates with other community resources.



This is how you contact Habilitation Services

Habilitation Services are available in five cities in Dalarna. Each Habilitation Services unit primarily serves a specific geographical area.

Habilitation Service in Borlänge 0243-49 78 00
(Borlänge, Gagnef, Säter)

Habilitation Service in Falun 023-49 05 10
(Falun, Leksand)

Habilitation Service in Avesta 0226-49 60 45
(Avesta, Hedemora)

Habilitation Service in Ludvika 0240-49 55 40
(Ludvika, Smedjebacken)

Habilitation Service in Mora 0250-49 39 50
(Malung/Sälen, Mora, Orsa, Rättvik, Vansbro, Älvdalen)

E-mail address: **habiliteringen.dalarna@regiondalarna.se**

1177 Health Care Guide and electronic services

It is now possible to complete some services through the internet, such as writing a health care request, requesting an appointment or renewing a prescription.

More information is available at: www.1177.se/Dalarna

Point of view

Written comments can be placed in the suggestion box at every unit, or by calling:

Cecilia Björklund

Director 023-49 03 30

Contact information to other resources

www.lul.se/infoteket

Information Center for Disabilities, Uppsala – 018-611 66 77

www.rbu.se

National Association for Mobility Disabled Children & Youth – RBU 08-677 73 00

www.fub.se

Association for Developmentally Disabled Children, Youth and Adults – FUB (08-508 866 00)

www.autism.se

Autism & Asperger Association – 08-702 05 80

www.attention.se

The National Association Attention – 08-709 22 60

www.sallsyntadiagnoser.se

The National Association for Unusual Diagnoses – 08-764 49 99

www.dhb.se

The National Association for Deaf, Hearing Disabled and Language Disabled Children – 019-17 08 30

www.neuro.se

National Association for the Neurologically Disabled – 08-677 70 10

<http://ungarorelsehindrade.se>

The Association for Young Mobility Disabled – 08-685 80 80

www.hjarnkraft.nu

The Association for Brain Damages – BRAIN POWER 08-447 45 30

www.anhoriga.se

National Competence Centre for Relatives – 0480-41 80 20

Access to interest organizations can be found at
www.hso.se/dalarna

HSO, The Disability Federation, 0243-627 00.

Other interest organizations, sports federations and other
important links can be found at **www.regiondalarna.se/hab**



www.regiondalarna.se/hab



**REGION
DALARNA**