



Home-based rehabilitation

A better quality of life



JAMMERBUGT
KOMMUNE

We move the elderly

Do you want to be as independent as possible? Do you want to manage a lot of activities in your everyday life?

This is exactly the purpose of the project “We move the elderly” in Jammerbugt Kommune, in which we offer home-based rehabilitation.



The mindset takes this understanding as its starting point, that we as people preferably want to take care of our selves, and that we experience the quality of life by taking charge of our own life.

Who can get home-based rehabilitation?

We offer home-based rehabilitation for you who apply for home help for the first time or have a need for changes in your current help. A visitator from Jammerbugt Kommune will assess whether you will benefit from the home-based rehabilitation and refer you to this.



About home-based rehabilitation:

- It takes place in your own home
- The help you are applying for is based on the everyday activities in which you need the help
- You will have a home trainer associated who will support and motivate you to train actively and help you with your chores.
- The course of training extends from a period of 2-4 months.
- Do you still need help after the home-based rehabilitation period, will it be granted.
- Price: It is free to receive home-based rehabilitation.



Why home-based rehabilitation?

- Because you through rehabilitation fully or partly will regain functionality and by doing so be able to handle the everyday activities or manage with less help and in this way increase your quality of life.
- Consequently you can keep control over your own life and everyday life and what it consists of in the best possible way.





To learn more

To get further information direct to

Visitor in Jammerbugt Kommune

Social service department ☎ 72 57 75 90

Telephone hours: Monday – Friday, 08.00-12.00

Address

Jammerbugt Kommune, Toftevej 43, 9440 Aabybro

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