

# *Dementia Guide*

A guide to services in Oldenburg and the surrounding area



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## Dear readers,

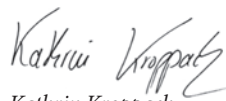
if you are holding this brochure in your hands, you will have come into contact with the diagnosis of dementia. Most likely, you have a lot of worrying questions that you would like to be answered.

On the premises of our Dementia Information and Coordination Office Oldenburg – DIKO for short – on Alexanderstraße, we have had many encounters with people who feel the same as you do and who are desperate for competent advice. We know from experience that the diagnosis of dementia is accompanied by many great uncertainties and fears and can sometimes manoeuvre the ship of life into great storms. Things that used to be easy can become very burdensome and a big challenge in everyday life.

With this brochure, the City of Oldenburg and DIKO would like to offer you a guide that will lead you through the variety of services offering help available. We would like to gently point you in the right direction and support you in finding the right next steps for you.

On the following pages, you will find information about the initial basic support options for dealing with everyday life, nursing aids and addresses of counselling centres and medical care. Of course, there are further options in Oldenburg, and we will be happy to inform you about those in person at our office at Alexanderstraße 189.

We have deliberately chosen the midday flower as a recurring motif in our brochure. This intensely coloured flower unfolds anew every day – it closes its bright calyxes in the evening and opens them again every morning when the sun shines. The midday flower is part of a community of many flowers: should one of them lose its luminosity, it will continue to shine within the scope of its possibilities under the protection of the other flowers. May our guide make it easier for all those affected by dementia to access the many support options available in Oldenburg and help them shine!



Kathrin Kroppach

Dementia Information and Coordination Office  
of Oldenburg (DIKO)



Renate Gerdes



Kathrin Kroppach



Renate Gerdes



*Dear readers,*

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caring for someone with dementia is a great challenge for relatives and accompanying persons. In Oldenburg, there are currently about 3,000 people living with this disease.

As a 'city for all', we aspire to exclude no one. In order for dementia patients and their families to be able to participate in society, helpful information and advice are needed above all.

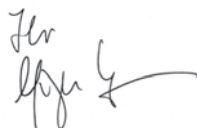
Many questions and uncertainties arise when a loved one changes more and more and increasingly requires help in coping with everyday life. No one can manage the care of a person with dementia on their own in the long run. This task must be shared with others in order to maintain quality of life and participation for all concerned.

We have already achieved a great deal whilst raising awareness of the disease among

Oldenburg residents: professional institutions and volunteers make life easier for people diagnosed with dementia and those closest to them.

This Dementia Guide provides those affected with an initial overview of the counselling and support options available here in Oldenburg.

I would like to thank everyone who has helped to develop this guide, which is an important contribution to providing better guidance in dealing with the many challenges associated with a continuously fading memory.



**Jürgen Krogmann**  
*Lord Mayor*



**Jürgen Krogmann**

# DIKO shows the way

## Dementia Information and Coordination Office of Oldenburg (DIKO)

The Dementia Information and Coordination Office of Oldenburg, DIKO for short, is a first point of contact for people seeking help and advice. Many institutions in Oldenburg have already approached the topic of dementia on a professional level and offer support – both in terms of advice and in terms of specific services. But where and how can all this be found? DIKO provides a wealth of information on the facilities and services available for people with dementia and their relatives in Oldenburg.

We guide you through the thicket of support options and, together with you, we can find what you need. We provide independent information free of charge. We also charge nothing for directing you to the right partners.



### Address & contact details

#### **Demenz-Informations- und Koordinationsstelle Oldenburg (DIKO)**

Alexanderstraße 189

26121 Oldenburg

(Parking spaces with easy access are available in front of the building)

#### **Contact person for affected persons and relatives:**

**Kathrin Kroppach**

☎ +49 441 7706-6857

✉ [kroppach@diko-ol.de](mailto:kroppach@diko-ol.de)

#### **Contact person for public relations, events, fundraising:**

**Renate Gerdes**

☎ +49 441 7706-6858

✉ [gerdes@diko-ol.de](mailto:gerdes@diko-ol.de)

#### **Open office hours without previous registration:**

Mon., Tues. + Thurs. 12:00 – 2:00 pm

Further appointments by telephone arrangement

[www.diko-ol.de](http://www.diko-ol.de)

**DIKO**  
Demenz-Informations-  
und Koordinationsstelle  
Oldenburg



## *“Having dementia doesn’t mean your life is over.”*



Dr. Thomas Brieden, who is a specialist in psychiatry and psychotherapy, was the director of the clinic for geropsychiatry and psychotherapy at the Karl Jaspers Clinic in Bad Zwischenahn/Wehnen until 31 December 2019. This includes the geropsychiatric outpatient clinic, which treats dementia patients aged 65 and over. Other offerings and focuses of treatment include depression in old age and the memory consultation (memory clinic): Here, patients with suspected dementia symptoms undergo a thorough psychiatric-neuropsychological examination.

### *You have long been the undisputed expert on dementia, since when exactly?*

You are flattering me. To be undisputed you have to be someone like the Pope, and I don't see myself in that league. But seriously: during my specialist training, I worked for many years on closed general psychiatric wards, where I guess my height and combat weight served me well. The topic of geropsychiatry in general and dementia in particular has fascinated me since 2007, when I started working in Hamburg – first as a specialist and then as a senior physician in the geropsychiatry department at the Asklepios Clinic in Hamburg-Ochsenzoll. I have always been particularly interested in the neurobiological causes of this disease on the one hand and, in my everyday work as a doctor, in how patients and their relatives learn to deal with such a diagnosis on the other hand.

### *Have the treatment options improved significantly in recent years?*

One of the difficult parts of my job. To cut to the chase: since the launch of the four currently available anti-dementia drugs 10 years ago, nothing has changed in the therapy of dementia causes. These diseases are so multi-faceted and complex that even research efforts worth billions have repeatedly failed to produce results. In 2017, Pfizer, one of the last pharmaceutical giants involved in such efforts, opted out of direct treatment research. There have been many discoveries, some of them initially promising, and a number of the active substances researched have even made it into so-called 'phase 3 studies', i.e. controlled application on humans. In the end, however, treatment was unsuccessful or the side effects were so considerable that development was discontinued for ethical reasons. Research is still going on: so-called monoclonal antibodies, a kind of immunostimulatory therapy, have come into focus, but without us being able to say today whether these agents will bring a breakthrough. This will not be a therapy for the masses. An area where we are doing quite well is in the treatment of typical concomitant symptoms of dementia such as agitation, depression, hallucinations, day-night reversal, etc.

### *When should one assume a pathological change and, in your opinion, come to you for a memory consultation?*

Better three times too early than once too late. It is important to find a balance between noticing real changes and everyday trivia. For example: just because you forgot to buy the butter you ran out of at the supermarket once, you certainly don't need to see a specialist and worry about possible dementia. But if you increasingly keep forgetting what you want to buy and if you notice that you find it harder and harder to remember phone numbers, birthdays or important appointments and if others tell you that you are repeating the same



story for the third time without you being aware of this, then you should definitely see a doctor. But more often than not, the cause is not dementia but a depression that has gone unnoticed and can be treated successfully. Making this distinction requires the expertise of specialists like my team and me.

*Are there any statistics on how dementia is distributed among women and men?*

Dementia is a typical age-related disease, and the risk of developing the disease depends on the age of the individual. Since women reach a significantly higher age than men, they are also disproportionately more affected than men. Currently, there is a gender ratio of women: men of about 2:1 to 3:1, depending on age. The older people are, the more the frequency shifts to the side of women. What is interesting in this context is the fact that statistically women with the diagnosis live longer than men. Why this is so, we do not know.

*Are there precautionary measures we can all take?*

It is difficult to give a general answer to this question because there are many different forms of dementia. Please don't believe, as 'Dr. Google' or many a current, scientifically unsupported book suggests, that you can prevent dementia by simply eating healthy food and exercising. These diseases are too complex for such trivial cures. We must note that the occurrence of dementia has been documented as far back as ancient Egypt, well before the time of artificial colours and preservatives and 'evil' chemicals. In general, a healthy lifestyle can always reduce the risk of vascular damage, which is a major cause contributing to dementia. According to current knowledge, Alzheimer's dementia is not a disease that can be prevented by a healthy lifestyle; at best, it is possible to influence the course of the disease somewhat. A healthy lifestyle includes sufficient exercise, little alcohol and not smoking – this is generally a good thing to do. There are no specific preventive measures against dementia.

*Are there things you always recommend to those seeking help and their families?*

Those who know me know that I have and pass on an unwavering optimism when people are faced with such a diagnosis. Having dementia doesn't mean your life is over. Having dementia doesn't mean having to hide. Having dementia doesn't mean you have to be ashamed. Having dementia doesn't mean you have to give up responsibility for your life. Having dementia means that you'll have to adapt to changes in the coming years that will require you to plan your life differently and that you may need more help and support in your daily life. Having dementia also requires a sense of humour and especially the ability to laugh at yourself. Dementia also gives you the freedom of not having to remember things and, for example, provides a good excuse for not recognizing relatives at family gatherings. These aspects make it easier to deal with yourself. I also advise everyone to be outwardly open about the disease. Trying to maintain a façade to the outside world takes energy and makes people lonely and bitter. I advise the relatives to seek help and advice in good time within their social environment and from the services that are available, and to



consult with a strong partner, which we as experts can also be, if difficulties do arise. This relates in particular to the increasing need for assistance of many dementia patients in the course of the disease and the associated tasks and burdens that the next of kin have to bear. If the disease keeps getting worse, make sure to have a 'Plan B' in your pocket in time. Organizing relief efforts only when you acutely need them is always a bad idea.

***How would you rate the services offered in the city of Oldenburg regarding dementia?***

In my view, the city of Oldenburg is quite well positioned when it comes to dementia services. There is always room for improvement, of course, but unfortunately wishful thinking and reality often cannot be reconciled. However, DIKO, DHO, the Alzheimer Society of Oldenburg, the SPN (Senioren- und Pflegestützpunkt Niedersachsen, centre for senior citizens and for nursing care), the Geropsychiatry department at the KJK and the Health Department of the city offer, in my opinion, a rather densely woven carpet of help and advice services in our city. It is important to me to encourage all those affected to accept this help. It is wrong to believe that you are alone with the disease and that you have to cope with everything on your own.

*This interview was conducted  
by Ute Richwien-Emken*







## *Dear readers,*



*Professor Jörg Zimmermann*

since the beginning of 2020, I have been in charge of the Clinic for Geropsychiatry and Psychotherapy at the Karl Jaspers Klinik (KJK). The clinic has now been in existence for more than ten years, during which time my predecessor Dr. Brieden and his team have developed it into one of the largest clinics in Germany specialising in geropsychiatry. In our clinic, elderly people with mental illnesses or serious life crises can be treated as inpatients, day patients or outpatients. Within the clinic there are further differentiations – for example for people with dementia. Close cooperation with the internal medicine and neurology specialists at our clinic is important, as many patients are also physically ill in addition to their psychological problems.

The Geropsychiatric Institute's outpatient clinic (GIA) continues to care for seriously ill patients after discharge and offers medical, psychological and social work services. In the memory consultation, related issues are diagnosed and a suitable therapy is initiated. There are also psychologically guided groups for attention, concentration and memory training, which patients with and without dementia are welcome to join. GIA also provides care for residents of residential care homes, some of which specialise in the care of dementia patients.

In my new position, I have been very warmly welcomed by colleagues from all the professional groups involved and look forward to working together with our nurses, doctors, social workers and the therapy team from the areas of physiotherapy, occupational therapy, music therapy and other creative therapies.

Regarding my own person, I'd like to mention that after studying medicine in Bonn, I completed my further training as a specialist in psychiatry and psychotherapy at the University Hospital in Aachen and then worked as a senior physician in Bremen. Here, as an employee of the Social Psychiatric Service and the Bremen Ost Hospital, I was responsible for the networking between the inpatient, day care and outpatient areas and also managed a social psychiatric counselling centre. Afterwards I was head physician at the Evangelisches Krankenhaus Bethanien hospital in Greifswald, where I was in charge of a geropsychiatric department, among other things. Back in Bremen, I was involved in establishing the geropsychiatry department in the Bremen Ost hospital, where I was able to gain key clinical and organisational experience.

Before I took on my current role on 1 January 2020, I was acting head of the Clinic for General Psychiatry, the Clinic for Addiction Medicine and the University Clinic here at the Karl Jaspers Klinik.

I can pursue my psychotherapeutic and philosophical interests on the board of the Karl Jaspers Society. Furthermore, I believe in the therapeutic power of music and am therefore involved in music therapy education.

I am looking forward to my new tasks and very much hope that together with my team and all cooperation partners I can make an important contribution to good care for people with dementia and their families.

Sincerely yours,



*Prof. Dr. med. Jörg Zimmermann*



# Dementia – a brief explanation



## What forms of dementia are there?

Alzheimer's dementia is the most common. About 60 percent of all dementia patients suffer from it. The second most common form is vascular dementia, which is caused by circulatory problems in the brain. These two dementias can also occur in combination and manifest as a mixed form. The rarer forms of dementia include, for example, Parkinson's dementia and dementia caused by medication or metabolic disorders.

## How can dementia manifest itself?

It's normal to slow down as you get older and sometimes forget things. This is usually nothing to worry about. With dementia, however, it is not only the memory that deteriorates, but also other abilities. Therefore, over time, it becomes increasingly difficult for those affected to cope with everyday life on their own.

Depending on the form and severity of the dementia, different symptoms may occur. For example, people with dementia no longer remember what they did or ate recently. It can also be hard for them to get their bearings.

In addition, dementia can become noticeable through speech problems. For example, people with dementia often can

no longer remember even simple words. Behaviour can also change: some dementia patients are listless, anxious or have outbursts of anger; others withdraw from conversations or their circle of friends.

## What can help?

An important component of treatment is measures that promote memory and help to cope better with everyday life.

- Walks in nature
- Occupational therapy
- Physical activity, e.g. walking, swimming
- Listening to music, singing or playing instruments
- Remaining in the community

## What you can do yourself

- If you have any concerns or questions, your GP's office should always be your first port of call.
- You can visit a neurologist or a memory clinic.
- In the event that you are no longer able to make your own decisions in the future: Consider early on whether you want to take precautions with a living will or a healthcare proxy.

Source: National Association of Statutory Health Insurance

Physicians (KBV) and German Medical Association (BÄK): Dementia Patient Information, March 2018.  
This patient information is based on the S3 guideline on 'Dementias'.





# Medical care

Your family doctor should always be your first point of contact. If necessary, they will tell you which specialist you should consult – usually a neurologist. Below you will find an overview of care centres and specialist practices for Oldenburg and the surrounding area.

## — Gerontopsychiatrische Institutsambulanz der Karl-Jaspers-Klinik

The Geropsychiatric Outpatient Clinic (GIA) complements the range of services offered by the Clinic for Geropsychiatry and Geropsychotherapy at the Karl Jaspers Clinic. Patients aged 65 and over with the following diagnoses are treated here (statutory framework: SGB V, § 118 Para. 1):

- Dementia and mental disorders due to organic brain issues
- Severe depression
- Bipolar disorders
- Delusional disorders and psychoses
- Anxiety disorders
- Obsessive-compulsive disorders

The offer includes both continuous psychiatric/psychotherapeutic treatment and temporary outpatient treatment – for example, if a longer waiting period after an inpatient stay must be bridged until treatment by established therapists can begin.



Furthermore, a detailed psychiatric/neuropsychological examination can be carried out in the GIA's memory consultation if a dementia syndrome is suspected.

### Address & contact details

Gerontopsychiatrische  
Institutsambulanz  
Karl-Jaspers-Klinik  
Hermann-Ehlers-Straße 7  
26160 Bad Zwischenahn

☎ +49 441 9615500  
✉ sekretariatgeronto@kjk.de  
🌐 [www.karl-jaspers-klinik.de](http://www.karl-jaspers-klinik.de)

### Opening hours

Monday – Thursday  
09:00 am – 12:00 pm  
02:00 pm – 04:00 pm  
Friday  
09:00 am – 12:00 pm  
and by arrangement

## — *Universitätsklinik für Neurologie Evangelisches Krankenhaus Oldenburg gGmbH*

### *Contact*

#### *Specialists*

Professor Karsten Witt  
Director of the  
University Clinic for Neurology  
  
PD Dr. med. Bernd Kitze  
Head physician

### *Address & contact details*

Universitätsklinik für Neurologie  
Evangelisches Krankenhaus  
Oldenburg gGmbH  
Steinweg 13 – 17  
26122 Oldenburg

☎ +49 441 236-649  
✉ [neurologie@evangelischeskrankenhaus.de](mailto:neurologie@evangelischeskrankenhaus.de)  
✉ [karsten.witt@evangelischeskrankenhaus.de](mailto:karsten.witt@evangelischeskrankenhaus.de)  
✉ [bernd.kitze@evangelischeskrankenhaus.de](mailto:bernd.kitze@evangelischeskrankenhaus.de)  
🌐 [www.evangelischeskrankenhaus.de](http://www.evangelischeskrankenhaus.de)

## — *Universitätsklinik für Geriatrie / Klinikum Oldenburg AöR*

### *Contact*

Prof. Dr. med. Tania Zieschang  
Clinic director

### *Address & contact details*

Universitätsklinik für Geriatrie  
Klinikum Oldenburg AöR  
Rahel-Straus-Straße 10  
26133 Oldenburg

☎ Sekretariat Prof. Dr. med. Zieschang  
+49 441 403-3351  
✉ [geriatrie@klinikum-oldenburg.de](mailto:geriatrie@klinikum-oldenburg.de)  
🌐 [www.klinikum-oldenburg.de](http://www.klinikum-oldenburg.de)

## — *MEVO Medizinisches Versorgungszentrum am Evangelischen Krankenhaus Oldenburg gGmbH*

### *Contact*

Dr. med. Thorsten Kruse  
Neurology specialist

### *Address & contact details*

MEVO Medizinisches Versorgungszentrum am Evangelischen Krankenhaus Oldenburg gGmbH  
Marienstraße 15  
26121 Oldenburg

☎ +49 441 361365-15  
✉ [thorsten.kruse@mevo.de](mailto:thorsten.kruse@mevo.de)  
🌐 [www.mevo.de](http://www.mevo.de)

### *Opening hours*

Mon. + Tues.	08:00 am – 04:30 pm
Wed.	08:00 am – 02:00 pm
Thurs.	08:00 am – 03:00 pm
Fri.	08:00 am – 12:00 pm

If the suspicion of dementia is confirmed, a differentiated diagnosis is necessary. For this, please contact an experienced specialist (some neurologists carry out

home visits) or a memory outpatient clinic or memory clinic that specialises in dementia.

The listed addresses of medical specialists in and around Oldenburg who, according to telephone information, deal with dementia patients.

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## **Manfred Dwenger**

Neurology specialist

### *Address & contact details*

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Manfred Dwenger  
Adlerstraße 14  
26121 Oldenburg

☎ +49 441 36143970  
✉ mail@praxis-dwenger.de  
🌐 www.praxis-dwenger.de

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## **Dr. med. Jan-Henning Frühauf**

Psychiatry and psychotherapy specialist

### *Address & contact details*

---

Dr. med. Jan-Henning Frühauf  
Donnerschweer Straße 4  
26123 Oldenburg

☎ +49 441 51015

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## **Dr. med. Stephan Groothuisen & Dr. Jens Hambach**

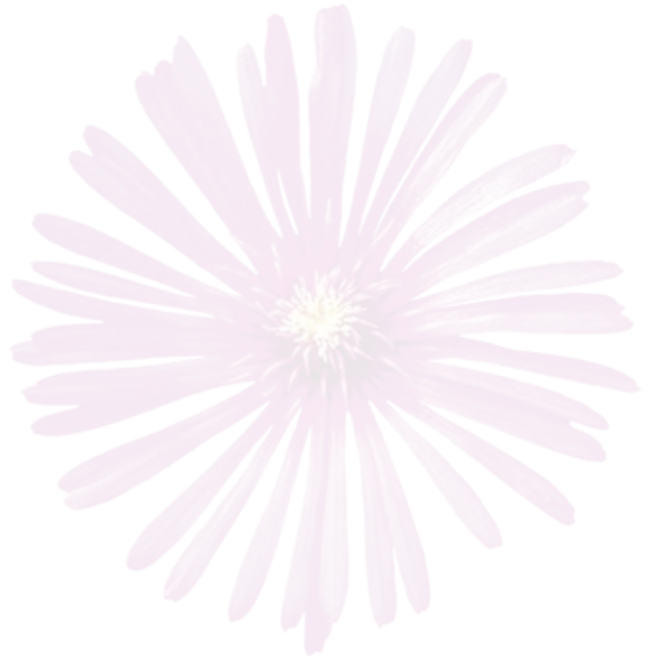
Neurology specialists

### *Address & contact details*

---

Dr. med. Stephan Groothuisen  
Dr. med. Jens Hambach  
Margaretenstraße 22  
26121 Oldenburg

☎ +49 441 501108





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## **Dr. med. Wolfgang Hundt**

Neurology and psychiatry specialist

### *Address & contact details*

---

Dr. med. Wolfgang Hundt  
Achternstraße 17  
26122 Oldenburg

☎ +49 441 924850  
✉ [praxis.hundt@ewetel.net](mailto:praxis.hundt@ewetel.net)  
🌐 [www.neurologie-hundt-oldenburg.de](http://www.neurologie-hundt-oldenburg.de)

## **Armin Lenz**

Neurology and psychiatry specialist

### *Address & contact details*

---

Armin Lenz  
Marschweg 12  
26122 Oldenburg

☎ +49 441 21970790

## **Dr. med. Mathias Niedhammer**

Neurology specialist

### *Address & contact details*

---

Dr. med. Mathias Niedhammer  
Stau 1  
26122 Oldenburg

☎ +49 441 14711  
✉ [neurologe@niedhammer.net](mailto:neurologe@niedhammer.net)  
🌐 [www.niedhammer.net](http://www.niedhammer.net)

## **Dr. med. Christian Schlette**

Neurology specialist

### *Address & contact details*

---

Dr. med. Christian Schlette  
Straßburger Straße 2a  
26123 Oldenburg

☎ +49 441 82041

## **Dr. med. Arno Siever**

Neurology and psychiatry specialist

### *Address & contact details*

---

Dr. med. Arno Siever  
Meinardusstraße 1  
26122 Oldenburg

☎ +49 441 59489489  
✉ [mail@neuropraxis-oldenburg.de](mailto:mail@neuropraxis-oldenburg.de)  
🌐 [www.neuropraxis-oldenburg.de](http://www.neuropraxis-oldenburg.de)

## — **Dr. med. Lars-Sven Wölck**

Neurology, psychiatry and psychotherapy specialist

### *Address & contact details*

Dr. med. Lars-Sven Wölck  
Nadorster Straße 222  
26123 Oldenburg

☎ +49 441 3800224  
✉ dr.wolck@nervenarzt-oldenburg.de  
🌐 www.nervenarzt-oldenburg.de

## — **Dr. Jakob Engelhardt**

### *Address & contact details*

Dr. Jakob Engelhardt  
Kuhlenstraße 2  
26655 Westerstede

☎ +49 4488 7389738  
✉ anmeldung@engelhardt-praxis.de  
🌐 www.engelhardt-praxis.de

## — **Dr. med. Joachim Springub & Wolfgang Schwarz**

Interdisciplinary group practice for neurology and psychiatry/psychotherapy

### *Address & contact details*

Dr. med. Joachim Springub  
& Wolfgang Schwarz  
Lange Straße 25  
26655 Westerstede

☎ +49 4488 72999  
✉ anmeldung@praxis-springub-schwarz.de  
🌐 www.praxis-springub-schwarz.de

## — **Neurologicum Ganderkesee**

### *Address & contact details*

Neurologicum Ganderkesee  
Emil-Nolde-Straße 2  
27777 Ganderkesee

☎ +49 4222 95015-0  
✉ info@unser-neurologe.de  
🌐 www.unser-neurologe.de

## **TerminServiceStelle der Kassenärztlichen Vereinigung Niedersachsen**

### **Appointment centre of the Association of Statutory Health Insurance Physicians of Lower Saxony**

The TerminServiceStelle (TSS) of the Association of Statutory Health Insurance Physicians of Lower Saxony (KVN) arranges appointments with physicians and psychotherapists. The TSS can help patients get

an appointment with a general practitioner or a specialist within one week or with a psychotherapist within four weeks. The TSS can be contacted on 116 117 seven days a week, 24 hours a day.

For more information, see

► [www.kvn.de/Patienten/Terminservicestelle.html](http://www.kvn.de/Patienten/Terminservicestelle.html)

# Advice centres

## Note

On the following pages, you will find an overview of the counselling centres in the city of Oldenburg and in neighbouring districts on the subject of dementia. The institutions are listed in alphabetical order.

## — Alzheimer Gesellschaft Oldenburg e.V.

The Alzheimer Gesellschaft Oldenburg e. V. is a self-help organisation that focuses on the following:

- Providing comprehensive information on the topic of dementia (e.g. dealing with difficult behaviour, list of specialists, benefits of the care insurance, outpatient care services, relief services, homes, residential care communities for people with dementia) on their website
- Independent advice on how to deal with problems and on possible local offers of help
- Exchange of experience in supported self-help groups for people with dementia as well as for caring relatives
- Research, campaigns, lectures and events on various topics, e.g. dementia care in inpatient facilities
- Promotion and support of residential care communities for people with dementia
- Representation of the interests of people with dementia and their relatives

## Contact

Brunhilde Becker, Ruth Ehlers,  
Monika Jenjahn, Martina Glossat

## Address & contact details

Alzheimer Gesellschaft  
Oldenburg e. V.  
c/o BeKoS  
Lindenstraße 12 a  
26123 Oldenburg

☎ +49 441 9266939

✉ [info@alzheimer-oldenburg.de](mailto:info@alzheimer-oldenburg.de)

🌐 [www.alzheimer-oldenburg.de](http://www.alzheimer-oldenburg.de)

## Consultation hours

Open consultation hours:

Fri. 09:00 am – 11:00 am

Further appointments by telephone arrangement. Outside consultation hours, a message can be left on the answering machine.

## — BeKoS – Beratungs- und Koordinationsstelle für Selbsthilfegruppen

BeKoS is an information and advice centre for all activities in the field of self-help. It provides support and advice whenever

- you are interested in self-help
- you are looking for a self-help group
- you want to start a self-help group
- your existing self-help group has a concern

BeKoS will answer questions such as the following:

- What is a self-help group?
- How do I start a self-help group?
- How do I get in touch with people
  - with similar problems?
  - with similar disabilities?
  - with the same disease patterns and symptoms?

A list of all currently existing self-help groups can be found on the BeKoS home page:

- [www.bekos-oldenburg.de/selbsthilfegruppen/index.php/selbsthilfegruppen](http://www.bekos-oldenburg.de/selbsthilfegruppen/index.php/selbsthilfegruppen)

### Contact

Meike Dittmar, Gabriele Herschelmann and Monika Faber

### Contact details

BeKoS – Beratungs- und Koordinationsstelle für Selbsthilfegruppen  
Lindenstraße 12a  
26123 Oldenburg

☎ +49 441 884848

✉ [info@bekos-oldenburg.de](mailto:info@bekos-oldenburg.de)

🌐 [www.bekos-oldenburg.de](http://www.bekos-oldenburg.de)

### Consultation hours

Mon. + Wed.	03:00 pm – 07:00 pm
Tues. – Fri.	09:00 am – 12:00 pm

## — Bümmersteder SeniorenBüro – BSB

The Bümmersteder SeniorenBüro – BSB for short – is the contact point for senior citizens who need general social advice, qualified advice on long-term care insurance benefits (Section 7a, Social Insurance Code XI) or help with applications. In addition, the BSB offers various services for relief, support and participation:

- Arrangement of neighbourhood services
- Themed breakfast
- Soup day at Erika's
- Sitting gymnastics
- Preparation and support during the assessment by the medical service

- Initial information on healthcare powers of attorney, living wills and living wills for guardians
- Arrangement of contact with qualified everyday companions according to Sections 45a,b of the Social Insurance Code XI
- Training of volunteers in offers of support in everyday life according to Section 45a, Social Insurance Code XI

BSB is an open help project for the elderly sponsored by the Protestant church community of Osternburg.

### Contact

Susanne Müller, Cornelia Lüschen

### Address & contact details

Bümmersteder SeniorenBüro BSB  
Erikaweg 19 (Ev. Gemeindehaus)  
26133 Oldenburg

☎ +49 441 36119846

✉ [senioren-buemmerstede@web.de](mailto:senioren-buemmerstede@web.de)

🌐 [www.ev-kirche-osternburg.de](http://www.ev-kirche-osternburg.de)

### Consultation hours

Open consultation hours:

Mon. – Thurs.	09:30 am – 12:00 pm
Mon.	02:30 pm – 05:30 pm
Telephone advice:	
Mon. – Thurs.	09:00 am – 12:00 pm

Further appointments by arrangement, including home visits.

## — DemenzHilfe Oldenburg e.V. (DHO)

The care consultants of DemenzHilfe Oldenburg e. V. (DHO) support relatives by providing qualified nursing care advice in accordance with Section 7a, Social Insurance Code XI and help with applications for long-term care insurance benefits.

They provide comprehensive information and describe relief options to help find suitable care options and ensure that dementia patients can remain in their own homes.

- Dementia and care counselling according to Section 7a, Social Insurance Code XI
- Training in dealing with dementia
- Placement of everyday companions
- Support during hospital stays
- Preventive care
- Mobile shopping service
- Support groups for relatives
- Sport and exercise offers
- Home visits and housing advice

### Contact

Marlene Dirks, Tanja Ellerbrock

### Address & contact details

DemenzHilfe Oldenburg e. V.  
Donnerschweer Straße 127  
26123 Oldenburg

(Parking spaces with easy access are available in front of the building)

☎ +49 441 361439-08  
(telephone consultation)  
✉ [info@demenzhilfe-ol.de](mailto:info@demenzhilfe-ol.de)  
🌐 [www.demenzhilfe-ol.de](http://www.demenzhilfe-ol.de)

### Consulting office opening hours

Mon.	02:00 pm – 06:00 pm
Tues.	10:00 am – 02:00 pm
Wed.	10:00 am – 02:00 pm
Thurs.	10:00 am – 12:00 pm
Fri.	10:00 am – 12:00 pm

### Telephone consultation hours

Mon.	10:00 am – 06:00 pm
Tues.	09:00 am – 04:00 pm
Wed.	09:00 am – 04:00 pm
Thurs.	09:00 am – 02:00 pm
Fri.	09:00 am – 02:00 pm

If necessary, home visits can be arranged by telephone outside office hours.



## — *evasenio – Ev. Seniorenhilfe Eversten/Bloherfelde e.V.*

evasenio is a counselling centre for senior citizens and relatives for the districts of Eversten and Bloherfelde. With its counselling, assistance and care services for the elderly, the association aims to help older people to lead a self-determined life in their familiar surroundings for as long as possible.

evasenio provides advice and support for the following:

- Aids for daily life
- Healthcare proxies, living wills
- Care/long-term care insurance
- Supplying aids
- Age-appropriate living
- Applications and grants

- Services available
- Recreational activities and possibilities of encounter

evasenio can help you find

- Neighbourhood helpers
- Qualified daily care in accordance with Section 45b Social Insurance Code XI, as well as preventive care
- Dementia care
- Visiting and driving services

### *Contact*

Anke Heidenreich, Gundi Pape,  
Kirsten Strach



### *Address & contact details*

evasenio – Ev. Seniorenhilfe Eversten /  
Bloherfelde e. V.  
Zietenstraße 8  
26131 Oldenburg

☎ +49 441 593579

✉ [info@evasenio.de](mailto:info@evasenio.de)

🌐 [www.evasenio.de](http://www.evasenio.de)

### *Consultation hours*

Mon., Wed., Fri.	09:00 am – 12:00 pm
Thurs.	04:00 pm – 06:00 pm

Additional times by appointment.

## — *KusAK – Kultursensible Altenhilfe Kreyenbrück*

The Kultursensible Altenhilfe Kreyenbrück – KusAK for short – is a contact and meeting point for older migrants in the Kreyenbrück district of Oldenburg. Here, older migrants and their relatives can obtain information, advice and support on the subject of assistance for the elderly and migration. KusAK, whose sponsor is the AWO Bezirksverband Weser-Ems, also offers storytelling cafés, singing circles and joint breakfasts.

### *Contact*

Karin Stölting

### *Address & contact details*

KusAK – Kultursensible Altenhilfe  
Kreyenbrück  
Münnichstraße 22  
26133 Oldenburg

☎ +49 441 94919111

✉ [info@kusak.awo-ol.de](mailto:info@kusak.awo-ol.de)

🌐 [www.awo-ol.de/Beratungsangebote/MBE/KusAK/](http://www.awo-ol.de/Beratungsangebote/MBE/KusAK/)

### *Consultation hours*

Tues.	10:00 am – 01:00 pm
Thurs.	03:00 pm – 06:00 pm

Additional times by appointment.

## — *LeNa (Lebendige Nachbarschaft) in the Ziegelhof*

“LeNa im Ziegelhof – Lebendige Nachbarschaft” (LeNa in the Ziegelhof – Living Neighbourhood) would like to promote community and living together in the Ziegelhof neighbourhood under the motto “Advice & contact not only for the elderly”. The aim is to enable people to live self-determined lives in their homes and familiar surroundings and to participate in social and cultural life into old age – even if they need help or care. LeNA’s offerings include:

- Advice on everyday life and living arrangements in old age, on the need for help and care and on age-appropriate living
- Support in activating and organising desired aids and services

- Arranging contacts with the neighbours, voluntary support and professional services

- Information events, courses, groups and excursions

### *Contact*

Antje Rosemann

### *Address & contact details*

LeNA im Ziegelhof  
Paritätischer Wohlfahrtsverband  
Ziegelhofstraße 125 – 127  
26121 Oldenburg

☎ +49 441 77900-24

✉ [oldenburg@paritaetischer.de](mailto:oldenburg@paritaetischer.de)

🌐 [www.paritaetischer.de/kreisverbaende/oldenburg-ammerland/](http://www.paritaetischer.de/kreisverbaende/oldenburg-ammerland/)

### *Consultation hours*

Mon. – Fri. 09:00 am – 12:00 pm

## — *Senioren- und Pflegestützpunkt Niedersachsen (SPN) der Stadt Oldenburg*

The SPN (Senioren- und Pflegestützpunkt Niedersachsen, centre for senior citizens and for nursing care) of the city of Oldenburg is the central contact point for citizens of all ages who wish to obtain information or advice on the topics of ageing, living, mobility and care. The topic of dementia in particular is very important to those seeking advice. The SPN offers competent answers and suggestions for solutions. The staff provide information about the disease pattern and advise on further care, support and/or relief options. In addition, the SPN provides qualified advice on the benefits of long-term care insurance (Social Insurance Code XI).

### *Contact*

Heike Berger and Regina Schmidt

### *Address & contact details*

Senioren- und Pflegestützpunkt  
Niedersachsen (SPN) der Stadt Oldenburg  
Lambertihof  
Kleine Kirchstr. 11 a  
26122 Oldenburg

☎ +49 441 235-3780

✉ [pflgestuetzpunkt@stadt-oldenburg.de](mailto:pflgestuetzpunkt@stadt-oldenburg.de)

🌐 [www.oldenburg.de](http://www.oldenburg.de)

### *Consultation hours*

Open consultation hours:

Mon. – Fri. 10:00 am – 01:00 pm

Thurs. 02:00 pm – 05:00 pm

Consultation hours with prior appointment:

Mon. – Fri. 08:00 am – 10:00 am

Thurs. 05:00 pm – 06:00 pm



## — *Seniorenbegleitung Oldenburg Nord – SON*

The Oldenburg North Senior Citizens' Support Service (Seniorenbegleitung Oldenburg Nord – SON) offers senior citizens qualified advice on long-term care insurance benefits (§7a SGB XI), social counselling and help with applications, as well as various relief and support services. A major focus is on cultural participation.

- Implementation of cultural events
- Establishment of a group of voluntary everyday companions

- Training of everyday companions according to Section 45a, Social Insurance Code XI
- Further qualification of everyday companions as cultural companions
- Placement of everyday companions

### *Contact*

Claudia Oeljeschläger  
Meike Köhne-Tschigor

### *Address & contact details*

Seniorenbegleitung Oldenburg Nord – SON  
Langenweg 165  
26125 Oldenburg

☎ +49 441 39018761

✉ senioren.ofenerdiek@kirche-oldenburg.de

🌐 www.ev-kirche-osternburg.de

### *Consultation hours*

In addition to fixed opening hours, individual appointments can be made and advice can be given at home.

## — *Seniorenbegleitung Oldenburg Süd – SOS*

Seniorenbegleitung Oldenburg Süd – SOS offers senior citizens qualified consultation on long-term care insurance benefits (Section 7a, Social Insurance Code XI), social advice and assistance with application, as well as different relief, support, and participation options:

- Open meetup for caregiving relatives
- MutMachTelefon (encouragement hotline)
- Dementia-sensitive church services
- Memory café
- Dementia care in the hospital
- DementiaPartner trainings
- Training of volunteers in offers of support in everyday life according to Section 45a, Social Insurance Code XI

- Sitting gymnastics for senior citizens
- Experiences with the Tovertafel (magic table)

“SOS” is a project by the “Offene Altenhilfe” of the city of Oldenburg, sponsored by the Osternburg Protestant church community.

### *Contact*

Claudia Oeljeschläger

### *Address & contact details*

Seniorenbegleitung Oldenburg Süd – SOS  
Bremer Straße 28 (at Jochen-Klepper-Haus)  
26135 Oldenburg

☎ +49 441 361122-23 (office)

+49 441 361122-26 (MutMachTelefon)

✉ senioren.oldenburg@kirche-oldenburg.de

🌐 www.ev-kirche-osternburg.de

### *Consultation hours*

Open consultation hours:

Mon. + Tues. 09:30 am – 12:30 pm

Thurs. 04:00 pm – 07:00 pm

Further appointments by telephone arrangement, also home visits

## — Seniorentreffpunkt im Pavillon

In addition to a café, which invites you to spend pleasant hours together, events, lectures, play afternoons and much more await you here. Counselling services are also available.

### Contact

Dagmar Thieß

☎ +49 441 39011530

✉ thiess@seniorentreffpunkt-im-pavillon.de

🌐 www.caritas-ol.de

### Address & contact details

Seniorentreffpunkt im Pavillon  
Scheideweg 100  
26127 Oldenburg

### Consultation hours

Open consultation hours:

Tues. 03:00 pm – 05:00 pm

Fri. 03:00 pm – 05:00 pm

by arrangement

Further counselling and support in cooperation with Caritas in Oldenburg.

## — Social psychiatric service in the health department

The social-psychiatric service of the city of Oldenburg advises and supports people with mental diseases and their relatives. This takes the form of conversations held at the service's premises, during home visits or on the phone. The Social Psychiatric Service cooperates with all providers of help for the mentally ill. In addition, these psychiatry institutions are united in the Social Psychiatric Association of the City of Oldenburg, whose management lies with the Social Psychiatric Service. The aim of these assistance services is to enable the people concerned to live as independently and responsibly as possible in their desired living environment.

In the social psychiatric service, some staff members have special qualifications for working with older people with mental illnesses (including dementia).

### Contact

Dr. Peter Orzessek

### Address & contact details

Sozialpsychiatrischer Dienst  
Gesundheitsamt der Stadt Oldenburg  
Industriestraße 1b  
26121 Oldenburg

☎ +49 441 235-8662

✉ gesundheitsamt@stadt-oldenburg.de

🌐 www.oldenburg.de

### Consultation hours

Mon. – Fri. 08:00 am – 12:00 pm

Mon. – Thurs. 01:30 pm – 03:30 pm



## — *Seniorenstützpunkt Niedersachsen Landkreis Ammerland*

The Senior Citizens' Support Point Lower Saxony in the district of Ammerland serves as a central coordination and networking point for all questions around ageing. It coordinates work with senior citizens in the district of Ammerland, bundles information for those seeking advice and networks existing services with each other. In this way, the senior citizens' support centre offers information on a wide range of topics and acts as a guide for questions concerning the organisation of everyday life for older people.

### *Contact*

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Melanie Hauber

### *Consultation hours*

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Mon. – Thurs.	08:00 am – 04:00 pm
Fri.	08:00 am – 12:00 pm

### *Address & contact details*

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Koordinierungsstelle für Migration und  
Demografie  
Ammerlandallee 12  
26655 Westerstede

☎ +49 4488 56-2760

✉ [m.hauber@ammerland.de](mailto:m.hauber@ammerland.de)

🌐 [www.ammerland.de/Im-Überblick/Migration-Senioren/Seniorenstützpunkt](http://www.ammerland.de/Im-Überblick/Migration-Senioren/Seniorenstützpunkt)

## — *Pflege-Servicebüro*

The “Pflege-Servicebüro” (care service centre) offers free and neutral information, support and advice on the various topics in the care sector – from long-term care insurance benefits to help and relief offers. The centre provides information and contact addresses on the following topics, among others:

- Long-term care insurance benefits and how to apply for them
- Using aids
- Help with dementia
- Adapting the environment at home

- Nursing services, nursing homes, assisted living
- Support services
- Meals on wheels

### *Contact*

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Ina Hensiek

### *Address & contact details*

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Pflege-Servicebüro  
Wilhelm-Geiler-Straße 1a  
26655 Westerstede

☎ +49 4488 7643998

✉ [info@pflegeservicebuero-ammerland.de](mailto:info@pflegeservicebuero-ammerland.de)

🌐 [www.ammerland.de/Im-Überblick/Migration-Senioren](http://www.ammerland.de/Im-Überblick/Migration-Senioren)

## — *Pflegestützpunkt Landkreis Oldenburg*

The Pflegestützpunkt in Wildeshausen is the contact point for all questions on the subject of care for those who live in the Oldenburg area. The advisory service is available regardless of age and is aimed at all citizens who are looking for information on the subject in order to be prepared in the event of a need for long-term care. Counselling is provided independently and free of charge – in person, by telephone and, if required, by home visits. The services of the care centre include:

- Personal consultations
- Help with the application for care allowances and financing of care needs
- Offers for the support and relief of caring relatives

- Information about available support services, such as outpatient, partial inpatient and inpatient assistance
- Dementia counselling
- Advice on adapting the living environment
- Preparation of an individual assistance plan
- Arrangement and coordination of the individual support offerings
- Involvement of networks, e.g. voluntary work and self-help groups
- Advice on aids
- Healthcare proxy and living will

### *Contact*

Bettina Lakomic, Sylvia Lindemann

### *Contact details*

Pflegestützpunkt Landkreis Oldenburg  
Kreishaus Wildeshausen  
Delmenhorster Straße 6  
27793 Wildeshausen

☎ +49 4431 85603 (Ms. Lakomic)  
+49 4431 85604 (Ms. Lindemann)  
✉ pflegestuetzpunkt@oldenburg-kreis.de  
🌐 www.oldenburg-kreis.de

### *Consultation hours*

Telephone consultation hours

Mon. – Thurs. 08:00 am – 03:00 pm  
Fri. 08:00 am – 01:00 pm

Consultation hours by arrangement

## — *Senioren- und Pflegestützpunkt (SPN) Niedersachsen Landkreis Wesermarsch*

The Senioren- und Pflegestützpunkt Niedersachsen (SPN) in the Wesermarsch district in Brake is the point of contact for people of all ages in need of help or care as well as their relatives. The SPN provides information and advice on all questions concerning old age and everyday life, bundling the diverse offers in this area. Services include:

- Dementia counselling
- Aids and housing advice
- Qualification and placement of volunteers

### *Contact*

Gudrun Hobbie, Ilse Lochau

### *Address & contact details*

Senioren- und Pflegestützpunkt (SPN)  
Niedersachsen Landkreis Wesermarsch  
Rönnelstraße 11  
26919 Brake

☎ +49 4401 927633  
✉ senioren-pflegestuetzpunkt@lkbra.de  
🌐 www.landkreis-wesermarsch.de

### *Consultation hours*

Mon. – Fri. 08:30 am – 12:00 pm  
Mon., Tues.,  
Wed., Thurs 02:00 pm – 03:30 pm

Outside office hours, consultations are possible by appointment.

# Long-term care insurance

## Long-term care insurance benefits

For people in need of long-term care, long-term care insurance is an important support pillar: with the benefits of long-term care insurance, those affected can finance assistance with nursing, care and housekeeping. Help is also available for caregiving relatives.

The benefits provided by the long-term care insurance fund are laid down by law. The type and amount of the benefits depend on the care level required. The classification is made according to the degree of autonomy of the person concerned in essential areas of life from care level 1 (slight impairment of autonomy) to care

level 5 (most severe impairment of autonomy with special care requirements).

Benefits from the nursing care insurance fund are available to anyone with a recognised need for nursing care over a longer period of time (at least 6 months). All long-term care insurance funds are required by law to offer free long-term care counselling to their members, and some funds also offer explicit training for relatives.

All those who wish to receive long-term care insurance benefits must actively apply to their insurance fund for these benefits. The long-term care insurance

then commissions an assessor who comes to the person's home and determines the care level based on a fixed scheme.

For information on the benefits of long-term care insurance in the outpatient sector, you can either contact the long-term care departments of the respective health insurance companies or the long-term care support centre of the City of Oldenburg (Senioren- und Pflegestützpunkt Niedersachsen, or SPN) or from the local advice centres.

► <https://www.alzheimer-oldenburg.de/phone> +49 441 9266939

## — Care counselling and training for caring relatives

### Address & contact details

AOK – Die Gesundheitskasse  
für Niedersachsen  
Gartenstraße 10  
26122 Oldenburg

☎ +49 441 7702-64385  
✉ AOK.Oldenburg@nds.aok.de  
🌐 <https://www.aok.de/pk/niedersachsen/region/oldenburg/>

### Contact

Can Bahar

## — MDK Lower Saxony Medical Service of the Health Insurance

The MDK is the social/medical consulting and assessment service of the statutory health and long-term care insurance. It ensures that health and long-term care insurance benefits are provided on equal terms to all insured persons according to objective medical criteria. The MDK helps to ensure that people are cared for according to their needs. Resources

should be used for services with demonstrated benefits and proven quality. Here, it is just as important to ensure medically necessary treatment as it is to avoid unnecessary or even harmful care.

### *Address & contact details*

Medizinischer Dienst der  
Krankenversicherung (MDK)  
Güterstraße 3  
26122 Oldenburg

☎ +49 441 340110

✉ oldenburg@mdkn.de

🌐 [www.mdk-niedersachsen.de](http://www.mdk-niedersachsen.de)

## — Compass Private Pflegeberatung

Compass is an independent organisation which provides advice free of charge. Telephone counselling is available to anyone seeking advice. As an independent subsidiary of the PKV association, Compass can provide personal advice at home to privately insured persons and their relatives.

### *Address & contact details*

Compass Private Pflegeberatung  
Gustav-Heinemann-Ufer 74c  
50968 Köln

☎ +49 800 1018800

🌐 [www.compass-pflegeberatung.de](http://www.compass-pflegeberatung.de)

## — MEDICPROOF – The medical service of the private insurance providers

As a subsidiary of the Verband der Privaten Krankenversicherung e. V. (PKV-Verband), MEDICPROOF GmbH checks whether privately insured applicants are in need of care and which care level this corresponds to.

All assessments are carried out according to uniform standards and the appraisals are produced on time – regardless of the company with which the claimants are insured or where they live.

MEDICPROOF is a neutral service provider that coordinates the preparation of expert opinions and ensures their quality. The company receives appraisal orders from the 42 private health insurance companies that operate compulsory long-term care insurance, as well as from the Postbeamtenkrankenkasse and the Krankenversorgung der Bundesbahnbeamten.

# Support services for dementia patients and relatives

## Care and relief services

In addition to the care allowance and the care benefit in kind, those in need of care also have access to additional care and relief benefits in accordance with Section 45b, Social Insurance Code XI.

## What are additional care and relief services?

Additional care and relief services are financial assistance from the nursing care insurance fund. This assistance is aimed at all people in need of care and is paid in addition to conventional benefits.

## Who can receive additional care and relief services according to Section 45, Social Insurance Code XI?

People without significantly restricted everyday competence are entitled to these benefits. However, they are only available to people who require care but live in an outpatient setting, i.e. not in an institution.

## How much am I entitled to?

Since the beginning of 2017, in accordance with Section 45b, Social Insurance Code XI, an additional care benefit of

€125 per month has been made available by the long-term care insurance to every patient, irrespective of the care level required. The monthly payment is not made to the person in need of care or their relatives, but can be used for services provided by recognised institutions.

## Which services are covered?

In addition, care benefits in kind can be claimed under Section 36, Social Insurance Code XI. This makes it possible to spend the benefits provided by the nursing care insurance fund on night and day care, short-term care and preventive care. This means that these services can be used to a greater extent, thus relieving relatives for a longer period of time. The benefit also extends to accredited care services that provide a special range of services that go beyond basic care. This mainly involves the care, supervision and guidance of the person in need of care.

## Information on low-threshold care services in Lower Saxony

The Lower Saxony State Association for Health operates an online platform with information on basic care services in Lower Saxony. This portal is primarily

aimed at institutions that want to set up and offer basic care services, as well as multipliers from the care, health and social sectors who provide information and advice on basic care services.

See

► <https://www.ms.niedersachsen.de/startseite/gesundheitspflege/pflegeangebote-zur-unterstuetzung-im-alltag-153311.html>

for providers in Lower Saxony, sorted by postcode.

## Basic care and relief services

The following basic care services are covered by long-term care insurance:

- Coping with general or care-related demands of everyday life: Supportive guidance for caring relatives/ close relatives, supervision of correspondence with authorities, etc.
- Arranging special assistance required: Procuring a home emergency call device, provision of aids etc.
- Relief for caring relatives or similarly close carers: Accompaniment outside the home (e.g. to the hairdresser's, doctor's or therapy practice, during



shopping or leisure activities, attendance of cultural events).

- Household support: Cleaning the house, watering houseplants, taking care of pets, taking care of yourself, shopping service, etc.

- Care services: Supervision to relieve the burden on caring relatives, stimulation and support for social contacts, etc.

## Providers of care and relief services

The institutions listed below offer care and relief services in the outpatient sector in Oldenburg in accordance with

Section 45b of the Social Insurance Code XI (in alphabetical order). Of course, you will receive a personal, detailed consul-

tation about these additional services in advance.

### — Bümmersteder SeniorenBüro – BSB

#### Contact

Susanne Müller  
Cornelia Lüschen

#### Address & contact details

Bümmersteder SeniorenBüro – BSB  
Erikaweg 19  
26133 Oldenburg

☎ +49 441 36119846  
✉ senioren-buemmerstede@web.de  
🌐 www.ev-kirche-osternburg.de

### — Das Uhlenhus e. V.

#### Contact

Ilona Bender

#### Address & contact details

Das Uhlenhus e. V.  
Uhlhornsweg 23  
26129 Oldenburg

☎ +49 441 3509777  
✉ info@uhlenhus.de  
🌐 www.uhlenhus-ol.de

### — DemenzHilfe Oldenburg e. V.

#### Contact

Marlene Dirks

#### Address & contact details

DemenzHilfe Oldenburg e. V.  
Donnerschweer Straße 127  
26123 Oldenburg

☎ +49 441 36143908  
✉ info@demenzhilfe-ol.de  
🌐 www.demenzhilfe-ol.de/  
betreuungen-dho

## — *evasenio – Ev. Seniorenhilfe Eversten / Bloherfelde e.V.*

### *Contact*

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Gundi Pape, Anke Heidenreich,  
Kirsten Strach

### *Address & contact details*

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evasenio – Ev. Seniorenhilfe Eversten /  
Bloherfelde e. V.  
Zietenstraße 8  
26131 Oldenburg

☎ +49 441 593579  
✉ [info@evasenio.de](mailto:info@evasenio.de)  
🌐 [www.evasenio.de](http://www.evasenio.de)

## — *Malteser Hilfsdienst – Nursing service*

### *Contact*

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Janus Malysa

### *Address & contact details*

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Malteser Hilfsdienst Pflegedienst  
Nadorster Straße 129  
26123 Oldenburg

☎ +49 441 39038980-47  
✉ [janus.malysa@malteser.org](mailto:janus.malysa@malteser.org)  
🌐 [www.malteser-oldenburg.de](http://www.malteser-oldenburg.de)

## — *Seniorenbegleitung Oldenburg Nord – SON*

### *Contact*

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Claudia Oeljeschläger  
Meike Köhne-Tschigor

### *Address & contact details*

---

Seniorenbegleitung Oldenburg Nord –SON  
Langenweg 165  
26125 Oldenburg

☎ +49 441 39018761  
✉ [senioren.ofenerdiek@kirche-oldenburg.de](mailto:senioren.ofenerdiek@kirche-oldenburg.de)  
🌐 [www.ev-kirche-osternburg.de](http://www.ev-kirche-osternburg.de)

## — *Seniorenbegleitung Oldenburg Süd – SOS*

### *Contact*

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Claudia Oeljeschlaeger

### *Address & contact details*

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Seniorenbegleitung Oldenburg Süd – SOS  
Bremer Straße 28  
26135 Oldenburg

☎ +49 441 36112223  
✉ [senioren.osternburg@kirche-oldenburg.de](mailto:senioren.osternburg@kirche-oldenburg.de)  
🌐 [www.ev-kirche-osternburg.de](http://www.ev-kirche-osternburg.de)

## — *sfb Betreuung*

### *Contact*

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Nicole Xheladini

### *Address & contact details*

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Grüne Straße 18  
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☎ +49 441 36149054-47  
✉ [info@sfb-betreuung.de](mailto:info@sfb-betreuung.de)  
🌐 [www.sfb-betreuung.de](http://www.sfb-betreuung.de)

## — *TipTop Oldenburg*

### *Contact*

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Nicole zu Klampen

### *Address & contact details*

---

Tip Top Edeweicht  
Grubenhof 10 – 12  
26188 Edeweicht

☎ +49 4405 2011056  
✉ [info@tiptop-edeweicht.de](mailto:info@tiptop-edeweicht.de)  
🌐 [www.tiptop-edeweicht.de](http://www.tiptop-edeweicht.de)

# Café for people with dementia

## — Café Malta

Café Malta is a meeting place and support service for dementia patients and their relatives. Activities offered are as varied as get-to-know-you sessions, memory work, photo safaris, singing, movement exercises, memory training, walks and outings. Interested senior citizens are welcome to attend at any time.

Malteser Germany follows the philosophy of Silviahemmet, a foundation established by the Swedish queen, which focuses on helping dementia patients.

### Contact

Monique Rakel

### Address & contact details

Malteser Hilfsdienst e. V.  
Malteser Erzähl-Café  
Nadorster Straße 129  
26123 Oldenburg

☎ +49 441 9728030

✉ [monique.rakel@malteser.org](mailto:monique.rakel@malteser.org)

🌐 [www.malteser-oldenburg.de/dienste-und-leistungen/leben-im-alter/cafe-malta](http://www.malteser-oldenburg.de/dienste-und-leistungen/leben-im-alter/cafe-malta)

### Dates

every Monday 02:00 pm – 05:00 pm

Prior registration is requested.



## *Day care and support*

The services offered in the day care facilities are primarily aimed at older people with physical or cognitive impairments to their autonomy. Day care gives those affected the opportunity to remain in their home environment for much longer.

In addition to promoting social contacts, day care facilities offer day guests a meaningful daily structure with employ-

ment opportunities, shared meals and rest periods. The offers are based on the existing abilities, habits and interests of the guests.

In addition to the care provided, relief for caregiving relatives is a very important aspect of this offer. Relatives are often exposed to a high level of stress – especially when they are still working or are already

elderly themselves. In the knowledge that their loved one is in good hands, relatives can take a breather.

The nursing care insurance providers pay up to 100 percent of the benefit in kind of the corresponding nursing care level for day care.



## — Ambulantis Tagespflege

### Contact

Daniel Forsting

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26123 Oldenburg

☎ +49 441 55978902  
✉ [info@ambulantis-oldenburg.de](mailto:info@ambulantis-oldenburg.de)  
🌐 [www.ambulantis-oldenburg.de](http://www.ambulantis-oldenburg.de)

## — Caritas-Tagespflege “Alexanderstraße”

### Contact

Regina Emigholz

### Address & contact details

Caritas-Tagespflege “Alexanderstraße”  
Alexanderstraße 100  
26121 Oldenburg

☎ +49 441 36152857  
✉ [tagespflege-alexanderstrasse@caritas-ol.de](mailto:tagespflege-alexanderstrasse@caritas-ol.de)  
🌐 [www.caritas-ol.de/pflege-wohnen/tagespflege-alexanderstrasse](http://www.caritas-ol.de/pflege-wohnen/tagespflege-alexanderstrasse)

## — Caritas-Tagespflege “An den Wallanlagen”

### Contact

Doris Groenhagen

### Address & contact details

Caritas-Tagespflege “An den Wallanlagen”  
Peterstraße 6  
26122 Oldenburg

☎ +49 441 35071530  
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🌐 [www.caritas-ol.de](http://www.caritas-ol.de)

## — DRK-Tagespflege- und Betreuungszentrum Ofenerdiek

### Contact

Lucyna Zajac

### Address & contact details

DRK-Tagespflege- und  
Betreuungszentrum Ofenerdiek  
Spittweg 4  
26125 Oldenburg

☎ +49 441 779360  
✉ [l.zajac@drk-ol.de](mailto:l.zajac@drk-ol.de)  
🌐 [www.drk-ol.de](http://www.drk-ol.de)

## — DRK-Tagespflege im Erlenhof

### Contact

Wilhelm Schlömer

### Address & contact details

DRK-Tagespflege im Erlenhof  
Hörneweg 100  
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☎ +49 441 7793814  
✉ [w.schloemer@drk-ol.de](mailto:w.schloemer@drk-ol.de)  
🌐 [www.drk-ol.de](http://www.drk-ol.de)

## — *Johanniter-Tagespflege “Am Bürgerbusch”*

### *Contact*

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Ernst Kroeck

### *Address & contact details*

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Johanniter Tagespflege “Am Bürgerbusch”  
Scheideweg 227  
26127 Oldenburg

☎ +49 441 936532-62  
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[ernst.kroeck@johanniter.de](mailto:ernst.kroeck@johanniter.de)  
🌐 [www.johanniter.de](http://www.johanniter.de)

## — *Tagespflegeeinrichtung Müller GmbH*

### *Contact*

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Nicole Beyken

### *Address & contact details*

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Ofenerdieker Straße 10  
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☎ +49 441 72977-47  
✉ [info@pflege-in-oldenburg.de](mailto:info@pflege-in-oldenburg.de)  
🌐 [www.pflege-in-oldenburg.de](http://www.pflege-in-oldenburg.de)

## — *Tagespflege Hundsmühlen*

### *Contact*

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Kathrin Kroppach

### *Address & contact details*

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Hunoldstraße 106  
26203 Wardenburg

☎ +49 441 36184277  
✉ [kontakt@tagespflege-hundsmuehlen.de](mailto:kontakt@tagespflege-hundsmuehlen.de)  
🌐 [www.tagespflege-hundsmuehlen.de](http://www.tagespflege-hundsmuehlen.de)





## Short-term, holiday and preventive care

When home care cannot be provided temporarily to someone who needs it, short-term care in an inpatient facility is a possible fix. This solution can be considered in the following cases, for example:

- when the family caregiver is ill, exhausted or travelling,
- after a hospital stay of the person in need of care,
- when the limits of home care have been reached, i.e. when transitioning to permanent residential care (although short-term care can be used very well as a trial residence in this home).

Short-term care under a long-term care insurance usually takes place in an inpatient care facility that has concluded a care contract with the long-term care insurance funds. The amount of these benefits is identical for care levels 2, 3, 4 and 5. For a maximum of 28 days per year, the sick relative can be placed in care there, so that the carer can, for example, take a holiday during this period.

Short-term care facilities completely take over the care of the patient during the stay. Many facilities have adapted to the care of people suffering from dementia and offer appropriate care and employment. The nursing care insurance fund grants a monetary amount of € 1,612.00 for this upon application.

By combining this with the benefits of holiday or preventive care, the period of short-term care can be doubled to up to 56 days and the total amount to up to € 3,224.00.

Holiday or preventive care is also a benefit that can be claimed via the nursing care insurance fund. It is also possible for a maximum of 28 days per year to have the sick person cared for at home, for example by a nursing service or a close person, if the main carer is unable to come (for example due to illness or holiday). The nursing care insurance fund will pay up to € 1,612.00 for care provided by a nursing service; for care provided by relatives, it will usually only pay the nursing care allowance plus any expenses such as travel expenses or loss of earnings (maximum € 1,612.00).

Preventive care can also be provided in a short-term care facility. By combining this with the benefits of short-term care, the period of preventive care can be increased to up to 42 days and the total sum to up to € 2,418.00.

Bear in mind though that temporary residence in a home can be very stressful for people with dementia. Preventive care, on the other hand, allows for very flexible solutions for replacing the caregiver.

In principle, short-term care can be provided by any nursing home. However, the search for a short-term care place is

often very difficult because the homes are typically fully occupied. In Oldenburg, the search for a free short-term care place sometimes leads far into the surrounding area.

Further information can be obtained from the Senioren- und Pflegestützpunkt of the city of Oldenburg.

*Source: Alzheimer Gesellschaft Oldenburg e.V., 2019*



## *Assisted holidays for people with dementia and their relatives*

Holiday offers that are specially tailored to the needs of dementia patients and their relatives have become increasingly established in recent years. Most of these services are organised by regional and local Alzheimer's associations, but there are also other providers. The German Alzheimer's Association collects these holiday offers and has compiled them into a list.

This list makes no claim to completeness and the offers included have not been checked for quality by the German Alzheimer's Association and therefore do not constitute recommendations.

Info at:

► [www.deutsche-alzheimer.de/angehoerige/entlastungsangebote](http://www.deutsche-alzheimer.de/angehoerige/entlastungsangebote)

Source: Alzheimer Gesellschaft Oldenburg e.V., 2019





# *Support self-help groups for relatives of people with dementia*

Caring for people with dementia is often an emotional challenge for affected family members. A self-help group can be highly valuable for the following reasons: in the protected setting offered by such

a group, relatives have the opportunity to exchange experiences and give each other practical tips. They not only receive information about the clinical picture and course of the disease, but also see

that they are not alone with their challenges and emotions. In addition, social contacts with other affected persons can be established here.

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## *Alzheimer Gesellschaft Oldenburg e. V.*

### *Address & contact details*

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Alzheimer Gesellschaft Oldenburg e. V.  
Selbsthilfegruppe für  
Menschen mit Demenz  
c/o Beratungs- und Koordinationsstelle  
für Selbsthilfegruppen (BeKoS)  
Lindenstraße 12a  
26123 Oldenburg

☎ +49 441 9266939  
✉ [info@alzheimer-oldenburg.de](mailto:info@alzheimer-oldenburg.de)  
🌐 [www.alzheimer-oldenburg.de](http://www.alzheimer-oldenburg.de)

### *Meetings*

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Monthly: every 1<sup>st</sup> Tuesday of the month  
from 07:00 pm to 09:00 pm at BeKoS,  
Lindenstraße 12a in Oldenburg

### *Advice*

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Fri. 09:00 am – 11:00 am

Outside consulting hours, a message can be left on the answering machine.



## Other groups for relatives of people with dementia

### — Senior companionship Oldenburg South – SOS – Group for caring relatives (not only for relatives of dementia patients)

#### Address & contact details

Seniorenbegleitung Oldenburg Süd – SOS  
Gruppe für pflegende Angehörige  
Bremer Straße 28  
26135 Oldenburg

☎ +49 441 36112223  
✉ senioren.oldenburg@kirche-oldenburg.de  
🌐 www.ev-kirche-osternburg.de

#### Meetings

monthly: every 2<sup>nd</sup> Monday of the month  
from 03:00 pm – 05:00 pm  
at Bremer Straße 28

### — DemenzHilfe Oldenburg e.V. (DHO) – Donnerschwee meeting place

DemenzHilfe Oldenburg e. V. organises  
support groups for relatives on a regular  
basis.

☎ +49 441 36143908  
✉ info@demenzhilfe-ol.de  
🌐 www.demenzhilfe-ol.de

#### Contact

Friedlinde Köhler

#### Address & contact details

DemenzHilfe Oldenburg e. V.  
Donnerschwee Straße 127  
26123 Oldenburg  
(Parking spaces with easy access are  
available in front of the building)

#### Meetings

Every 2<sup>nd</sup> Monday of the month from  
04:30 pm to 06:00 pm

### — DemenzHilfe Oldenburg e.V. (DHO) – Dietrichsfeld meeting place

#### Address & contact details

Dietrichsfeld meeting place  
Alexanderstraße 331  
26127 Oldenburg

☎ +49 441 36143908  
✉ info@demenzhilfe-ol.de  
🌐 www.demenzhilfe-ol.de

#### Contact

Friedlinde Köhler

#### Meetings

Every 4<sup>th</sup> Monday of the month from  
16:30 pm to 18:00 pm

# Self-help groups for people with dementia

Many people who receive a diagnosis of dementia at an early stage wish to exchange with others affected.

Self-help groups for people with early-stage dementia are also offered in Oldenburg. The groups focus on different aspects: some are concerned with coming

to terms with the illness and receiving help for everyday life, while others are primarily interested in spending their leisure time together.

## — Alzheimer Gesellschaft Oldenburg e. V.

### Address & contact details

Alzheimer Gesellschaft Oldenburg e. V.  
Selbsthilfegruppe für Menschen mit  
Demenz  
c/o Beratungs- und Koordinationsstelle  
für Selbsthilfegruppen (BeKoS)  
Lindenstraße 12a  
26123 Oldenburg

☎ +49 441 9266939  
✉ [info@alzheimer-oldenburg.de](mailto:info@alzheimer-oldenburg.de)  
🌐 [www.alzheimer-oldenburg.de](http://www.alzheimer-oldenburg.de)

### Meetings

Every two weeks: every 2<sup>nd</sup> and 4<sup>th</sup>  
Tuesday of the month from 03:00 pm to  
04:30 pm at BeKoS, Lindenstraße 12a in  
Oldenburg

### Advice

Fri. 09:00 am – 11:00 am

Outside consultation hours, a message  
can be left on the answering machine.





# Outpatient care services

An outpatient care service supports those in need of care and their relatives with care at home. On the one hand, it enables those affected to remain in their familiar surroundings; on the other hand, it offers support and help in everyday life to family members providing care – for example, when it is necessary to coordinate one's own professional life with caring for relatives.

The range of services offered by an outpatient nursing service covers various areas. These are mainly:

- Body-related care measures such as personal hygiene, nutrition, promotion of mobility
- Nursing care measures such as assistance with orientation, with the organisation of everyday life or with maintaining social contacts

- Home nursing care according to Section 37, Social Insurance Code V as a benefit of the statutory health insurance such as administering medication, changing dressings or giving injections
- Advice for those in need of care and their relatives on care-related issues, support in arranging assistance services, such as meal delivery, or organising transport services and ambulance services
- Help with household chores, for example cooking or cleaning the apartment

For those in need of care with a care level of 2 or higher, the care insurance covers the costs of the following as outpatient care benefits in kind:

- The use of a nursing service for body-related care
- Nursing care measures
- Assistance with housekeeping

up to a maximum amount prescribed by law (per month).

The maximum amount prescribed by law depends on the care level. In addition, the relief amount of up to €125 per month can also be used for services provided by outpatient care services in order to receive support.

*Source: Bundesministerium für Gesundheit, 2019*

## Senioren- und Pflegestützpunkt Niedersachsen (SPN) der Stadt Oldenburg

The Senioren- und Pflegestützpunkt Niedersachsen (SPN) maintains a list of all providers of outpatient nursing services and home-based specialist nursing care in the city of Oldenburg.

You can find the list of providers at

► [www.oldenburg.de/aelter-werden](http://www.oldenburg.de/aelter-werden)

### Contact

Heike Berger and Regina Schmidt

### Address & contact details

Senioren- und Pflegestützpunkt  
Niedersachsen (SPN) der Stadt Oldenburg  
Lambertihof  
Kleine Kirchstr. 11 a  
26122 Oldenburg

☎ +49 441 235-3780

✉ [pflegestuetzpunkt@stadt-oldenburg.de](mailto:pflegestuetzpunkt@stadt-oldenburg.de)

🌐 [www.oldenburg.de](http://www.oldenburg.de)

### Consultation hours

Open consultation hours:

Mon. – Fri.	10:00 am – 01:00 pm
Thurs.	02:00 pm – 05:00 pm

Consultation hours with prior appointment:

Mon. – Fri.	08:00 am – 10:00 am
Thurs.	05:00 pm – 06:00 pm

## *Occupational therapy*

Occupational therapy may be prescribed for dementia. As a rule, it takes place in occupational therapy practices, but can also be carried out at the home of the ill person, in nursing homes or shared flats if prescribed by a doctor. Both individual treatment and group therapy are possible.

Although the methods of occupational therapy are very diverse, they require careful adaptation to the clinical picture

of dementia. It has been shown that occupational therapy – like all other therapy methods – cannot cure dementia. But: it can mitigate its course, alleviate the symptoms and provide assistance for the sick and their relatives.

Until now, it has been assumed that occupational therapy in the form of memory training was helpful for the onset of dementia. The main objective was to

stabilise the ability to perform activities of daily living (ADLs) for as long as possible. Today we know that in dementia, in addition to cognition, body perception in particular is disturbed and decreases more and more as the disease progresses. For this reason, occupational therapy intervention now starts here. In addition, in advanced dementia, assistance with food intake can be an important starting point for occupational therapy.



## — Practice for occupational therapy in Oldenburg Christine Dahms

### *Address & contact details*

---

Practice for occupational therapy  
in Oldenburg – Christine Dahms  
Hauptstraße 19  
26122 Oldenburg

☎ +49 441 21988857  
✉ [info@denken-fuehlen-handeln.de](mailto:info@denken-fuehlen-handeln.de)  
🌐 [www.denken-fuehlen-handeln.de](http://www.denken-fuehlen-handeln.de)

## — Practice for occupational therapy Susanne Ebert

### *Address & contact details*

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✉ [kontakt@ergotherapie-ebert.de](mailto:kontakt@ergotherapie-ebert.de)  
🌐 [www.ergotherapie-ebert.de](http://www.ergotherapie-ebert.de)

## — Practice for occupational therapy Johann Endelmann

### *Address & contact details*

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Nadorster Straße 210  
26123 Oldenburg

☎ +49 441 9986383  
✉ [info@ergotherapie-endelmann.de](mailto:info@ergotherapie-endelmann.de)  
🌐 [www.ergotherapie-endelmann.de](http://www.ergotherapie-endelmann.de)

## — Practice for occupational therapy Rolf Faubel

### *Address & contact details*

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Practice for occupational therapy  
Rolf Faubel  
Weskampstraße 11  
26121 Oldenburg

☎ +49 441 83835  
✉ [info@ergotherapie-faubel.de](mailto:info@ergotherapie-faubel.de)  
🌐 [www.ergotherapie-faubel.de](http://www.ergotherapie-faubel.de)

## — Ergotherapie Fries

### *Address & contact details*

---

Ergotherapie Fries  
Hauptstraße 37  
26133 Oldenburg

☎ +49 441 57030981  
✉ [info@ergotherapie-fries.de](mailto:info@ergotherapie-fries.de)  
🌐 [www.ergotherapie-fries.de](http://www.ergotherapie-fries.de)

## — *Katja Gott occupational therapy*

### *Address & contact details*

.....

Katja Gott occupational therapy	☎ +49 441 92379149
Alexanderstraße 322-328	✉ info@katjagott.de
26127 Oldenburg	🌐 www.katjagott.de

## — *Practice for occupational therapy Barbara Grüttefien*

### *Address & contact details*

.....

Practice for occupational therapy	☎ +49 441 9602146
Barbara Grüttefien	✉ oldenburg@barbaragruettefien.de
Donnerschweer Straße 171 B	🌐 www.barbaragruettefien.de
26123 Oldenburg	

## — *Practice for occupational therapy Marco Helter & Olaf Constien*

### *Address & contact details*

.....

Practice for occupational therapy	☎ +49 441 7779944
Marco Helter & Olaf Constien	✉ Helter-Constien@ergotherapie-oldenburg.de
Prinzessinweg 6	🌐 www.ergotherapie-oldenburg.de
26122 Oldenburg	

## — *Practice for occupational therapy Kruse & Scheiding*

### *Address & contact details*

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Practice for occupational therapy	☎ +49 441 18030453
Kruse & Scheiding	
Steinweg 2-4	
26122 Oldenburg	

# Living in old people's and nursing homes

## — Alzheimer Gesellschaft Oldenburg e.V.

If relatives are no longer able to care for dementia patients in their own homes, the patients may move to a care facility. There, the sick person is cared for around the clock, both in terms of nursing and social care. An essential criterion for selecting a care facility is the existence of a special care and support concept for people suffering from dementia.

The Alzheimer Gesellschaft Oldenburg e. V. and the Senioren- und Pflegestützpunkt Niedersachsen (SPN) of the city of Oldenburg have collected extensive information on the old people's and nursing homes in and around Oldenburg, which you can find on the following web pages (including explanations of the evaluation criteria and a nursing home overview):

- [www.alzheimer-oldenburg.de](http://www.alzheimer-oldenburg.de)  
(and then under 'Hilfsangebote')
- [www.oldenburg.de/aelter-werden](http://www.oldenburg.de/aelter-werden)

### Address & contact details

Alzheimer Gesellschaft Oldenburg e. V.  
Lindenstraße 12 a  
26123 Oldenburg

☎ +49 441 9266939  
✉ [info@alzheimer-oldenburg.de](mailto:info@alzheimer-oldenburg.de)  
🌐 [www.alzheimer-oldenburg.de](http://www.alzheimer-oldenburg.de)

### Consultation hours

every Friday 09:00 am – 11:00 am  
Outside consulting hours, a message can be left on the answering machine.

## — Senioren- und Pflegestützpunkt Niedersachsen (SPN) der Stadt Oldenburg

### Address & contact details

Senioren- und Pflegestützpunkt Niedersachsen (SPN) der Stadt Oldenburg  
Lambertihof  
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✉ [pflegestuetzpunkt@stadt-oldenburg.de](mailto:pflegestuetzpunkt@stadt-oldenburg.de)  
🌐 [www.oldenburg.de](http://www.oldenburg.de)

### Contact

Heike Berger and Regina Schmidt

### Consultation hours

Open consultation hours:  
Mon. – Fri. 10:00 am – 01:00 pm  
Thurs. 02:00 pm – 05:00 pm

Consultation hours with prior appointment:  
Mon. – Fri. 08:00 am – 10:00 am  
Thurs. 05:00 pm – 06:00 pm



## — *Alten- und Pflegeheim Bodenburgallee 51 gGmbH*

### *Address & contact details*

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Bodenburgallee 51 gGmbH  
Bodenburgallee 51  
26131 Oldenburg

☎ +49 441 95075-0  
✉ [info@bodenburgallee.de](mailto:info@bodenburgallee.de)  
🌐 [www.bodenburgallee.de](http://www.bodenburgallee.de)

## — *Amarita Oldenburg GmbH*

### *Address & contact details*

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Amarita Oldenburg GmbH  
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🌐 [www.amarita-oldenburg.de](http://www.amarita-oldenburg.de)

## — *AWO Wohnen & Pflegen GmbH / Haus am Flötenteich*

### *Address & contact details*

---

AWO Wohnen & Pflegen GmbH  
Haus am Flötenteich  
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26125 Oldenburg

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🌐 [www.haus-am-floetenteich.de](http://www.haus-am-floetenteich.de)

## — *Büsingstift – Das Haus für Senioren*

### *Address & contact details*

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Büsingstift – Das Haus für Senioren  
Wallgraben 3  
26121 Oldenburg

☎ +49 441 925570  
✉ [buesingstift@diakonie-ol.de](mailto:buesingstift@diakonie-ol.de)  
🌐 [www.buesingstift.de](http://www.buesingstift.de)

## — *Caritas-Stiftung “Marienhof”*

### *Address & contact details*

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Caritas-Stiftung “Marienhof”  
Bodenburgallee 40  
26131 Oldenburg

☎ +49 441 955 97 0  
✉ [info@caritas-ol.de](mailto:info@caritas-ol.de)  
🌐 [www.caritas-ol.de](http://www.caritas-ol.de)

## — Caritas-Stiftung “St. Josef”

### Address & contact details

Caritas-Stiftung “St. Josef”  
Kolpingstraße 15  
26133 Oldenburg

☎ +49 441 944030  
✉ info@caritas-ol.de  
🌐 www.caritas-ol.de

## — Cura-Seniorencentrum Oldenburg GmbH

### Address & contact details

Cura-Seniorencentrum Oldenburg GmbH  
Mittagsweg 34  
26133 Oldenburg

☎ +49 441 944210  
✉ info.oldenburg-mittagsweg@cura-ag.com  
🌐 www.oldenburg.cura-ag.com

## — Domicil Seniorenheim GmbH

### Address & contact details

Domicil Seniorenheim GmbH  
Drögen-Hasen-Weg 1-3  
26129 Oldenburg

☎ +49 441 969910  
✉ info@domicil-seniorenheime.de  
🌐 www.doreafamilie-oldenburg.de

## — DRK-Schwesternheim

### Address & contact details

DRK-Schwesternheim  
Bodenburgallee 49  
26131 Oldenburg

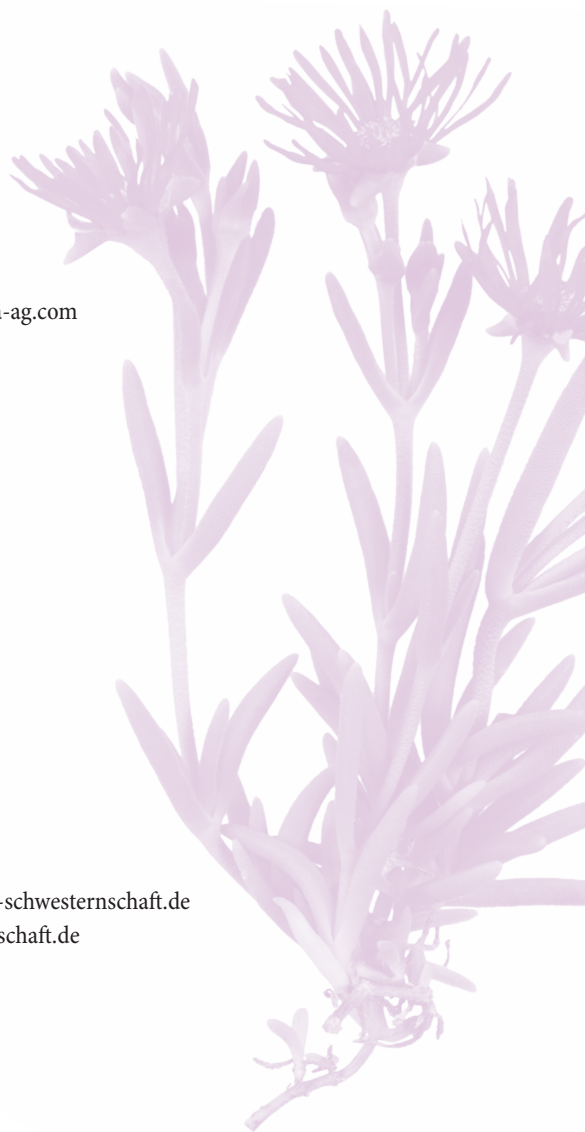
☎ +49 441 503439  
✉ daniela.buerger@oldenburgische-schwesternschaft.de  
🌐 www.oldenburgische-schwesternschaft.de

## — Elisabethstift Oldenburgisches Diakonissenhaus

### Address & contact details

Elisabethstift Oldenburgisches  
Diakonissenhaus  
Philosophenweg 25  
26121 Oldenburg

☎ +49 441 7700299  
✉ elisabethstift@diakonie-ol.de  
🌐 www.elisabethstift-ol.de



## — *Ev. Altenzentrum Bischof-Stählin gGmbH*

### *Address & contact details*

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Ev. Altenzentrum Bischof-Stählin gGmbH  
Tübinger Straße 3  
26125 Oldenburg

☎ +49 441 3616880  
✉ [info@bischof-staehlin.de](mailto:info@bischof-staehlin.de)  
🌐 [www.bischof-staehlin.de](http://www.bischof-staehlin.de)

## — *FaSeniHa Nord*

### *Address & contact details*

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FaSeniHa Nord  
Rankenstraße 31  
26121 Oldenburg

☎ +49 441 36147981  
✉ [ines.schlemminger@residenz-faseniha.de](mailto:ines.schlemminger@residenz-faseniha.de)  
🌐 [www.residenz-faseniha.de](http://www.residenz-faseniha.de)

## — *FaSeniHa Süd*

### *Address & contact details*

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FaSeniHa Süd  
Brachvogelweg 42a  
26133 Oldenburg

☎ +49 441 361317200  
✉ [ines.schlemminger@residenz-faseniha.de](mailto:ines.schlemminger@residenz-faseniha.de)  
🌐 [www.residenz-faseniha.de](http://www.residenz-faseniha.de)

## — *Friedas-Frieden-Stift*

### *Address & contact details*

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Friedas-Frieden-Stift  
Philosophenweg 17  
26121 Oldenburg

☎ +49 441 77002-99  
✉ [friedas-frieden-stift@diakonie-ol.de](mailto:friedas-frieden-stift@diakonie-ol.de)  
🌐 [www.friedas-frieden-ol.de](http://www.friedas-frieden-ol.de)

## — *Lambertistift*

### *Address & contact details*

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Lambertistift  
Alexanderstraße 60 – 62  
26121 Oldenburg

☎ +49 441 969970  
✉ [info@lambertistift-oldenburg.de](mailto:info@lambertistift-oldenburg.de)  
🌐 [www.lambertistift-oldenburg.de](http://www.lambertistift-oldenburg.de)

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## — Seniorenresidenz Alexandersfeld

### *Address & contact details*

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Seniorenresidenz Alexandersfeld  
Schinkelstr. 1  
26127 Oldenburg

☎ +49 441 95543-0  
✉ SRAlexandersfeld@argentum-pflege.de  
🌐 [www.argentum-pflege.de](http://www.argentum-pflege.de)

## — Seniorenwohntstift Kreyenbrück

### *Address & contact details*

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Seniorenwohntstift Kreyenbrück  
Fürstenwalder Straße 25  
26133 Oldenburg

☎ +49 441 48020  
✉ [sws.kreyenbrueck@hansa-gruppe.info](mailto:sws.kreyenbrueck@hansa-gruppe.info)  
🌐 [www.hansa-gruppe.info](http://www.hansa-gruppe.info)

## — Seniorenwohntstift Ofenerdiek

### *Address & contact details*

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Seniorenwohntstift Ofenerdiek  
Langenweg 152  
26125 Oldenburg

☎ +49 441 3002-0  
✉ [sws.ofenerdiek@hansa-gruppe.info](mailto:sws.ofenerdiek@hansa-gruppe.info)  
🌐 [www.hansa-gruppe.info](http://www.hansa-gruppe.info)

## — Seniorenwohnen Quartier Willersstraße

### *Address & contact details*

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Seniorenwohnen Quartier Willersstraße  
Willersstr. 11a  
26123 Oldenburg

☎ +49 341 97855119  
✉ [vermietung@gelewo.de](mailto:vermietung@gelewo.de)  
🌐 [www.oldenburg.gelewo.de](http://www.oldenburg.gelewo.de)



## Seniorenzentrum am Küstenkanal

### Address & contact details

Seniorenzentrum am Küstenkanal  
Kanalstraße 15  
26135 Oldenburg

☎ +49 441 92210  
✉ sz.kuestenkanal@hansa-gruppe.info  
🌐 www.hansa-gruppe.info

## Seniorenzentrum Haarentor gGmbH

### Address & contact details

Seniorenzentrum Haarentor gGmbH  
Diakonisches Werk  
Schützenweg 34  
26129 Oldenburg

☎ +49 441 973940  
✉ seniorenzentrum.haarentor@diakonie-ol.de  
🌐 www.seniorenzentrum-haarentor.de

## Sozial-Pflegezentrum Erlenhof

### Address & contact details

Sozial-Pflegezentrum Erlenhof  
Hörneweg 100  
26129 Oldenburg

☎ +49 441 77935  
✉ w.schloemer@drk-ol.de  
🌐 www.drk-ol.de

## Prosenium GmbH residential care centre

### Address & contact details

Prosenium GmbH residential care centre  
Breewaterweg 20  
26133 Oldenburg

☎ +49 441 944220  
✉ info@wpz-breewaterweg.de  
🌐 www.wpz-breewaterweg.de

## Nursing home supervision by the city of Oldenburg

The nursing home supervision department is responsible for the enforcement of the nursing home law. It primarily advises nursing home residents, relatives, nursing home operators and employees in the homes.

Landesamt für  
Soziales, Jugend und Familie  
– Außenstelle Oldenburg –  
Moslestraße 1  
26122 Oldenburg

### Contact

Jan-Hendrik Schmitt

☎ +49 441 2229-0 or +49 441 235-2067  
✉ heimaufsicht@stadt-oldenburg.de



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## Seniorenresidenz Hundsmühlen

### Address & contact details

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Seniorenresidenz Hundsmühlen  
Erwin-Fritzsche-Straße 3  
26203 Wardenburg-Hundsmühlen

☎ +49 441 390219-11  
✉ [info@seniorenresidenz-hundsmuehlen.de](mailto:info@seniorenresidenz-hundsmuehlen.de)  
🌐 [www.bvo.de/einrichtungen/seniorenresidenz-hundsmuehlen/](http://www.bvo.de/einrichtungen/seniorenresidenz-hundsmuehlen/)

## Seniorenresidenz Mühlengrund

### Address & contact details

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Seniorenresidenz Mühlengrund  
Mühlengrund 32  
26215 Wiefelstede

☎ +49 441 361173-0  
✉ [muehlengrund@swbahrke.de](mailto:muehlengrund@swbahrke.de)  
🌐 [www.pflegeheim-in-oldenburg.de](http://www.pflegeheim-in-oldenburg.de)

## Geronto-Psychiatrisches Pflegezentrum Holtland GmbH

### Address & contact details

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Geronto-Psychiatrisches Pflegezentrum  
Holtland GmbH  
Königstraße 104  
26835 Holtland

☎ +49 4950 80510  
✉ [info@pflegezentrum-holtland.de](mailto:info@pflegezentrum-holtland.de)  
🌐 [www.pflegezentrum-holtland.de](http://www.pflegezentrum-holtland.de)



# Living in residential care communities

If the care of dementia patients can no longer be guaranteed in the home environment, they usually move to an inpatient facility. But there are also assisted living communities that offer people with dementia the opportunity to continue living in a family-like environment. The daily routine is based on the individual habits and needs of the residents.

In residential care communities, people with dementia or their legal representatives are tenants of a private room and proportionally of shared rooms. Care is provided by an outpatient service that is present in the home around the clock. Detailed information about this model as well as contact addresses of such communities for people with dementia as well as

currently available places in and around Oldenburg are provided by the Alzheimer Society Oldenburg e. V. and posted on

► [www.alzheimer-oldenburg.de](http://www.alzheimer-oldenburg.de)

Please also see the offers under “Wohnangebot suchen”; offers posted there are never older than one month.

## Advice on residential care communities

### — Alzheimer Gesellschaft Oldenburg e. V.

#### Address & contact details

Alzheimer Gesellschaft Oldenburg e. V.  
Lindenstraße 12 a  
26123 Oldenburg

☎ +49 441 9266939  
✉ [info@alzheimer-oldenburg.de](mailto:info@alzheimer-oldenburg.de)  
🌐 [www.alzheimer-oldenburg.de](http://www.alzheimer-oldenburg.de)

#### Consultation hours

every Friday 09:00 am – 11:00 am  
Outside consulting hours, a message can be left on the answering machine.

### — Senioren- und Pflegestützpunkt Niedersachsen (SPN) der Stadt Oldenburg

The Senioren- und Pflegestützpunkt Niedersachsen (SPN) of the city of Oldenburg also maintains provider lists of assisted residential care communities in the city of Oldenburg. Please find this list of providers under

► [www.oldenburg.de/aelter-werden](http://www.oldenburg.de/aelter-werden)

#### Address & contact details

Senioren- und Pflegestützpunkt  
Niedersachsen (SPN) der Stadt Oldenburg  
Lambertihof  
Kleine Kirchstr. 11 a  
26122 Oldenburg

☎ +49 441 235-3780  
✉ [pflegestuetzpunkt@stadt-oldenburg.de](mailto:pflegestuetzpunkt@stadt-oldenburg.de)  
🌐 [www.oldenburg.de](http://www.oldenburg.de)

#### Contact

Heike Berger and Regina Schmidt

#### Consultation hours

Open consultation hours:  
Mon. – Fri. 10:00 am – 01:00 pm  
Thurs. 02:00 pm – 05:00 pm

### — Wohngemeinschaft Weiße Rose 10

#### Address & contact details

Wohngemeinschaft Weiße Rose 10  
Weiße Rose 10  
26123 Oldenburg

#### Nursing service

Johanniter-Unfall-Hilfe e. V.  
(Ms Exner-Wallmeier)  
☎ +49 441 97190-47

## — Senioren-Wohngemeinschaft Trommelweg

### Address & contact details

Senioren-Wohngemeinschaft Trommelweg  
Trommelweg 31  
26125 Oldenburg

### Nursing service

Cura Home Care Service  
☎ +49 4402 51441

## — Seniorenfinka

### Address & contact details

Seniorenfinka  
Scheideweg 162  
26127 Oldenburg

### Nursing service

Sanitas  
☎ +49 441 36514 or +49 441 99866460

## — Seniorenwohngemeinschaft am Dietrichsweg

### Address & contact details

Seniorenwohngemeinschaft  
am Dietrichsweg  
Dietrichsweg 68  
26127 Oldenburg

### Nursing service

Sanitas  
☎ +49 441 36514

## — Wohngemeinschaft “Am Bloherfelder Markt”

### Address & contact details

Wohngemeinschaft  
“Am Bloherfelder Markt”  
Kennedystraße 12-14  
26129 Oldenburg

### Nursing service

Johanniter Unfallhilfe e. V.  
☎ +49 441 93651110

## — Wohngemeinschaft “Herbstsonne”

### Address & contact details

Wohngemeinschaft “Herbstsonne”  
Theodor Körner Weg 7  
26131 Oldenburg

### Nursing service

Cura Häuslicher Pflegedienst  
☎ +49 4402 9769350

## — Wohngemeinschaft “Am Sandweg”

### *Address & contact details*

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Wohngemeinschaft “Am Sandweg”  
Sandweg 85  
26135 Oldenburg

### *Nursing service*

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Landdienste Oldenburg  
☎ +49 441 9338125

## — Wohngemeinschaft am Klingenbergplatz

### *Address & contact details*

---

Wohngemeinschaft am Klingenbergplatz  
Alter Postweg 3a  
26133 Oldenburg

### *Nursing service*

---

Johanniter-Unfall-Hilfe e. V.  
☎ +49 441 97190-47

## — Pflege-Wohngemeinschaft Willersstraße

### *Address & contact details*

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Ambulantis Oldenburg  
Willersstr. 11a  
26123 Oldenburg

### *Nursing service*

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Ambulantis Oldenburg  
☎ +49 441 5597 890



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**District of Oldenburg**

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**Wohngemeinschaft “Hundsmühlen”****Address & contact details**

Wohngemeinschaft “Hundsmühlen”  
Bachstraße 4  
26203 Wardenburg

**Nursing service**

Johanniter-Unfall-Hilfe e. V.  
(Ms Exner-Wallmeier)  
☎ +49 441 97190-47

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**Wohngemeinschaft “Sonne von Heide”****Address & contact details**

Wohngemeinschaft “Sonne von Heide”  
Tannenweg 15  
27777 Ganderkesee

**Nursing service**

Ambulante Pflege Landdienste GmbH  
☎ +49 4222 950067

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**Haus Wilhelmina****Address & contact details**

Haus Wilhelmina  
Ostertor 7  
27801 Dötlingen

**Nursing service**

Landdienste GmbH  
☎ +49 4431 99080

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**District of Ammerland**

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**Seniorenwohngemeinschaft Wiefelstede****Address & contact details**

Seniorenwohngemeinschaft Wiefelstede  
Kortebrügger Straße 2a  
26215 Wiefelstede

**Nursing service**

Cura Häuslicher Pflegedienst  
☎ +49 4402 51441

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**Seniorenwohngemeinschaft am Roten Steinweg****Address & contact details**

Seniorenwohngemeinschaft  
am Roten Steinweg  
Roter Steinweg 57  
26188 Edeweicht

**Nursing service**

Die PflegeEngel Molberger GmbH  
☎ +49 04475 6329940



## Cultural offerings

All people, regardless of age and physical or mental limitations, have creative potential and a right to cultural participation

and inclusion. People with dementia want to get involved, too. In order to enable and facilitate their access to cultural

living spaces, DemenzNetzOldenburg has initiated several projects for people with cognitive impairments.

### — *Dance cafés for people with dementia*

Dancing is a form of physical activity that many people enjoy. The combination of cheerful music and relaxed rhythmic movements creates a good mood and physical well-being. This is also true for people with dementia, who can often reactivate long-lost abilities in dance. The dance cafés for dementia patients and their relatives take place in the:

Tanzschule Wienholt im  
Waldhaus Wildenloh  
Friedrichsfehner Str. 44  
26188 Edeweicht – Wildenloh

#### *Dates*

The dance cafés are usually held once a month from 02:30 – 04:30 pm. Please contact DemenzNetz Oldenburg directly for the dates.

#### *Contact*

Renate Gerdes

#### *Address & contact details*

DemenzNetz Oldenburg  
Alexanderstraße 189  
26121 Oldenburg

☎ +49 441 7706-6858 (Renate Gerdes)

✉ [info@demenznetz-ol.de](mailto:info@demenznetz-ol.de)

🌐 [www.demenznetz-oldenburg.de](http://www.demenznetz-oldenburg.de)





## — *Museum visit for people with dementia*

People with dementia or an intellectual impairment often come up with their own creative stories in front of the exhibits in the museum. A method developed in the USA is used here: as they view such works of art, dementia patients often invent fantasy stories – without any special memory training or targeted biography work. The personal impression is what counts here, not knowledge of art history. The museum we visit is the State Museum of Art and Cultural History in Oldenburg.

### *Start of the project*

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since July 2020

### *Dates*

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The museum visits take place four times per year from 2:30 to 3:30 pm. The museum visits are followed by a get-together with coffee and cake. Please contact DemenzNetz Oldenburg directly for the dates.

### *Contact*

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Renate Gerdes

### *Address & contact details*

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DemenzNetz Oldenburg  
Alexanderstraße 189  
26121 Oldenburg

☎ +49 441 7706-6858 (Renate Gerdes)

✉ info@demenznetz-ol.de

🌐 www.demenznetz-oldenburg.de

## — *Readings*

The DemenzNetz Oldenburg regularly offers readings with well-known authors on the topic of dementia and old age in cooperation with the bookstore Isensee in the Theater Laboratorium.

Tickets are sold exclusively through:

### *Address & contact details*

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Isensee bookshop  
Haarenstraße 20  
26122 Oldenburg

☎ +49 441 25388

✉ buchhandlung@isensee.de

🌐 www.isensee.de

### *Contact*

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Oliver Hopp

### *Opening hours of the bookshop*

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Mon. – Fri. 09:30 am – 07:00 pm

Sat. 09:30 am – 06:00 pm

### *Dates*

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Please enquire directly with:

☎ +49 441 7706-6858 (Renate Gerdes)



# Exercise opportunities for people with dementia

## — TuS Bloherfelde

The TuS Bloherfelde, in cooperation with the senior citizen care service “Das Uhlenhus e. V.,” has conceived a new exercise offering aimed at senior citizens with dementia. Under expert guidance, fall prevention, coordination and strengthening exercises are offered – as well as games and movement to music, so that the fun of moving is not neglected.

### Contact

Susanne Möller

### Address & contact details

TuS Bloherfelde  
Gymnastiksaal am Brandsweg  
26129 Oldenburg

☎ +49 441 9571957 (office)

✉ [info@tus-bloherfelde.de](mailto:info@tus-bloherfelde.de)

🌐 [www.tus-bloherfelde.de](http://www.tus-bloherfelde.de)

### Date

Wednesdays from 3:30 – 4:30 pm

You can join at any time.

### Cost

€ 30.00 for 5 participations

€ 15.00 for relatives

€ 0.00 for TuS Bloherfelde members

Note: the hall is at ground level and easily accessible with a rollator.

## — Exercise programme from DemenzHilfe Oldenburg e. V. (DHO)

This programme is not about top athletic performance, but about the joy and fun of movement. It is aimed at people who, despite their limitations, have a high potential for movement. The group size of between 6 and 8 people gives participants the opportunity to move ‘with all their senses’ according to their individual abilities in a protected environment and under the guidance of two qualified support staff.

When the weather is good, these activities take place outdoors and also serve as an opportunity for those affected to exchange ideas with each other. Walking, dancing, singing, and listening to a person read aloud engage all the senses. In addition

to fun and enjoyment, the focus of all activities is on self-determination and the strengthening of the personality.

The ‘Working Group for Caring Relatives’ takes place in the same building at the same time as the exercise programme.

The movement programme is supported and presented by two members of the DHO e. V.

### Address & contact details

DemenzHilfe Oldenburg e. V.  
Donnerschweer Straße 127  
26123 Oldenburg  
(Parkplätze vor dem Haus; barrierefrei)

☎ +49 441 36143908

✉ [info@demenzhilfe-ol.de](mailto:info@demenzhilfe-ol.de)

🌐 [www.demenzhilfe-ol.de](http://www.demenzhilfe-ol.de)

### Contact

Tanja Ellerbrock

### Movement group team

Michaela Wehner

Gertrud Glaß

### Meetings

Every 2<sup>nd</sup> Monday of the month in the Donnerschweer district from 04:30 pm to 06:00 pm



# Church services for people with and without dementia

With the onset of dementia, many older people often withdraw more and more from church life. As a result, religious sources of strength and the sense of belonging to a beneficial community are lost for many of those affected. In order to support people with dementia and their relatives here, the Oldenburg Süd – SOS senior citizens' support service currently offers dementia-sensitive services every two to three months.

## Contact

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Claudia Oeljeschläger

## Address & contact details

---

Seniorenbegleitung Oldenburg Süd – SOS  
Bremer Straße 28  
26135 Oldenburg

☎ +49 441 36112223

☎ +49 1520 8962507

✉ [senioren.oldenburg@kirche-oldenburg.de](mailto:senioren.oldenburg@kirche-oldenburg.de)

🌐 [www.ev-kirche-osternburg.de/seniorenbegleitung-sos](http://www.ev-kirche-osternburg.de/seniorenbegleitung-sos)

## Consultation hours

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Open consultation hours:

Mon. + Thu. 09:30 am – 12:30 pm

Tues. 02:00 pm – 05:00 pm

Telephone arrangement:

Mon., Tues., Wed., Thu.

09:30 am – 12:30 pm

Mon., Tues.

02:00 pm – 04:00 pm





# Healthcare proxy, care and living wills

The right to self-determination that is enshrined in Germany's Basic Law includes the right to shape one's life according to one's own ideas. This right may only be interfered with within narrow statutory limits. Progressive dementia leads to an impairment of free will. If third parties then make decisions for dementia patients that do not correspond to their will, they can be significantly impaired as a result.

The drafting of a healthcare proxy, a care proxy and a living will is one way of preventing such external determination.

If no healthcare proxy is available, the establishment of a legal guardianship via the court is usually unavoidable in the case of progressive dementia. Caregivers are usually close relatives, in some cases also neutral third parties. Legal guardianship is only established for the areas for which it is required ("areas of responsibility").

You can download the information sheets from the Deutsche Alzheimer Gesellschaft e. V.:

- Information sheet 9  
"The law on guardianship".
- Information sheet 10 "Healthcare proxy, care proxy, living will".

► <https://www.deutsche-alzheimer.de/unser-service/informationsblaetter-downloads.html>

Source: Deutsche Alzheimer Gesellschaft e. V., 2019

## — *Betreuungsstelle Stadt Oldenburg* (guardianship office of the city of Oldenburg)

The law on guardianship serves to protect and support people who, because of a mental illness or a physical, mental or psychological disability, are unable to manage their affairs themselves in whole or in part and are therefore dependent on the support of others.

On the information pages of the city of Oldenburg you will find detailed information on guardianship law, healthcare proxies, guardianship directives and living wills.

### *Contact details*

☎ +49 441 235-4444

✉ [betreuungsstelle@stadt-oldenburg.de](mailto:betreuungsstelle@stadt-oldenburg.de)

🌐 [www.oldenburg.de/startseite/buergerservice/osiris/anliegen-a-z/dienstleistung/show/betreuungsrecht](http://www.oldenburg.de/startseite/buergerservice/osiris/anliegen-a-z/dienstleistung/show/betreuungsrecht)

## — *Betreuungsverein des SkF Oldenburg e.V. – Sozialdienst katholischer Frauen*

The SkF (Sozialdienst katholischer Frauen, Catholic womens' social service organisation) is a recognised guardianship association for Oldenburg, which supports women and men regardless of their religious affiliation. Care by the SkF is ordered by the guardianship court if a person of full age can no longer manage his or her affairs independently due to illness/disability. In the case of comprehensive and difficult guardianship, full-time social workers or social pedagogues of the guardianship association are employed.

In cooperation with the guardianship office of the city of Oldenburg, the SkF is

also responsible for the accompaniment, placement, further training and counselling of voluntary guardians and family members. Furthermore, the SkF provides comprehensive information about basic guardianship legislation and possibilities of prevention.

### *Contact*

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Ute Maulick

### *Address & contact details*

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Betreuungsverein des SkF  
(Sozialdienst kath. Frauen) e. V.  
Peterstraße 22-26  
26121 Oldenburg

☎ +49 441 25024

✉ [info@skf-oldenburg.de](mailto:info@skf-oldenburg.de)

🌐 [www.skf-oldenburg.de](http://www.skf-oldenburg.de)

### *Consultation hours*

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Every Tuesday from 10:00 am – 11:00 am  
and by telephone arrangement.



# Palliative care / hospice

## Palliative care for people with advanced dementia

Palliative care and nursing is aimed at people who are seriously and terminally ill. Its aim is not to prolong life, but to ensure the best possible quality of life for those affected. In the last phase of their lives, good palliative care is also important for people with dementia. Since the introduction of general and specialised

outpatient palliative care, they have a right to good palliative care at home and in the nursing home.

Hospice services can advise relatives upon request and, if necessary, arrange for qualified volunteers to provide part of the end-of-life care at home, in a nursing home or even in hospital.

► [www.deutsche-alzheimer.de](http://www.deutsche-alzheimer.de)

Source: Deutsche Alzheimer Gesellschaft (Info sheet 24 and recommendations for accompanying people with dementia in the dying phase), 2019

## — Palliativwerk Oldenburg eG

Seriously ill people and their families are confronted with a variety of questions. Often the physical, psychological and social burdens and challenges are very high and many affected people feel alone with their questions and uncertainties, especially in the last phase of an incurable disease.

Palliativwerk Oldenburg eG is an association of experienced palliative physicians, palliative care services, the outpatient

hospice service, the inpatient hospice, the palliative ward and a pharmacist. These have joined forces in the Palliativwerk in order to accompany and support seriously ill people and their relatives in the last phase of life. For this purpose, the Palliativwerk offers advice and coordination of care and home visits.

### Contact

Susan Gohr

### Address & contact details

Palliativwerk Oldenburg eG  
Edewechter Landstraße 42  
26131 Oldenburg

☎ +49 441 93654016

✉ [info@palliativwerk-ol.de](mailto:info@palliativwerk-ol.de)

🌐 [www.palliativwerk-oldenburg.de](http://www.palliativwerk-oldenburg.de)

## — Hospiz St. Peter Oldenburg gGmbH

The Oldenburg hospice gives terminally ill people the opportunity to live a self-determined, dignified life until the end – regardless of their origin, cultural background, religion or nationality.

In addition to palliative care and needs-oriented care, the staff also provide psychosocial support for the residents and their relatives, including numerous offers for coping with grief. The special thing about this is that the mourning

work is not only directed inwards, but is open to all interested parties.

The comfortably designed rooms as well as the committed full-time and voluntary staff create an open, warm atmosphere. Thus, the hospice is a shelter, a meeting place and a hospitable home at the same time.

### Contact

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Andreas Wagner

### Address & contact details

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Hospiz St. Peter Oldenburg gGmbH  
Georgstraße 23  
26121 Oldenburg

☎ +49 441 999209-0

✉ [info@hospiz-oldenburg.de](mailto:info@hospiz-oldenburg.de)

🌐 [www.hospiz-oldenburg.de](http://www.hospiz-oldenburg.de)

## — Outpatient Hospice Service of the Hospice Service Foundation of Oldenburg

The adult outpatient hospice service takes the time to be with people in their final stage of life, to talk, laugh, cry or even be silent with them. The volunteers would like to give the affected persons and their relatives relief in everyday life and offer support in saying goodbye. They visit the patients at home, in the nursing home or in the hospital – regardless of their religious affiliation, world view or nationality. In addition, the professionals

of the outpatient adult hospice service offer support through palliative counselling and psychosocial counselling. Accompaniment and consultations are free of charge.

### Contact

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Renate Lohmann,  
management, coordination, advice

### Address & contact details

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Stiftung Hospizdienst Oldenburg  
Haareneschstraße 62  
26121 Oldenburg

☎ +49 441 7703460

✉ [info@hospizdienst-oldenburg.de](mailto:info@hospizdienst-oldenburg.de)

🌐 [www.hospizdienst-oldenburg.de/angebot/ambulanter-hospizdienst](http://www.hospizdienst-oldenburg.de/angebot/ambulanter-hospizdienst)

### Consultation hours

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Mon. – Fri. 09:00 am – 12:00 pm

## — Bereavement support

The Oldenburg Hospice Service Foundation offers a wide range of support for people who are grieving the loss of another person. In the mourners' café, in various groups and within the framework of special offerings at the weekend, the foundation's team advises and supports people in mourning – providing orienta-

tion for a short time or even for years to give mourners strength.

### Contact

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Renate Lohmann,  
management, coordination, advice

### Address & contact details

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Stiftung Hospizdienst Oldenburg  
Haareneschstraße 62  
26121 Oldenburg

### Consultation hours

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Mon. – Fri. 09:00 am – 12:00 pm





# Media

Dementia is a serious disease that is receiving increasing attention. Due to the increasing demand, the Oldenburg Public Library offers an expanded media stock for affected persons, relatives, caregivers and voluntary or professional caregivers.

This stock includes:

- Technical literature providing information on disease patterns and treatment
- Target-group oriented games to activate memories
- Books from the SingLiesel publishing house with playable songs and illustrated proverb stories
- “Memory case” with song books, CDs and exercises for memory training

In addition, a reading box and an activation box with selected media are available for borrowing for customers with an institutional card.

## — Oldenburg City Library

### Contact

Petra Zacker

### Address & contact details

Stadtbibliothek Oldenburg  
(in the PFL building)  
Peterstraße 3  
26121 Oldenburg

☎ +49 441 235-3004

✉ [petra.zacker@stadt-oldenburg.de](mailto:petra.zacker@stadt-oldenburg.de)

🌐 [www.stadtbibliothek-oldenburg.de](http://www.stadtbibliothek-oldenburg.de)

### Opening hours

Mon., Tues., Thurs. + Fri.

11:00 am – 07:00 pm

Sat. 11:00 am – 02:00 pm

Closed on Wed.





# Networking for better care

## DemenzNetz Oldenburg



Founded in April 2015, DemenzNetz Oldenburg includes institutions from the fields of health, nursing, care for the elderly, education and sports. The network

bundles the existing competences in Oldenburg around living with dementia.

## Network partners

- AOK Niedersachsen
- Bümmersteder SeniorenBüro – BSB
- Caritas Oldenburg
- ComFair GmbH
- Compass Private Pflegeberatung
- Cura Seniorenzentrum Oldenburg Mittagweg
- evasenio – Ev. Seniorenhilfe Eversten/Bloherfelde e. V.
- Seniorenbegleitung Oldenburg Süd – SOS
- Stadtsportbund Oldenburg e. V.
- Versorgungsnetz Gesundheit e. V.
- Vertretung Angehörigengruppe

Schirmherr: Prof. Dr. Mark Schweda, Ethikprofessor an der Universität Oldenburg

## Arbeitskreis Demenzsensibles Oldenburg

People with dementia need barrier-free access to society and social interaction in the community, and it must be provided in a sensitive manner. This raises many issues to be solved by the community: how can it adapt to the requirements of dementia patients and their relatives and implement support? How can relatives be supported in the provision of care and support? What measures can be taken to improve orientation, for example in local transport and infrastructure? How dense is the network of medical care and outpatient care structures within the city? Which offers, such as sports, meeting places, dance events or culture, can enable participation in social life and thus prevent and counteract isolation in old age?

Representatives of Oldenburg's institutions and facilities met for the first time in April 2017. Their declared aim is to develop a vision of a dementia-sensitive community for Oldenburg. Contributors to this working group are:

- Alzheimer Gesellschaft Oldenburg e. V.
- Bümmersteder SeniorenBüro – BSB
- Com Fair GmbH Oldenburg
- DemenzHilfe Oldenburg e. V.
- DemenzNetz Oldenburg im Versorgungsnetz Gesundheit e.V.
- evasenio – Ev. Seniorenhilfe Eversten/Bloherfelde e. V.
- Gerontopsychiatrischer Dienst, Gesundheitsamt Oldenburg
- KusAK Kultursensible Altenhilfe Kreyenbrück
- Karl-Jaspers-Klinik Wehnen, Klinik für Gerontopsychiatrie und Psychotherapie
- Seniorenbegleitung Oldenburg Nord – SON
- Seniorenbegleitung Oldenburg Süd – SOS
- Senioren- und Pflegestützpunkt Niedersachsen SPN Stadt Oldenburg
- Stadt Oldenburg, Strategische Sozialplanung Demografie – Inklusion – Soziales
- Stadt Oldenburg, Koordinierungsstelle Altenhilfe

# *Dementia – a challenge for relatives*

Dementia changes everything. It changes the sick person as well as his or her relatives. This is because it is often partners or children who care for a person with dementia. This can make living together difficult and can be very draining.

## *How can I help?*

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- An open approach can create understanding among family and acquaintances. If possible, talk to your family member with dementia about how much openness is right for them.
- Don't try to take everything away from a person with dementia. Let them do little things on their own, like peeling vegetables or getting dressed. This can help to maintain existing skills.
- Many dementia patients are good at remembering things or experiences from a long time ago. You can bring back memories with photos, mementos, music, familiar smells or outings.
- It is possible to live at home even with dementia. It is then important to adapt the home to the new needs, for example with smoke detectors, plenty of light or fuses on the stove. You should also eliminate tripping hazards. You should keep documents such as passports safe. GPS tracking devices can help with orientation problems.
- Make sure to maintain eye contact during conversations. Use short, simple sentences. Stay patient, even if you have to answer the same questions over and over again.
- Temper tantrums and name-calling are often hard to bear. Even if it's hard: try not to take it personally. You help your counterpart by providing distraction and not arguing. If possible, you can participate in training for relatives. There you will learn how to deal with difficult behaviour and mental abnormalities.
- Dementia patients are often unable to distinguish day from night, resulting in sleep disorders. Offer the affected family member enough activity during the day, which can improve the day-night rhythm.
- People with dementia are often not hungry or thirsty. Arrange meals lovingly for the person concerned, for example with a set, shared table. A little coaxing and praise can also encourage sick people to eat.
- It is helpful to keep track of the treatment; for example, you can look out for side effects of medication, pain or signs of other illnesses.
- Discuss with the patient at an early stage how to proceed if they are no longer able to make decisions for themselves. You can take precautions with a living will or a healthcare proxy.

### What you can do yourself

- Find out about dementia as well as financial benefits and your rights as a carer.
- You can get help with questions and advice, for example, from long-term care insurance funds, long-term care support centres, advice centres, welfare associations or social welfare and health offices.
- You can contact relatives' groups and self-help groups. These provide advice and often offer courses for relatives. In addition, you can exchange ideas with others and address concerns.
- Caring for someone with dementia can cause you to overextend yourself. For example, many relatives give up things that are dear to them, such as friendships or hobbies. It may seem selfish to you that you are enjoying yourself while the person close to you needs your support. But if you don't take care of yourself, you are doing everyone a disservice because you will lack the strength to take care of the sick family member.
- So get help. For example, accept offers of conversation or support from other relatives, from your circle of friends or from volunteers.
- Take advantage of local training opportunities for family caregivers.
- If you need more caregiving support or time off, outpatient care services can relieve you of some of your burden. Other options include care groups, residential care communities, prevention care, day care or short-term care.

Source: National Association of Statutory Health Insurance

Physicians (KBV) and the German Medical Association (BÄK): Dementia patient information for relatives, March 2018.

This patient information is based on the S3 guideline on 'Dementias'.



## Complementary offers – all help counts

### Emergency folder

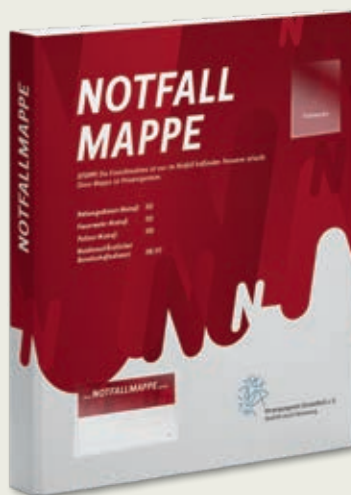
With the information in the emergency folder, emergency or rescue services can get a quick overview of the health situation of the person concerned and take this into account in the treatment. Especially when the emergency patients themselves can no longer provide reliable information, information about previous illnesses and health restrictions is very important.

In addition to general data such as insurance, current medication schedule or intolerances, forms are used to record which persons should be notified in an emergency, what support services are available and whether personal wishes exist for an emergency situation. The red and white folder should always be up to date and kept in a visible place in the home. It may be useful for family members or the GP to help with the completion.

The emergency folder is available nationwide via ISBN 978-3-7308-1085-9 at any bookstore or directly from the Oldenburg-based Isensee-Verlag ([www.isensee.de](http://www.isensee.de)). In addition, many institutions in Oldenburg and the surrounding area sell the emergency folder directly. The selling price for the whole folder is € 10.00. At

► [www.nofallmappe-ol.de](http://www.nofallmappe-ol.de)

you will find additional sources.



## Emergency can

The emergency can is a small green and white cylindrical container that contains an emergency information sheet about its owner's health condition, previous illnesses, operations and medication.



In addition, the emergency can should also contain contact details for relatives or details of pets that need to be looked after.

The ambulance service recommends keeping the emergency can in the fridge door, as it is easy for emergency services to find it there. Stickers should be placed on the inside of the apartment entrance door and on the refrigerator of the person concerned, indicating the emergency can. Emergency cans are available at the Bürgerbüro-Mitte at the Pferdemarkt for € 2.00 as well as at many pharmacies.

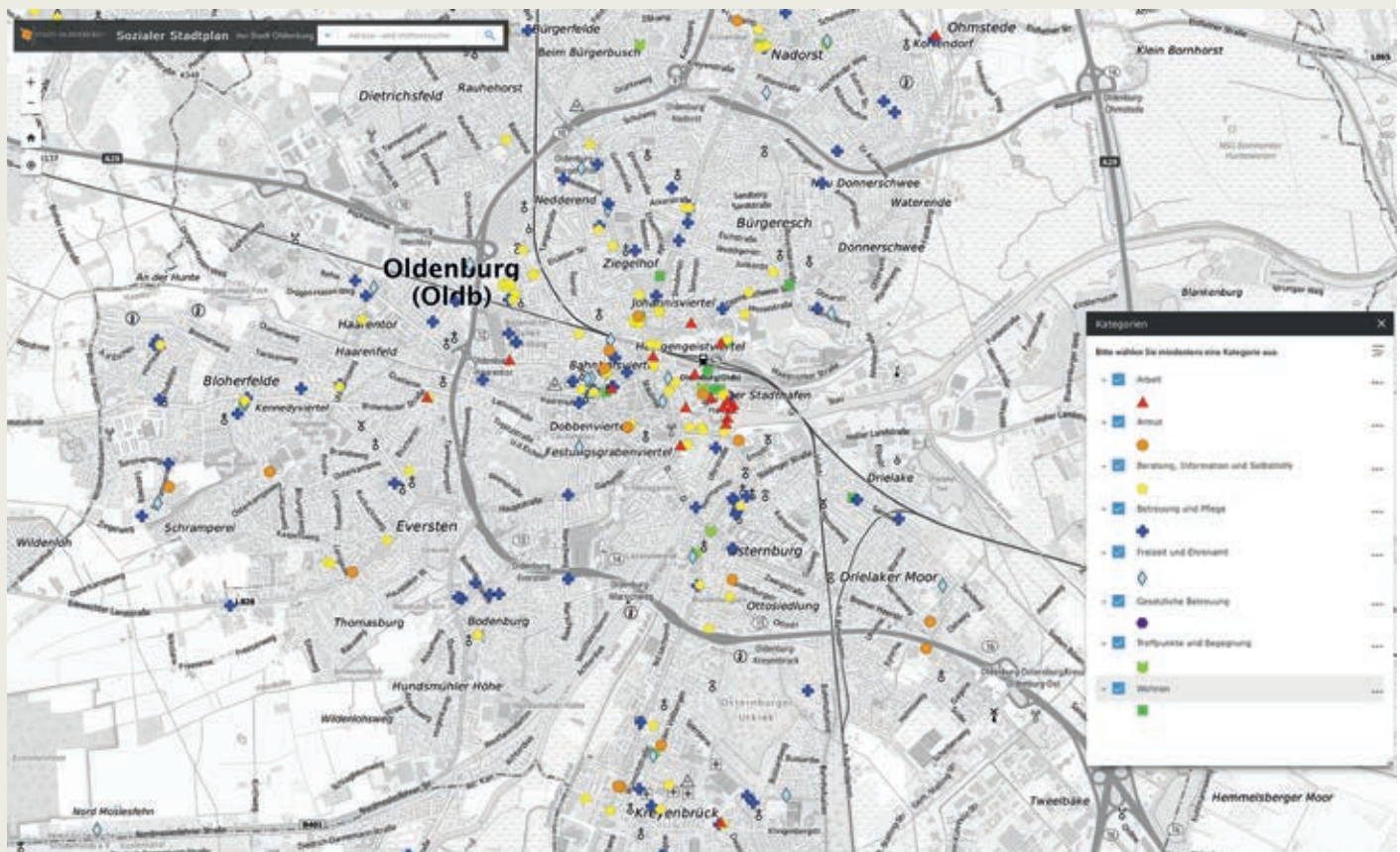
### Social city map of Oldenburg

In the “Social City Map”, an online offering from the city of Oldenburg, all interested citizens can find an overview of the various institutions of independent welfare organisations as well as the city administration of Oldenburg. Categories such as work, poverty, counselling, information and self-help, housing, care and nursing, leisure and voluntary work as

well as possible meeting places and places of encounter are presented here with both address data and contact possibilities in a geographically precise manner. In this way, special contact points for people suffering from dementia or palliative care patients can also be found using the search function.

The “Soziale Stadtplan” can be found on the home page of the city of Oldenburg under the tab “Bürgerservice” and then under “Geoportal”. The web address is:

► [www.oldenburg.de/startseite/buergerservice/geoportal/themenuebersicht/angebote-fuer-bildung-und-soziales/sozialer-stadtplan](http://www.oldenburg.de/startseite/buergerservice/geoportal/themenuebersicht/angebote-fuer-bildung-und-soziales/sozialer-stadtplan)





## Dear readers,

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By now you have received a wealth of information, and hopefully you see a small silver lining and may be able to get things sorted out.

At this point, we would like to expressly encourage you once again to obtain further and more intensive information at any time from the counselling centres mentioned – regardless of whether it is initially a matter of questions about the disease or of concrete steps that need to be taken. Call them and they will assist you to the best of their ability in finding the right path for you.

Because: this brochure is just a guide and cannot replace a personal discussion.

All of us who are your contact persons on the subject of dementia will join forces to be there for you – that's a promise!

From the bottom of our hearts, we wish you and your loved ones all the best.



Kathrin Kroppach  
Dementia Information and Coordination Office  
of Oldenburg (DIKO)



Renate Gerdes

You must think  
that *life* has not forgotten you,  
that it holds you in the palm of its hand.  
It won't drop you.

Rainer Maria Rilke









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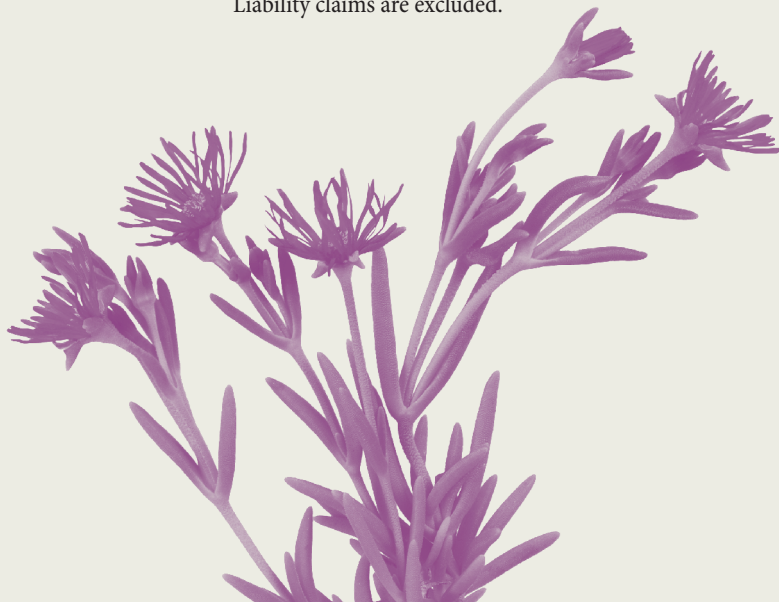
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4<sup>th</sup> expanded edition

This brochure is available online at: [www.diko-ol.de](http://www.diko-ol.de)

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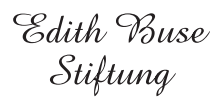
Buchhandlung Isensee



DemenzNetz Oldenburg



Deutsche Fernsehlotterie



Edith Buse Stiftung



Ernst-Wilhelm-Lindemann-Stiftung



IKK Classic



Knappschaft



Marius-Eriksen-Stiftung



Stadt Oldenburg



SVLFG Landwirtschaftliche Krankenkasse



VDEK Die Ersatzkassen



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