We give advice, support and treatment
(“Vi ger råd, stöd och behandling” engelska)
This is a translation of a brochure from Habilitering & Hälsa. You are given this sheet together with the brochure, which is written in easy to read Swedish. For address information, please see the Swedish brochure or contact the Habilitering & Hälsa switchboard, on 08-123 350 00.

**What is habilitation?**
*(Vad är habilitering?)*

Habilitering & Hälsa gives support to people with functional disabilities, to help them live a life that is as good as possible.

People who come to Habilitering & Hälsa have usually been born with their functional disabilities, and many have the functional disabilities throughout life.

**You get advice and support**
*(Du får råd och stöd)*

Habilitering & Hälsa can give advice and support to you and your family.

The advice and support may provide you with:
- Further information about your functional disability.
- A talk with a counsellor or psychologist to make you feel better.
- More information about the help you can get in society.
- More information about associations that may be able to help you.

**You get treatment**
*(Du får behandling)*

Habilitering & Hälsa can give you treatment.

The treatment can help you in several different ways:
- Help your body to function as well as possible.
- Give you a chance to talk to other people.
- Give you a chance to meet and socialize with other people.

**You get support in everyday life**
*(Du får stöd i vardagen)*

Your functional disability is affected by how things are where you live and where you work. For this reason, we help you so that your home and your work functions as well as possible for you.

We can also help you get the aids you need to manage different aspects of everyday life by yourself. For example, to keep appointments, to cook food and to do the washing.
Together with others, we give you help  
(Tillsammans med andra hjälper vi dig) 
Habilitering & Hälsa works together with other staff who you meet often, in order to give you as good support as possible. If you want to, we can contact staff where you live or where you work.

This is a habilitation centre  
(Det här är ett habiliteringscenter) 

In Stockholm County, there are several habilitation centres for young people and adults with various functional disabilities.

Here are some examples of functional disabilities that the habilitation centres know a lot about:

• learning disabilities  
• physical disabilities  
• autism  
• other functional disabilities similar to autism  
• Asperger's syndrome  
• brain damage caused by an accident or an illness  
• hearing disabilities  
• deafblindness

We who work at habilitation centres  
(Vi som arbetar på habiliterings-center) 

Physiotherapists, occupational therapists, speech therapists, counsellors and psychologists work at the habilitation centres.

At some habilitation centres, special needs teachers also work.

We work together and have knowledge about how to help you to feel well and to manage by yourself as well as possible.

When you come to us, together we find out what you need and the help you want.

Then we suggest the support or treatment you can have, and make a plan for your treatment, a habilitation plan.
You can get the treatment and support at the habilitation centre, at home or at work.

**Different types of habilitation centres**  
(Olika slags habiliterings-center)

Habilitation centres for young people and adults

In Stockholm County, there are 8 habilitation centres for young people and adults with learning disabilities and physical disabilities.

Habilitation centre Järva  
You can ring us on telephone number: 123 353 20

Habilitation centre Liljeholmen  
You can ring us on telephone number: 123 353 50

Habilitation centre Nacka  
You can ring us on telephone number: 123 356 60

Habilitation centre Sollentuna  
You can ring us on telephone number: 123 359 30

Habilitation centre Stockholm  
You can ring us on telephone number: 123 352 00

Habilitation centre Södertälje  
You can ring us on telephone number: 123 357 00

Habilitation centre Tullinge  
You can ring us on telephone number: 123 357 40

Habilitation centre Mörby  
You can ring us on telephone number: 123 358 50

**Autism centre for adults**  
(Autism-center för vuxna)  
Autism centre for adults supports persons who are over 18 years old and who have autism or some other functional disability similar to autism and who also have a learning disability.  
You can ring us on telephone number: 123 355 70

**Brain damage centre**  
(Hjärnskade-center)  
Brain damage centre gives advice and support to persons between 16 and 65 years old, who have received serious brain damage, for example from an accident or an illness.  
You can ring us on telephone number: 123 351 01
**Deafness team**
(Döv-tearneet)
The Deafness team gives advice and support to adults with learning disabilities who have hearing difficulties and use sign language.
You can ring us on telephone number: 123 351 80
Text telephone: 123 496 50

**Good to know**
(Bra att veta)
All persons who work at the habilitation centres have a duty of professional secrecy. This means we are not allowed to tell anyone about the help you get from us. You can feel safe and secure with us.

All who work at a habilitation centre write notes in your case history. The case history tells about your functional disability and the help you are getting. You are allowed to read your case history, but no-one else is.

There is no charge for support from the habilitation centre.
If you want support from a habilitation centre, you can make an application on a special form.
You can get help to fill in your application from your guarantor from us who work at the habilitation centre.

**Other places where you can get advice, support and treatment**

**PUFFA exercise centre**
(PUFFA tränings-center)
PUFFA is an exercise centre for young people and adults with physical disabilities who live in Stockholm County.

What you can do at PUFFA:
You can exercise your muscles and get stronger.
You can exercise your fitness, so you can do more.
You can exercise to make moving around easier.

You can exercise alone or in a group together with others.
You can also take part in different courses that we arrange at PUFFA.
You can ring us on telephone number: 123 351 55
**UNG talking groups**
UNG is there for young people and adults between 13 and 25 years with functional impairments.

We who work here know a lot about body and soul, and how people function sexually.

In our talking groups you can meet other young people.

In the talking group, we can for example talk about what it is like to be an adult and managing by oneself, what rights and obligations you have in society, about love, sex and friends.
Or about leisure time, education, housing or other things you think are important.

You do not have to pay anything to get support from us and take part in our groups.
You can ring us on telephone number: 123 351 75

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**Klara Mera – centre for cognitive support**
(Klara Mera – center för kognitivt stöd)
Klara Mera works with aids for young people and adults with minor and moderate learning disabilities.

The aids you can find at Klara Mera are also called cognitive support.

This means that the aids are there to help you to remember better and to make it easier to manage everyday life.
You can ring us on telephone number: 123 351 50

**Psychotherapy department**
(Psykoterapimottagningen)

Does life feel difficult?
Perhaps you need to talk to someone who is willing to listen and to understand how you think and feel?

Then you can come to the Psychotherapy department.

We can talk about what you think is difficult.
Together, we can find solutions to your problems.

First, you must telephone your counsellor or psychologist at your habilitation centre.

Together, you decide whether you should see the Psychotherapy department.
You can ring us on telephone number: 123 350 80
Disability information
(Handikappupplysningen)

At the Disability information, all who live in Stockholm and want to know more about functional disabilities can get advice and support.

We who work here know a lot about functional disabilities.

We can tell you what your rights are, and we can answer your questions about leisure time, for example.

You can get help from us in different ways:

You can ring us.
You can write a letter to us.
You can send us an e-mail.
You can order brochures with information.

You can ring Disability information on telephone number:
123 350 10

You can send e-mail to:
forumfunktionshinder@sll.se

You can send a letter to:
Forum Funktionshinder
Rådgivningen
Box 17056
104 62 Stockholm