

# To age in Sweden

Of course we all have our dreams about a beautiful life in perfect health after our retirement. Wouldn't it be nice to enjoy your leisure time to the fullest in the period that you finally have time for it? Perhaps you even wondered what it would be like to age in your new country Sweden, where health and social care perhaps are different from your own country. Do they have the same standard as we have here? Are there differences? Yes there are! But we can reassure you. As a matter of fact your situation is only going to improve!



## Eldercare

In Sweden it is often the society that provides support and care for the elderly. In other countries it may be more common for family and relatives to take care of the elderly. There are laws that say what kind of long-term care you are entitled to and what services the municipality will provide. You have the right to get help and support to make your everyday life work out. The main laws are the Social Services Act and Health Act.

Care and support for the elderly is an important part of the municipality's activities. The support and assistance can be provided at home, in one of the special accommodations, in one of the daily activities, or help to the individual as live their life as independently as possible.

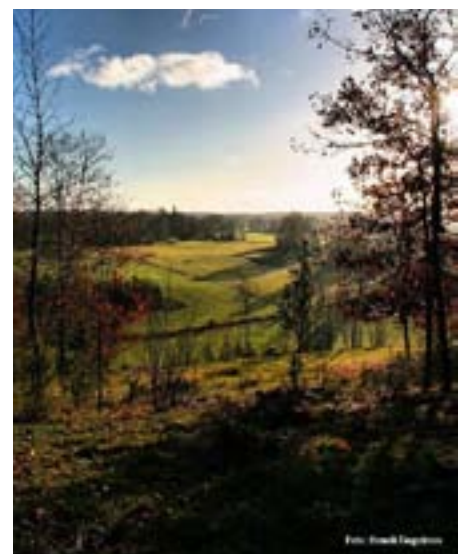
If you are in need of resources, training, therapy or other activities, you can help from the Rehab unit or Activity team. This team also includes a visual- and a auditory trainer.

Relatives to the elderly can also get help, advice and support from our Anhörigsamordnare (Relatives coordinator) by telephone, home visits, study groups or discussion groups.

## Social support and development

Every one is welcome in the day activity centres and other meeting places ('mötesplatser'), even on the days there is no planned activity. Here you can read the newspaper, take a cup of coffee, play a game and socialize with other people.

We develop our elderly care in cooperation with the Elderly Advice Board (Pensionärsrådet) and the Disable Advice Board (Handikapprådet), which is composed of members from various elderly- and disable organisations.



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## Some facts about home care

If you find yourself (or a member of your family) in a situation where you -because of age, illness or disability- no longer can cope with daily life, you can, get help from "Hemtjänsten" (=home care/thuiszorg). The general idea is to make it possible for everybody to live at home as long as possible. Even if you are living in a little red house on the countryside homecare will take care of you!

The kind of help "Hemtjänsten" offers is various. This ranges from practical things like cleaning, shopping, assistance with your personal administration as well as personal help with dressing, and/or assistance with showers.

If you have an illness or injury you may get a nurse to put on a bandage or help with your medications. In many municipalities there is also a staff that helps with simple repairs. It's called "fix service". Staff from the "fix service" may help with such things as putting up a painting or replace curtains

In order to get assistance you'll be contacted and visited by personnel of the Municipalities Social department in order to investigate the service needed. Sweden has the policy to try to hold on to home living situation as long as possible. If needed "Hemtjänsten" can pop in to you up till 7 times daily.

## Support for relatives

Since July 2009 Sweden has a new law in the Social Service Act. This means that the municipality has to offer you support to assist you if you take care/ support a relative or close friend, who has a long term illness, elderly or has a disability.

The support coordinator (anhörigsamordnare) can give you, for example, give you support by phone, home visits, study groups or discussion groups. The goal of this kind of support is to facilitate and contribute in various ways to a better quality of life. The support should be individual /family- oriented, because not all the families have the same needs.

## Menu

Here is an exemple of a menu which is served in one of the elderly home's :

### Måndag

Kaptens fyllda flundra, potatis, ostsås och gröna ärtor

Hallonkräm

### Tisdag

Isterband, stuvad potatis, morötter och rödbetor

Körsbärssoppa

### Onsdag

Kroppkakor och lingon

Fruktallad och grädde

### Torsdag

Krämig kycklingsoppa Toscana och ostsmörgås

Ostkaka med sylt och grädde

### Fredag

Fiskfilé under kaviartäcke, potatismos och morötter

Björnbärskräm

### Lördag

Grekiska biffar, potatis, tomatsås, broccoli och gul morot

Mango- och passionsfruktsmousse

### Söndag

Rimmad oxbringa, potatis, pepparrotssås och bukettgrönsaker

Mintpäron med grädde



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## Pensions

Pension is money you get when you get older and stop working. How much pension money you receive is different. It depends on the salary you had before, how long you have worked and how much money you have saved yourself. The pension is divided into three parts. You can get:

- public pension
- occupational pension
- pensions from your own private pension

You decide when to retire. If you take out your retirement later, you get more pension money every month. You can not take out your income and premium pension until you are 61 years old. You can not take out your guaranteed pension until you are 65 years old. The most common retirement age is 65, but you have the right to work until you're 67. You can arrange with your employer about working longer. You decide how much of your pension you wish to withdraw. You can take between 25 and 100 percent of your pension each month. You can for example, choose to take out half your pension and continue working half the time. For more information about your pension in your home country, please contact the local Tax Office in our own country.

### More information

[www.informationsverige.se](http://www.informationsverige.se)  
[www.pensionsmyndigheten.se](http://www.pensionsmyndigheten.se)

## About housing

As far as housing is concerned, Kalmar County is offering different types of special housing for elderly people, for example, group homes and service apartments.

Most group homes for elderly people are located in the town center, with short distance to shops, health centers and parks. There are group homes specialized in dementia, physical and mental disabilities.

Most service homes are build of 6-9 smaller apartments set around a common space with a shared kitchen. In this kitchen personnel as well as inhabitants together take care of the cooking. You are actually eating home-cooked food!

If you wish a place in a retirement home, an assistance officer must conduct an investigation. Then the administrator decides if you can get an apartment in a retirement home. The person who is most in need of care and service gets a place first. The apartments are fully equipped and dispose one, two, and in some cases three rooms.



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## In the county of Kalmar, children are important

- That is why we focus on parental support

In Sweden there are generally good opportunities to participate in comprehensive parental support for parents. Different parts of the society offer a variety of support, from child healthcare to local courses through your child's preschool or school activities. In the southern county of Kalmar, we are right now focusing on additional parental support through a project.



**The project, *Värme och ramar (warmth and context)***, with the purpose to provide parental support through spreading information on what society has to offer you as a parent, by offering parental education and by providing venues and forums for parents to meet and exchange experiences.

The project is a collaboration between several organizations and is an example of how issues related to children's growth and development can be addressed in Sweden. The support can also vary in different municipalities, therefore it could be a good idea to contact the particular municipality or municipalities you are interested in, and ask what support is offered there.

Following is an example of how parental support may be organized in our communities depending on how old your child is:



### Pregnancy

All women who are expecting children in Sweden are entitled to free maternity care. Most Maternal Health Care receptions also offer participation in parental groups where both mothers and fathers are welcome. Topics like childbirth, breastfeeding, and relationships are addressed in the group. Through the group you also get the opportunity to meet other parents.



### 0-1 years

When your baby is born the public child health services offers you the opportunity to continue to participate in a parental group. The group discusses parenting, how to interact with children in everyday life, relationships in the family, child development, breast feeding / nutrition, self-care and other topics that the group wishes to discuss. Here you will also receive information on infant activities. Child health care in Sweden is free and run by child health clinics called Barn Vård Centralen. BVC is responsible for inspections of newborns and young children's health, and provides free advice on all aspects of child development.

### 1 year

When your child is about one year you will be offered to participate in a study group that can be organized by a local adult educational association. The group chooses the topics to be discussed and what literature to use. There are many good and relevant books to choose from.

### 3-12 years

From the moment your child is three years, you have the opportunity to attend a COPE course. COPE stands for Community Parent Education Program, a proven and evaluated method. During these meetings the joys and difficulties of being a parent are discussed. You will also receive skills and tools on how to manage or avoid conflicts.

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### 13-15 years

Adolescents who drink alcohol are more prone to get hurt in different ways. Research shows that your attitude and your rules as a parent affect how your child relates to alcohol. By applying common rules in the school class, the work to combat alcohol and drugs can become even more effective. At the parental meetings at your teenagers school you will discuss tools that may effectively help your child to resist alcohol and drugs.



### 12-17 years

Being a teenager can be stressful, both as a parent and as a teenager. To find a balance, as a parent, between giving love and setting up limits in relation to your child during the teenage years, can be critical for the future. The course COPE-Teens raises questions about how to maintain a good relationship during the teenage years and how you as parents can conduct yourself in various situations. Read more about "Värme och Ramar" on internet.

**More information about the project can be found at: [www.varmeochramar.se](http://www.varmeochramar.se). This site is in Swedish, but you can use the web tool Google Translate, to assimilate the information.**

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## Social systems – good to know before emigrating to Sweden

As citizens of EU or a Schengen country, you have right of residence in Sweden if you have money to support yourself and your family. That means you have the right to stay in Sweden without a residence permit and can start work immediately or to study here if you want. If you want to stay longer than three months you must register with the Migration Board. The Migration Board's permit units can help you in this case. You are responsible for your livelihood. It could be through work, your own resources or through retirement. When you will start working, you have to consult your Tax Board to be assigned a social security number.

If you are a citizen of an EU country, you are entitled to care under the same conditions and to the same charges as Swedish citizens. Bring proof from your country that you are entitled to health care in your country. Should your supply running low, you can not expect Swedish authorities to pay your living expenses. You will then either be directed to your own country's embassy or be reimbursed for the trip home.

You have of course the right to buy houses and rent an apartment. The Tax Board assigns social security numbers for permanent residence in Sweden and assigns coordination numbers for the purchase of a property if you do not have numbers as living in Sweden.

You may have contact with various authorities in relation to your various current needs. The Tax Board, Migration Board, Employment Service, the County Council's health services and the municipal administration, where you live or stay. You will, of course, on location in Sweden get advice, step by step, how to proceed. Maybe you have friends or acquaintances that have already been through this before.

*Beware that some rules may have changed! Please contact the authorities or your Southeast Sweden contactperson!*

