Dear informal care receiver and carer

**Support for informal care will be renewed in Helsinki from February 2017 onwards. In the future, there will be three care categories (payment categories) in support for informal care, in addition to which the eligibility criteria for support will also change. Carers who have made an informal care agreement will also be guaranteed two or three days of leave per month, while the options for arranging leave will also be developed.**

A social care worker from support for informal care will contact you and evaluate your informal care situation with you. Based on the evaluation, you will be provided with the informal care support services that you need.

The new care allowances, which are based on the intensity of care, are EUR 1,500, 750 and 392 per month. Informal care receivers will be provided with new decisions on care allowance during 2017. Until the new decision is issued, the payment of informal care allowance will continue in accordance with the client's current decision.

The changes are based on the amended Act on Support for Informal Care (1 July 2016), which standardises municipalities' informal care criteria and practices, and ensures that every carer is entitled to two or three days of leave per month, for example. Support for informal care consists of the services provided to you, the informal care allowance and the carer's leave.

As a result of the legislative changes, Helsinki will be increasing the support it provides for informal care. However, support for informal care will also be discontinued for some current care receivers. In these cases, the possibilities for receiving other forms of support will be reviewed.

We want to support the coping of informal carers. Carers perform valuable work, and informal care provides many disabled and elderly residents of Helsinki with the chance to continue living in their own home.

**For more information**, please contact your informal care social care worker and visit the website www.hel.fi/omaishoito (in Finnish). On the website you will also find an easy-to-use well-being and health check-up and information on various online coaching programmes.

**Additional information** is also available at informal care activity centres. They provide informal carers and care receivers with various services and peer support. In summer 2017, the activity centres will also be organising information events on the upcoming changes to the informal care system.

**Activity centres of informal care**

* Töölönkatu 33, tel. 09 3107 4208
* Myllymatkantie 4, tel. 09 3107 3995
* Takaniitynkuja 3, tel. 09 3104 6818
* Hopeatie 14, tel. 09 3102 4213

Best regards,

Arja Peiponen Maarit Sulavuori
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