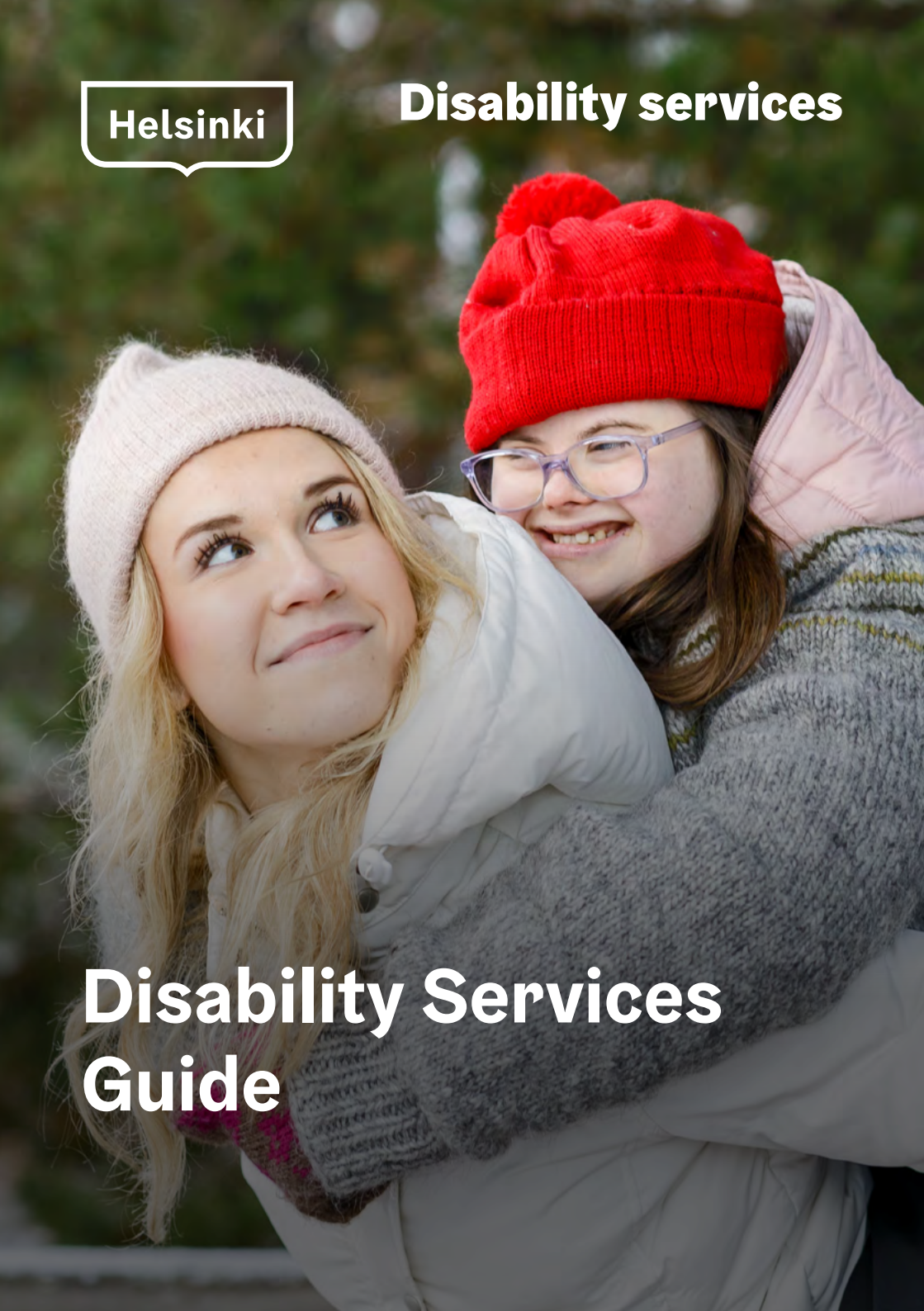


The Helsinki logo is a white speech bubble with a black outline, containing the word "Helsinki" in a bold, black, sans-serif font.

Helsinki

Disability services

A photograph of two young women in winter clothing. The woman in the foreground is wearing a white knit beanie and a white jacket, looking upwards and to the left. The woman behind her is wearing a red knit beanie, glasses, and a grey sweater, smiling and looking towards the camera. They are both wearing white puffer jackets.

Disability Services Guide

This brochure provides information about the most common services for people with disabilities in Helsinki. You can seek help and support from us if you are a person with a disability living in Helsinki or a relative of a person with a disability.

Photos: Suvi-Tuuli Kankaanpää

City of Helsinki, Social Services, Health Care
and Rescue Services Division

06/2026 Mainostoimisto KMG Turku • Grano

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Applying for disability services

When you apply for disability services, mobility support or support for informal care, fill in the application form and attach an up-to-date (issued within the past year) medical certificate. If you are a minor, you will need your parent or guardian's signature on the application.

- **With a disability services application**, you can apply for several different services at the same time. These may include apartment modifications, personal assistance, day activities, housing support or temporary care.
- You can apply for mobility support by submitting an **application for mobility support**.
- You can apply for informal care support by submitting an **application for informal care support**.

Read more about applying for disability services at hel.fi/applying-for-disability-services

You can find the application forms at hel.fi/forms-for-disability-services

Submit your completed and signed application to the disability services office in your area. You can find the locations at the end of this brochure.

If you wish, you can also apply for disability services in Maisa (www.maisa.fi).



Informal care

If your loved one takes care of you at home because of a disability or an illness, they may be eligible for informal care support.

- Informal care support includes the caregiver's fee and days off.
- We can arrange you care at home or in a care facility during the days off.
- We will determine the amount of support granted based on how much care you need.

You can find the contact details for informal care services at hel.fi/disability-services-informal-care-contact-information

If you are over 65 and you are applying for informal care support, please contact **Senior Info**, tel. +358 9 310 44556.

Mobility

Mobility support under the Disability Services Act is intended for people with disabilities for whom using public transport services is unreasonably difficult.

- We can provide a transport service or other mobility support depending on your situation.
- You can apply for support for travelling for work, studies, business and leisure.
- You can also apply for support to buy a car or other means of transport. In your application, tell us why you need a vehicle (for example, for work, studies or transporting a disabled child).

Mobility support under the Social Welfare Act is mainly intended for elderly people whose functional capacity does not allow them to use public transport. The applicant's income and assets determine whether they can receive the support.

Read more about mobility support at hel.fi/disability-services-getting-around

Housing

You can apply for housing-related support and services if you need help with everyday living because of a disability or long-term illness.

- We can arrange support services to your home, including social guidance for housing services.
- We offer various housing services, such as 24-hour housing, communal housing, and supported housing.
- We can support you in living at home with apartment modifications and assistive devices.
- You can apply for financial support for equipment and devices that make everyday life easier.

Read more about housing services options at hel.fi/housing-services-for-people-with-disabilities

If you need home care, contact **Senior Info**, tel. +358 9 310 44556. Senior Info serves Helsinki residents of all ages in matters relating to home care.

Personal assistance and special support for participation

You can apply for personal assistance for tasks that you are unable to carry out independently because of a functional limitation. We organise personal assistance in three ways:

1. You are the employer of the assistant
2. The service is purchased by the City
3. You use a service voucher

You can apply for special support for participation if you need individualised support from another person. For example, you may need support to interact with other people or to participate in leisure activities.

Read more about personal assistance and special support for participation at hel.fi/personal-assistance-and-special-support

Work and day activities

We offer things to do and activities after compulsory education age.

- Day activities are for you if you want to engage in meaningful activities but cannot take part in work activities because of a disability or illness.
- We offer work activities and employment support for people with intellectual disabilities.

Read more about work and day activities at hel.fi/work-and-day-activities

Holiday activities for children with disabilities

We organise activities for children and young people with disabilities in grades 1–9 during school holidays.

Read more about holiday activities for children and young people at hel.fi/holiday-activities-for-children-with-disabilities



Coaching

You can apply for coaching to support everyday skills and life changes.

Examples of coaching services:

- personalised job coaching
- mobility guidance
- housing trials
- communication instruction.

Read more about coaching at hel.fi/coaching-for-people-with-disabilities

Counselling for people with disabilities

We can help you with any questions you may have about services for people with disabilities.

Telephone: +358 09 310 32889

- Mon, Wed and Fri 9.00–11.00
- Tue and Thu 9.00–11.00 and 12.00–14.00

In Swedish: +358 9 310 35154
(Wed 9.00–11.00)

Email: sotepe.vammaisneuvonta@hel.fi

Service point:

Itäkatu Family Centre,
Tallinnanaukio 1, 1st floor
Open on Wednesdays 14.00–16.00
(check in with the building manager)

Forms

All application forms can be found at hel.fi/forms-for-disability-services

Disability services offices

Office	Address/Postal address	Service areas and customer groups
Southern service point	Kallio Office Building Toinen linja 4A PO Box 6009, 00099 City of Helsinki	Clients over 18 and mobility support clients of all ages in southern Helsinki. Informal care support clients aged 18–64 in southern Helsinki.
Swedish-language service point	Kallio Office Building Toinen linja 4A PO Box 6009, 00099 City of Helsinki	All Swedish-speaking clients (disability services, mobility support, informal care).
Social Work for Children and Young Adults with Disabilities	Kallio Office Building Toinen linja 4A PO Box 6009, 00099 City of Helsinki	All clients of disability services under the age of 18 (mobility support according to your area, informal care support from the Itäkatu Family Centre).
Eastern service point	Vuosaari Health and Well-being Centre Kahvikuja 3 PO Box 6250, 00099 City of Helsinki	Clients over 18 and mobility support clients of all ages in eastern Helsinki. Informal care support clients aged 18–64 in eastern Helsinki.
Western and northern service point	Malmi office building, Ala-Malmin tori 2 PO Box 7980, 00099 City of Helsinki	Clients over 18 and mobility support clients of all ages in western and northern Helsinki. Informal care support clients aged 18–64 in western and northern Helsinki.
Itäkatu Family Centre, social work for people with disabilities	Itäkatu Family Centre, Tallinnaukio 1 PO Box 6730, 00099 City of Helsinki	All informal care support clients under 18.

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