

The Finnish Rheumatism Association's Social Security Orienteering Map



This leaflet lists organisations and other parties that grant social and health services, income, and financial support. It has been compiled with the needs of the patient in mind. It tells what types of support are available and their source. Feel free to ask them for more information.

The Orienteering Map can also be found at the Rheumatism Association's website at reumaliitto.fi/suunnistuskartta. The Finnish and Swedish versions of the map can be found there, as well as a version focusing on the needs of families and young people. The online versions of the map provide direct links to the support organisations when available.

Civil Service

KELA

Pensions

- National pension
 - Disability pension
 - Old-age pension
- Survivor pensions (see also pension providers and accident, motor, and group insurance plans)
- Guarantee pension

Allowances

- Housing allowance for pensioners
- Care allowance for pensioners

Pension providers and **the Finnish Centre for Pensions** provide the following pensions:

- Partial old-age pension
- Partial disability pension/Partial cash rehabilitation benefit
- Earnings-related pensions

Reimbursements

- Reimbursement for part of the cost of visiting a private healthcare provider or dentist
- Reimbursement for part of the cost of having a doctor in private practice write a medical certificate
- Medicine expenses, out-of-pocket maximum
- Travel costs and accommodation allowance, out-of-pocket maximum
- Job alternation compensation (see also your own unemployment fund)

→ The European Health Insurance Card is obtained from Kela.

Rehabilitation

- Assistive Equipment
- Vocational rehabilitation (see also your pension provider)
- Rehabilitative psychotherapy
- Rehabilitation and adaptation training courses
- Multidisciplinary individual rehabilitation
- Vocational rehabilitation services for young persons
- Intensive medical rehabilitation

Financial support for rehabilitation

- Start-up grant for self-employment
- Rehabilitation assistance
- Rehabilitation subsidy (see also your pension provider)
- Rehabilitation allowance and partial rehabilitation allowance, also for a participating family member
- Compensation for rehabilitation-related travel costs
- Rehabilitation allowance for young people
- Maintenance allowance

→ You can also inquire about rehabilitation from the municipality, your insurance company and your pension provider, Job market Finland, your occupational health care provider or various interest organisations.

Social services

- Sickness allowance and partial sickness allowance
- Social assistance
- Disability allowance
- Housing allowance

→ You can also apply for social assistance from Kela to cover, for example, medicine and medical expenses, childrens' hobbies, or other daily living expenses.

Unemployment related

- Pension assistance for elderly long-term unemployed persons
- Reimbursements of travel costs
- Commuting and relocation allowance
- Labour market subsidy
- Earnings-related unemployment allowance (unemployment fund)
- Basic unemployment allowance

Family related

- LAKU family rehabilitation
- Child maintenance allowance
- Special care allowance for the parent of a sick child
- Flexible and partial care allowance
- Child home care and private day care allowance
- Rehabilitation for children and young persons
- Child benefit and single parent increase
- Child increase to Labour market subsidy, basic unemployment allowance, and pension
- Other situations: adoption, divorce, etc.

- Conscript's allowance
- Parental allowances
- Mother's illness
- Maternity grant

Study related

- Meal subsidy
- Adjusted adult education allowance (Employment fund)
- School transport subsidy
- Student loan government guarantee, compensation, tax deduction, interest assistance
- Financial aid for students
 - Study grant
 - Provider supplement to the study grant
 - Supplementary allowance for the purchase of study materials
 - Housing supplement
 - Financial aid abroad
- Sickness allowance for students
- General housing allowance for students

TE SERVICES, PUBLIC EMPLOYMENT AND ECONOMIC SERVICES

- Professional training
- Choosing profession and education
- Self-employment
- Youth guarantee
- One-Stop Guidance Center for under 30-year-olds
- Studying with unemployment benefit
- Apprenticeship
- Pay subsidy
- Certificate about partial working ability
- Support for career and training solutions
- Job coaching
- Work and training try-out
- Work ability coordinator
- Multisectoral joint services promoting employment
- Job search training
- Subsidy for arranging working conditions
- Career coaching
- Entrepreneurial training

→ Contact your occupational health care provider if your illness affects your ability to work.

→ Municipal health care is responsible for the health care of those outside of working life.

→ The health and safety officer or union representative at your workplace can also provide support in matters concerning work.

→ The TE office or your trade union may also be able to help you.

→ **Tietyoelamaan.fi**

provides support for those with partial work ability.

→ A work ability coordinator helps the chronically ill with work related matters. There are work ability coordinators in e.g. at workplaces, in TE offices, and in occupational health care units.

→ Vocational rehabilitation is organised by Kela, employment pension institutions, accident and traffic insurance companies, and vocational training providers.

THE FINNISH TRANSPORT AND COMMUNICATIONS AGENCY TRAFICOM

- Parking card for people with reduced mobility
- Exemption from the base tax of vehicle tax for a person with a disability or a person who transports such a person

TAX ADMINISTRATION

- Refund of car tax based on disability
- Disability credit
- Tax credit for household expenses
- Special tax deduction for a reduced capacity to pay taxes

Municipal social services and health care

(from 1.1.2023 wellbeing services county or Helsinki)

SOCIAL SERVICES

- Reductions to social and health care client fees
 - Housing
 - Home renovations
 - Institutional and family care
 - Assisted and service accommodation
 - Older people services
 - Home care services and support
 - Rehabilitative work
 - Services to children, young people, and families
 - Transportation services
 - Support for informal care
 - Assessment of service need and service plan
 - Services for substance abusers
 - Social rehabilitation
 - Social lending
 - Emergency social services
 - Social work
 - Supplementary and preventive social assistance
 - Services and support for people with disabilities
- Municipal social worker and counselor can help you apply for support and services.
- The social ombudsman advises municipality social welfare clients and promotes their rights.
- Disability, elderly citizen, and youth councils advocate the needs of their target group in municipal decision-making.

HEALTH SERVICES

- Assistive Equipment
 - Reductions to client fees
 - Emergency health care (Wellbeing services counties)
 - Treatment and rehabilitation plan
 - Home and hospital health care
 - School and student health care
 - Rehabilitative work
 - Medical rehabilitation
 - Mental health services
 - Maternity and child welfare clinics
 - Protection of patient rights
 - Urgent health care
 - Vaccinations and screenings
 - Hospitals and specialised health care
 - Health care social work and rehabilitation counseling in a hospital
 - Oral health services
 - Upper limit for health-related client fees
 - Health clinics, primary health care
 - Health counselling and examinations
 - Occupational health care
 - Health services for the unemployed
- You can choose the health center that is responsible for your primary care services. The health center can be changed once a year.
- Your specialised medical care location is selected together with the referring physician or dentist, so talk with them if you have special wishes concerning it.
- You also have the right to choose your doctor or other health care professional, to the extent allowed by your health care unit.
- If you are dissatisfied with your treatment, aim to sort it out with the treating unit first. If necessary, you can make a notice or a complaint.
- Compensation for patient injury can be claimed from the Patient Insurance Center.
- You can contact a patient ombudsman if you are dissatisfied with the care or treatment you have received and need help with it. The patient ombudsman advises and provides information on the patient's status and rights. Each health care unit has a designated patient ombudsman.

Other help providers

Financial and debt counselling

State legal aid offices provide free financial and debt counseling. For more information, contact Public Service Info, tel. 0295 000.

Supported holidays

Social holiday organisations organise supported holidays granted on economic, social and health grounds. For more information, contact LYR.

Support hotline

Scholarships for chronically ill and disabled children and young people, tel. 09–4155 1508.

State legal aid

State legal aid offices provide legal services to those entitled to legal aid. For more information, see Public Service Info.

Contact information for the citizen

www.suomi.fi provides information and services for citizens

ARA subsidies for housing improvements

ARA grants subsidies for improving the housing conditions of special-needs groups, such as the disabled or over 65-year-olds, tel. 029 525 0800.

Public Service Info

Guides to the right public service, tel. 0295 000.

Patient Insurance Centre

compensates for costs and losses caused by patient injury, tel. 040 4504 590.

The Evangelical Lutheran Church of Finland and other churches

help by providing diaconal work and financial aid. For more information contact your parish.

Social security guide

Information on social security (in Finnish), www.sosiaali-turvaopas.fi.

Finnish Mutual Insurance Company for Pharmaceutical Injury Indemnities

Compensates for adverse effects caused by medicines, tel. 010 219 5712.

Takuu-Säätiö (Guarantee Foundation)

Help and advice for those in debt, tel. 09 6126 340.

→ Ask if there is a discount to those on sick leave. Many trade unions reduce their fees in these situations.

How the Finnish Rheumatism Association supports you

We help you in social security questions by email at palveluneuvonta@reumaliitto.fi, or by phone, tel. 044 7680 448.

We provide grants from the funds of Hugo Eklund, Pirkko Handolin and Enni Vii. More information at [www.reumaliitto.fi / support-and-services](http://www.reumaliitto.fi/support-and-services) and tel. 050 548 6421.

We arrange courses that support daily life, as well as holiday activities.

More information at reumaliitto.fi/en or by phone, tel. (09) 476 155

The Rheumatism Association's exchange will help you Mon–Thu 9–13, tel. 09 476 155 and at info@reumaliitto.fi.

Rheumatism Association's member associations provide information and peer support in your area.

Become a member!



The Finnish Rheumatism Association
www.reumaliitto.fi/en