



Suggestions



# Assistance Vouchers

– Providing you with extra help

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# WHAT DO THE VOUCHERS INVOLVE

With the City of Copenhagen's assistance vouchers in hand, you are entitled to an extra half hour of help a week. It is entirely up to you how you want to spend this time. This folder contains some suggestions as to how you could use it.

Visiting a  
museum  
of art

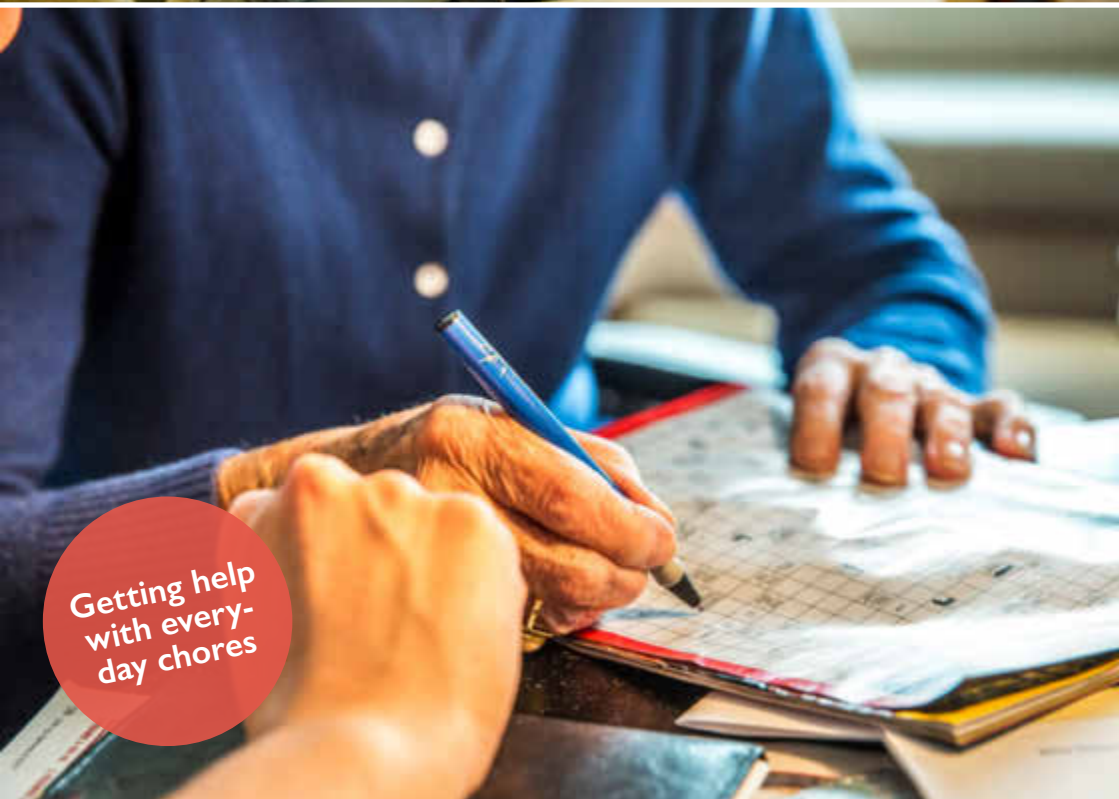


Visiting a  
favourite  
spot





Getting help to read books



Getting help with every-day chores

Sitting in a  
café



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## **HOW DO YOU USE THE VOUCHERS?**

You can use the vouchers to avail of an extra half hour of help a week, or you can save up and spend the voucher time on activities that last longer than the weekly allowance. In other words, the scheme is flexible so that it can fit in with your wishes. The maximum amount of time you can save up and use in one go is three hours every six weeks. You and other members of the voucher scheme can choose to pool your vouchers so that you can get help for joint activities.

## **WHEN CAN YOU USE THE VOUCHERS?**

If you live in your own home and have vouchers, you can arrange with your primary helper to use the vouchers until 10 PM on weekdays. If you live in a residential care centre, you can arrange with your contact person to use the vouchers on weekdays and at the weekend until 10 PM.

## **WHAT CAN YOU USE THE VOUCHERS FOR?**

How you use the vouchers is entirely up to you. Perhaps you would like to give your home an extra cleaning, or perhaps you would like a helping hand so that you can spend a few hours in Tivoli.

## **WHAT DO YOU NEED TO BEAR IN MIND?**

Please note the following:

- If the activity involves an entrance-fee or expenses for meals and snacks, you only need to pay for yourself. The City of Copenhagen covers the staff member's expenses, if any.
- If you require special transport when using the vouchers, you have to use Movia's community transport scheme. Please ask your contact person or primary helper about this and they will fill you in on the details.



Eating out at  
a restaurant

# FACTS

## REGARDING THE VOUCHER SCHEME

- You will be provided with 30 minutes of extra help a week.
- It is possible to save up your vouchers. However, there is a limit of three hours in total every six weeks.
- Vouchers can be pooled with those of other citizens so that you can all participate in joint activities.
- If you live at a residential care centre, the vouchers can both be used on weekdays and at weekends until 10 PM as planned in advance with the care staff.
- If you live in your own home, the vouchers can be used on weekdays until 10 pm as planned in advance with your helper.
- In the event of expenses such as entrance fees and the like, you only have to pay for yourself.
- The use of vouchers must be planned in collaboration with the residential care centre/your helper.

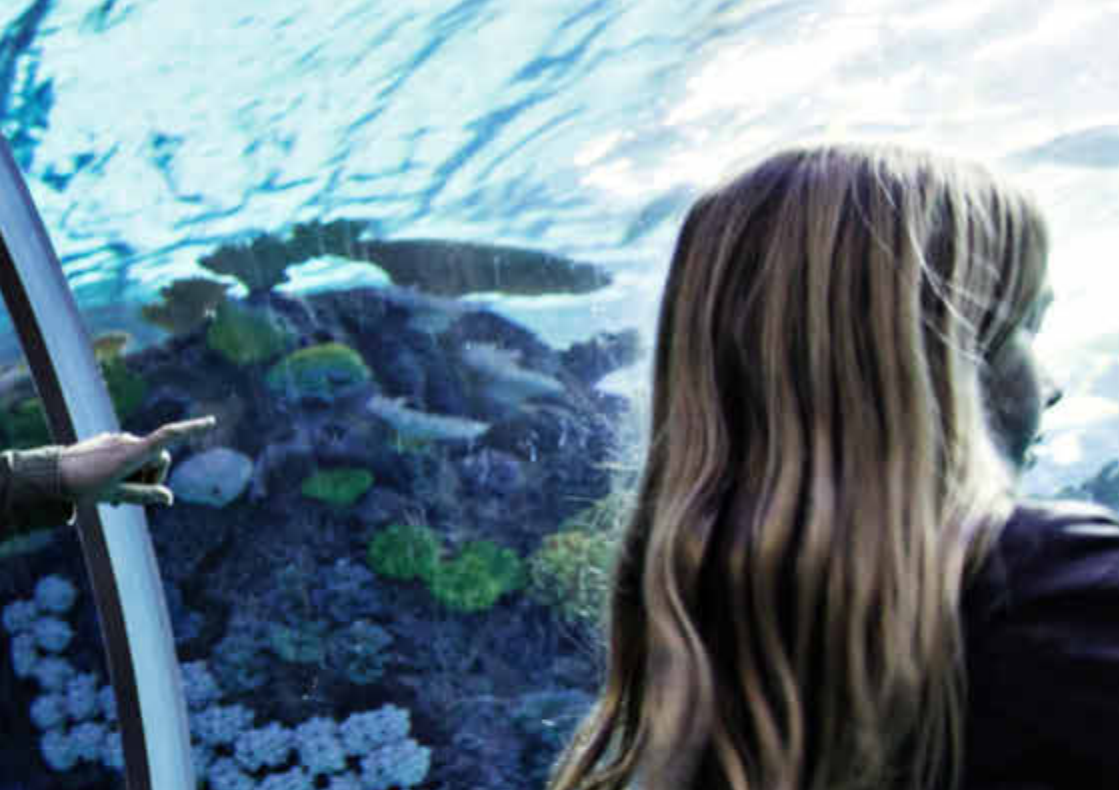




Going for  
a walk in  
the parks of  
Copenhagen

Visiting the  
Blue Planet  
aquarium





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# THE ASSISTANCE VOUCHERS CAN ALSO BE USED:

- As help when having guests
- To have coffee and a chat
- When playing patience or solitaire, card games and other games
- When hanging up Christmas decorations
- When listening to music and looking at old photographs
- To have a bath and a massage, have your hair done and to have a manicure
- When tidying up your cupboards and drawers
- When you want to learn how to use a computer
- In connection with minor reparations
- To visit family and friends
- To take a daytrip to Tivoli
- To do your daily shopping or to go on a shopping spree in town
- To visit exhibitions and seeing the sights
- When for a walk or going for a bike ride on a duo bicycle
- When visiting places from your past
- When visiting parks, churchyards or drop-in centres in Copenhagen
- When going to the post office or bank
- When going to the hairdresser

KØBENHAVNS KOMMUNE

Sundheds- og Omsorgsforvaltningen

Center for Omsorg og Rehabilitering

Juni 2017