

# **This is what we can do for you**

**Here you can read about what Habilitering & Hälsa (Habilitation & Health) can do for you. You may need help with several things or just one. Your needs may change during different periods of life. The text is in layman's language (easy to read).**

Habilitation can help you who have a disability to cope better in your life and in your everyday life. We can also provide support to your relatives.

## **Knowledge of your disability**

It is good to understand and have knowledge of your disability. In Habilitation, you and your family can learn more about your disability and how it affects you. Then it is easier for you and for us to know what support you need.

Having a disability can make you feel different. It can also be difficult to be depending on others. You can talk to us about how you feel about your life.

## **A functioning everyday life**

If you have difficulties making life at home work, we can help you in various ways. It may involve finding aids and other support that make it easier. It may involve creating good habits to take care of your home and hygiene.

We can also help you with time management and what you can do in your everyday life.

## **Health and living habits**

Your disability can affect your health. We can help you find habits that are good for you, now and later. For example, it could be your eating habits or exercise.

We can also help you with your sleep, stress, anxiety, loneliness and questions about sex.

## **Motor skills and movement**

Motor skills are about all the movements of the body. If you have difficulties with certain movements, you may need assistance. For example, it could be a wheelchair or a wrist support.

Habilitation can also help you train your balance or your ability to move. We can work on finding good postures when you lie down, sit up or stand.

## **Breathing and swallowing**

Some disabilities affect breathing. In such cases habilitation can improve the breathing function.

If you have difficulties chewing and swallowing, habilitation can find ways to make it easier.

## **Pain and sensory impressions**

Some disabilities cause you pain. You can get stiff and tense. Habilitation can work with pain due to your disability.

We can also help those of you who are very sensitive to sensory impressions. For example, it may be that you have difficulties with certain sounds or light, sensitivity of the skin or with certain foods.

## **Language and communication**

You need to be able to understand others. And others need to understand what you want. Habilitation can find great ways for you to communicate and use language. It can be sign language and images instead of speaking and writing. There are also other ways to use language, such as speech tools.

If you can speak but still have difficulties understanding others and being understood, you can get help with it.

## **Relationships and socialising with others**

Your disability may affect how you interact with other people. You may need help understanding how others think and function. Or you may consider how they perceive you. We can help you find ways to socialise that suit you.

It may also concern being a parent. You can talk to us about how things work with your children.

## **Community support**

Other organisations than habilitation can provide different types of support to those who have a disability. The support can come from, e.g., the municipality, the Swedish Social Insurance Agency, the school or the university. Habilitation knows what support is available and how to apply for it.

## **Problematic behaviours**

Sometimes you do things that are not good for you or others. It may concern hurting yourself, scaring others, being violent or destroying things. Habilitation can help children and adults who do such things and investigate the cause. And we can work together to change that.

## **School, work, and employment**

It is important that the school or employment is working to make you feel good. Many people need special support when they are at school or at work. For example, they may need to sit in a quiet and calm environment. Sometimes others need to learn more about your disability, such as teachers or supervisors. Habilitation can provide advice on what can be done.

## **You who live in residential centres**

If you live in a residential centre or have daily activities, you have the right to receive a part of your habilitation through your municipality. Talk to your staff or your contact person. They can help you figure out who will help you with what you need.

## **Support for relatives**

If you are a relative of a child or an adult with a disability, you can get support from habilitation to make you do well. This applies to you as a parent, sibling, partner or child of a person with a disability.