



*Für Menschen.
Für Münster.*

Precautionary health care for all!

- English -



Precautionary health care for all



What is precautionary health care?

Precautionary health care means:
When you get sick, you are well prepared.
That is important for all people.

What are you doing with the precautionary health care?

Sometimes you can **no** longer decide important things yourself.

For example

- because you have a bad illness
- because you had an accident
- because you have a disability

Then you need help from another person.



Who could be that person?

You can determine a person yourself.

But: You need to be 18 years old or older.

It is best if you determine a person before you get sick.

The person could be

- someone from your family
- a good friend

Important is: You have to trust that person.

Your Family is **not** allowed to decide this for you.

Which tasks does that person have?



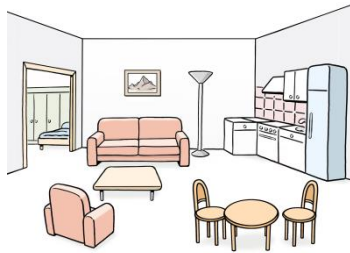
Health:

That person speaks with your doctors.
They can also help you to get nursing care.



Money:

That person can go to the bank for you.
They take care of your money.
They help you to get your money from the state.
For example: Allowance for nursing care. (Pflege-Geld)



Housing:

Maybe you need a new flat.

That person helps you

- in your flat
- with the search for a new flat
- with quitting your flat
- with moving out

How can you determine a person?

Vertrag

Ilmu *Melissa*

It is best to determine a person before you get sick.
You determine with a contract what that person is allowed to do.

There are 3 different contracts:

- health care proxy (Vorsorge-Vollmacht)
- care directive (Betreuungs-Verfügung)
- patient directive (Patienten-Verfügung)

Health care proxy (Vorsorge-Vollmacht)



What is a health care proxy?

A health care proxy is a contract.

You make the contract before you get sick.

This is called: Precaution. (Vorsorge)

In this contract you determine a person.

You allow that person to decide important things for you.

That is called: Proxy. (Vollmacht)

In the proxy it is written

- what that person should do
- how that person should do it

You can also determine 2 or more people.

Those people will have different tasks.

You have to write this in your proxy.

Important is: You have to trust these people.

If you write a health care proxy:

Then you determine a person yourself.

The court does **not** determine a person.



A professional should check your health care proxy.

The professional is called: Notary. (Notar)

He checks if the signature is real.

Then you get a stamp.

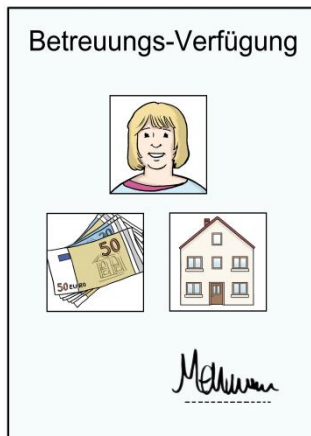
That is called: Certification. (Beglaubigung)

A certification costs money.

You can also go to where they specialize in care in Münster called "Betreuungsstelle".

There you do **not** have to pay money for a certification.

Care directive (Betreuungs-Verfügung)



What is a care directive?

A care directive can be a part of a health care proxy.

In a care directive you determine a **legal guardian**.
(Rechtlicher Betreuer)

He is allowed to decide important things for you.

For example he is allowed to sign contracts for you.

But: The legal guardian is only allowed to decide something if you want that.

The court checks that.

Legal guardianship (Rechtliche Betreuung)



You have not determined a legal guardian and are sick?

Then the court determines a legal guardian for you.
That is called: **Legal guardianship**. (Rechtliche Betreuung)

When do you get a legal guardianship?

You get a legal guardianship:

- if you do **not** have a health care proxy
- if you can **no** longer do everything by yourself

You can request the legal guardianship yourself.

Another person can also request it for you.

For example someone from your family.



Who can do the legal guardianship?

- someone from your family or a friend
- a neighbour
- someone you trust

Can no one do the legal guardianship?

Then a professional can help you.

The professional is called: **Legal guardian**.
(Rechtlicher Betreuer)



What does the legal guardian do?

The legal guardian has certain tasks.

The court determines those tasks.

Those are tasks where you need help with.

But: You determine yourself

- what the legal guardian is allowed to do
- what the legal guardian is **not** allowed to do



The legal guardian only helps you, when you need help.

The court checks that.

Patient directive (Patienten-Verfügung)



What is a patient directive?

Maybe you get very sick.

You are in the hospital and can **no** longer talk.

Then a patient directive helps you.

In the patient directive you determined in advance

- what should happen when you are sick
- who takes care of you
- what a doctor is allowed to do
- what a doctor is **not** allowed to do

In the patient directive you have to write exactly

- what you want
- what you do **not** want

You have to be sure about that.

Where can you get counselling?

Your family doctor can counsel you about a **patient directive**. (Patienten-Verfügung)

He helps you with filling in the form.

Counselling and information



We counsel you about

- health care proxy (Vorsorge-Vollmacht)
- care directive (Betreuungs-Verfügung)
- legal guardianship (Rechtliche Betreuung)

Where is the counselling?

Betreuungsstelle Münster

Von-Steuben-Straße 5
48143 Münster

Here you can ask Jörg Espei.
Telephone: 0251 49 25 937

At the “Betreuungsstelle” you can get

- your signature on a health care proxy certified
- your signature on a care directive certified

You do **not** have to pay money for this.

Caritas Münster

Josefstraße 2
48151 Münster

Telephone: 0251 530 09 430
E-mail: betreuungsverein@caritas-ms.de

Als Grundlage dieser Übersetzung wurde ein Text in Leichter Sprache der Lebenshilfe für Menschen mit geistiger Behinderung Bremen e.V. verwendet. Wir möchten uns herzlich für die Erlaubnis zur Verwendung der Grundlage bedanken.

Illustrationen: © Lebenshilfe für Menschen mit geistiger Behinderung Bremen e.V.,
Illustrator Stefan Albers, Atelier Fleetinsel, 2013.