

MEDICAL ROUTE IN GERMANY



ELDERLY PEOPLE



PREGNANCY



ILLNESS



CHILDREN

ELDERLY PEOPLE



There are different regional community and private services, that take care of elderly people in Germany. The costs are normally covered by the insurance. Big welfare organizations, such as Red Cross or Caritas provide people with help and information, also social services- and public health departments. There's a special social service in hospitals, which takes care, of what's happening with elderly people, who leave the hospital and can't look after themselves anymore.

PREGNANCY AND BABY BIRTH



Preventive medical check-ups for pregnant women can be made at the gynaecologist or with a midwife. For giving birth there is a wide range of hospitals with different methods from which to choose. Hospitals and midwives offer childbirth preparation classes as well. Many Cities have parents-children-clubs, where a lot of important information for mothers and fathers runs together. These centers provide also an informal support about everything around a baby (e.g. feeding).

EMERGENCY

In all cases of emergency outside of consulting hours you can contact the emergency doctor service (your local newspaper), in cases of extreme emergency you call the emergency services.



Emergency services: 112

Toxic substance (poisons) emergency hotline: 19240
Pharmacies also operate a night and emergency service (your local newspaper).

NO EMERGENCY

GP



You can find a GP through recommendation from friends or just in your neighbourhood. Some GPs are more in the traditional medicine, others work more with alternative methods, e.g. homeopathic. If you want to see a doctor for the first time, you make an appointment by phone, indicating, that you are a new patient. The GP will examine you, give you a diagnosis, recommend a treatment or give you a letter for a specialist. There as well you make an appointment by phone. Don't forget to always bring your insurance card.

PHARMACIES AND DRUGSTORES



Most medicines in Germany are only available in a pharmacy, many of them only with a prescription. There is a co-payment for adults, children and socially disadvantaged persons don't have to pay for medicine. For minor illness a pharmacist can advise you, which medicine can help. Drugstores and supermarkets only sell "over the counter" medicines, such as homeopathic products, but no stronger medicines for such as painkillers. There is a pharmacy emergency service for night time and weekends, which you can find in your local newspaper.

HOSPITAL / SPECIALIST



Hospitals in Germany are mainly for inpatient treatment. Private health insurance often provides better services in hospital, such as senior physician treatment or single room. Different specialists normally have their own practice, where you can go to see them. There is an accident and emergency unit in hospitals, where you can go at night time or on weekends, when you have had an accident or serious complaints. Don't forget to always bring your insurance card.

INSURANCE



Most people in Germany are insured by a statutory health insurance fund. This is compulsory for employees earning up to a specific level of income. If you earn more than this, you can choose, whether you would like to be part of a statutory health insurance fund or pay into private health insurance fund. Private insurance normally provides better services e.g. for dental treatment, spectacles or alternative therapies.

DENTIST



You can find a dentist through recommendation from friends or just in your neighbourhood. Basic dental services are covered by your health insurance. Costs for dental prostheses or for prophylaxis can be very high and the statutory insurance contributes only a little amount. For children under 18 any treatment is almost for free. Costs for children arise with orthodontic treatment, which is only partially covered by the statutory insurance. The conditions of private health insurance are much better for dental services. It is also possible, to take out an additional dental insurance. In any case is it very important to understand the costs.

VACCINATIONS



There are some protective vaccinations that are officially recommended but having vaccinations is a voluntary matter in Germany. The costs are met by your health insurance fund. First vaccinations are recommended for when babies are just three month old. By the time they are 14 month old, your children should be immunised against the most dangerous illnesses. All recommendations are summarized in a vaccination calendar on www.bzga.de under "Infomaterialien".

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www.takecareproject.eu

